



Edward Peake Bulletin



"Give all your worries and cares to God, for he cares about you."

1 Peter 5:7

With school closed for the vast majority of our pupils, we wish to keep in regular contact with our school community. We will use this newsletter to keep in touch with parents and pupils. Please remember that you can still contact school via 01767 314562 or info@edwardpeake.beds.sch.uk. It may take us a little longer to respond to your requests, we thank you for your patience and understanding during these unusual times.



Welcome to the summer term. It is a very strange start of term for all members of our community. Our staff continue to provide work for pupils at home via Google classroom and support those pupils who are still coming into school. Form teachers have begun making calls to families to check in with how everyone is getting on. In the meantime, if you have any queries or worries, please do not hesitate to get in touch with the office team who will direct your call or email to the most appropriate member of staff. As our staff are on a rota system not every member of staff will be in school every day; please bear this in mind as it may take longer than usual for a member of staff to respond to you.

We look forward to welcoming our whole community back together once the government has decided it is safe to do so.

BBC Bitesize Lessons

The new online Bitesize Daily lessons in Maths, English and other core subjects will cover every year group up to Year 10. Created in collaboration with teachers and other education experts, they will be easy to navigate, concise and combine the best of Bitesize, BBC Teach and other education providers.

The lessons will include videos, educational games, articles and practice tests. We'll also have advice for parents or guardians on how to teach anyone who is home-schooling as well as guides for parents of pupils with special educational needs.

Bitesize Daily programmes will also be available on on BBC iPlayer, on any device, and on TV via the Red Button. These are 20 minute TV shows, each designed to target a specific age group.

You can find a schedule for each week here: <https://www.bbc.co.uk/bitesize/dailylessons>

Social Distancing

Everyone should be following the government guidance on social distancing: keeping two metres apart where possible, only essential journeys are undertaken and that contact with others is kept to a minimum. This may be hard for children to follow but important to keep everyone safe.





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Resources and support for parents and carers

The ongoing lockdown poses many challenges for all of us. Below you will find some details of organisations and resources which could support you and your family during this time.

Government Financial Assistance

The government has provided a range of financial assistance which is outlined here:

<https://www.gov.uk/coronavirus> under the heading 'Employment and financial support , businesses and other organisations.'

Grand Union Housing

Grand union housing is offering support to their residents. They are not writing off your rent but allowing flexibility on payments: <https://www.guhg.co.uk/coronavirus/rent-worries/>

Debt support

For debt problems <https://www.stepchange.org/debt-info/debt-and-coronavirus.aspx> has a dedicated page about the Corona virus and what creditors are doing to support their clients at this time.

Utilities

Utilities are also offering to set up payment plans if you are struggling to pay the bill. You can contact your gas and electricity provider directly for help. Anglian Water have provided support which can be found here: <https://www.anglianwater.co.uk/help-and-advice/extra-support/>

Wellbeing sessions

Central Bedfordshire are running virtual well-being sessions weekly on Thursdays 11:30-12:15, starting this week.

This virtual workshop is designed to promote positive emotional wellbeing.

The session will focus on fears and anxieties around covid-19 and self-care in isolation.

These sessions are designed for the whole family and there will be information on self-care for parents and children of all ages.

Please sign up using the link below. An email with join instructions will be sent the day before the session (the link will change each week)

<https://www.eventbrite.co.uk/e/promoting-positive-emotional-wellbeing-tickets-103340899412>



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Resources for children

Mental Health app ThinkNinja

The ThinkNinja app is now freely available to all during the COVID-19 outbreak and has been updated with specific COVID-19 content. This content is designed to bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during this time. The new content provides an opportunity for young people to understand the following:

- fears relating to the virus
- isolation struggles and how to stay connected to family and friends
- worries about personal health and health of family members
- coping techniques to use during the crisis
- many other helpful tips

Groundworks

Groundworks run a series of youth clubs to support young people across Bedfordshire. During lockdown these have moved online. Young people can access their usual club online via Facebook or Instagram. Anyone wishing to join can email youth.referrals@groundworks.org.uk or call 07736 132870

Young Minds

Young Minds are a charity who are leading the fight for a future where all young minds are supported and empowered, whatever the challenges. They help young people to get the best possible mental health support and have the resilience to overcome life's difficulties. Their website is designed for young people:

<https://youngminds.org.uk/find-help/looking-after-yourself/>

It also has a section if you are feeling anxious about the coronavirus

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>



Live Love Learn

"I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you"

Week Commencing:

27 April 2020

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Do you need support?

We're here to help

**If you're aged 12 to 18
and living in Central Bedfordshire**

(up to age 25 you have additional needs)

Get in contact with a
Groundwork youth worker

They'll put you in touch with the
service that's right for you

Start your journey using the platforms below



WhatsApp or
text us on
07736 132870



DM us
@GWEYouth



Send us an email
youthreferrals
@groundwork.org.uk



Call us on
07736 132870

Just tell us...

Your name, where you live, how old you are, and a bit (if you can) about how we can help you