

# Chadsgrove

## Family Support Newsletter

1<sup>st</sup> May 2020



Issue #1

**Hello and welcome** to the first issue of Chadsgrove's Family Support Newsletter! We hope that you are all keeping safe and well at home, and that you are finding plenty of activities on our school website to keep your family entertained! If you do not have internet access, please let your weekly staff contact know and we will try to post information out to you. Make sure that you check the website often, as new content is being uploaded daily. Enjoy!

Need anything translating?  
Let your weekly contact know.

### Captain Tom Moore



A primary aged resource pack looking at the story of Captain Tom Moore is available on the school website.

### WORCESTERSHIRE CHILDREN FIRST



[www.worcestershire.gov.uk/Here2Help](http://www.worcestershire.gov.uk/Here2Help)

Additional support available to people through Here2Help is as follows:

- Food and Supplies
- Health and Medication
- Commitments inc. childcare, pets and transport
- Connectivity and Entertainment
- Mental Health and Wellbeing



### Disabled Children's Partnership

Are you a parent/carer in Worcestershire? Do you have children with additional needs or communication difficulties?

To help support families through this crisis, we have gathered information and resources onto this page –

[disabledchildrenspartnership.org.uk/coronavirus/](http://disabledchildrenspartnership.org.uk/coronavirus/)

### Don't suffer in silence

Call the National Domestic Abuse Helpline on: **0808 2000 247** (women)  
**0808 8010 327** (men)

If you are in immediate danger, call **999**. If you can't talk dial **55** and help will come.

[gov.uk/guidance/domestic-abuse-how-to-get-help](http://gov.uk/guidance/domestic-abuse-how-to-get-help)

#### Public Service Announcement

Parents: What we are being asked to do is not humanly possible. There is a reason we are either a working parent, a stay-at-home parent, or a part-time working parent.

Working, parenting, and teaching are three different jobs that cannot be done at the same time.

It's not hard because you are doing it wrong. It's hard because it's too much. Do the best you can.

When you have to pick, because at some point you will, choose connection. Pick playing a game over arguing about an academic assignment. Pick teaching your child to do laundry rather than feeling frustrated that they aren't helping. Pick laughing, and snuggling, and reminding them that they are safe.

If you are stressed, lower your expectations where you can and virtually reach out for social connection. We are in this together to stay well. That means mentally well, too.

Emily W. King, Ph.D.



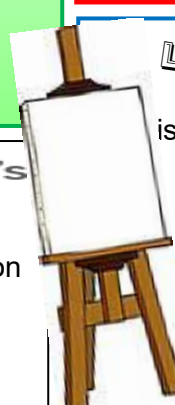
### LIVE CRAFT SESSION OBJECTIFY YOURSELF

is a fun LIVE art lesson, demonstrating how to create your very own profile portrait, with hidden secret messages inside!

To take part in this live craft session visit, [www.meadowarts.org/events](http://www.meadowarts.org/events)

on **Saturday 9<sup>th</sup> May** for a 2:15pm start!

Share your final masterpieces with Meadow Arts by Wednesday 13<sup>th</sup> May!



**Thrift Corner!** We have searched the web to find some great deals that could save you ££s!

Visit [www.latestfreestuff.co.uk/free-food-and-drink](http://www.latestfreestuff.co.uk/free-food-and-drink) for offers!  
New offers are being added daily.

### FREE KIDS SHOWS!

Amazon Prime are offering free shows (and other cool stuff!) for kids to anyone with a free Amazon account.

[www.moneysavingexpert.com/team-blog/2020/03/paid-for-things-they-ve-made-free-boxsets-audiobooks-fitness-c/](http://www.moneysavingexpert.com/team-blog/2020/03/paid-for-things-they-ve-made-free-boxsets-audiobooks-fitness-c/)

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