



HOLY SOULS CATHOLIC PRIMARY SCHOOL

"a place where we pray together and everyone is important"

Mallard Close, Acocks Green, Birmingham, B27 6BN

Tel: 0121 272 1776
Email: enquiry@holysoul.bham.sch.uk
Website: www.holysoul.bham.sch.uk

Head Teacher: Mrs Rachel Girling



A St. Teresa of Calcutta
Multi Academy Company
School

Friday 1st May 2020

Dear Parents and Carers,

We hope you and your families are keeping safe. We cannot get used to school being so very quiet and not the same without our wonderful children. At this time of uncertainty you are all in our thoughts, our hearts and our prayers.

School remains open for children of key workers. The advice however remains the same - please only use school as a last resort, if children can stay at home then please keep them at home. Staying at home is the most effective way of stopping the spread of the virus and thus allowing things to return to normal sooner rather than later. Please stay home if it is at all possible.

I have no information as to when school will return. As soon as things change, we will contact you through our website and text service.

Wellbeing

This is a really challenging time for our pupils, yourselves and your wider families, as a school we continue to offer our support to you. Please contact school on 0121 272 1776 or via email on enquiry@holysoul.bham.sch.uk if you need any help or advice.

Communication

As part of our pastoral care during the partial closure, members of staff are contacting families by telephone. This is simply to maintain some verbal contact with school and provides an opportunity to discuss on the phone any concerns or difficulties there may be. Please note that when school calls, the number may come up as 'withheld' but please do answer. We appreciate a reluctance to answer the phone to an unknown number but we would like to get in touch. We have had some lovely conversations with lots of parents and children!

Free School Meals

Over the last three weeks, we have provided vouchers to the families of pupils who are normally in receipt of free school meals. These vouchers will have either been emailed or posted to you, dependent on your preference. The company providing these vouchers have been processing large numbers of orders across the country, so this has been taking considerably longer than expected. All orders should now be up to date. If you have any queries in regards to this, or you think your child may now be entitled to free school meals, please contact enquiry@holysoul.bham.sch.uk



St Teresa of Calcutta Catholic Multi Academy Company

Head Office: Archbishop Ilsley Catholic School | 39 Victoria Road | Birmingham | B27 7XY
Tel: 0121 706 4200 | info@stocmac.org.uk | Company House Number: 11844357



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Teaching and Learning

Please continue to refer to the school website for information about supporting your child's learning at home. There is a new tab called 'Home Learning' which outlines the next 5 weeks of learning for each year group.

Our faith

Our faith continues to give us strength during these difficult times.

Holy Mass from Sacred Heart and Holy Souls church is being live streamed every Sunday @ 11 o'clock and at 9:00 a.m. each week day.

<https://www.youtube.com/channel/UCakn3udjV3T1bcYqQCEWxcA>

Mass for Careworkers

The Bishops of England and Wales are taking it in turns to celebrate Mass in their Diocesan Cathedrals each Thursday evening at 7:00pm: just one hour before the national Clap for Carers. It started last Thursday night with Cardinal Vincent celebrating Mass at Westminster Cathedral. This was livestreamed. Please share the message from Cardinal Vincent <https://youtu.be/WoeOGSHH2J0><https://youtu.be/WoeOGSHH2J0>

Please continue to look after each other and stay safe.

God bless,

Mrs. Girling, Mrs. Kielstra, Miss. Trodden and all of the staff at school

Support information for children and parents

If you have any concerns, please contact the school via the school office (0121 272 1776 or enquiry@holysoul.bham.sch.uk)

Members of the Leadership Team, Support Staff and Teaching Staff are available to offer advice and support to any parents in need of help.





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Please see below some support agencies available and additional services suggested by the Government.

- <https://www.kooth.com/>
- <https://www.forwardthinkingbirmingham.org.uk/services/13-pause>
- Mind have also released information on Coronavirus and wellbeing. This can be found on the following link. <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Here is a link regarding guidance for parents on supporting children and young people's mental health and wellbeing during this time:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

If your child would like to speak to someone anonymously, they could try calling a helpline or visiting websites such as ChildLine.

ChildLine provides a confidential telephone counselling service for any child with a problem. It comforts, advises and protects.

You can:

- call 0800 1111 any time for free
- have an online chat with a counsellor
- check out the message boards

Shout provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere.

You can:

- text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer
- text with someone who is trained and will provide active listening and collaborative problem-solving

Every Mind Matters

Public Health England has updated the Every Mind Matters platform with specific advice on maintaining good mental wellbeing during the outbreak.

Simply click on <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/> which outline useful tips to help mental wellbeing while staying at home.





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Young Minds



Young Minds have also produced information about talking to your child about COVID-19. The advice will help to alleviate any anxiety a child may be feeling over the current situation and provides advice on how to approach the subject with your child.

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Other useful contacts:

CEOP - [HTTPS://WWW.CEOP.POLICE.UK/SAFETY-CENTRE](https://www.ceop.police.uk/safety-centre)

CEOP help children stay safe online. If someone has acted inappropriately towards you online, or to a child or young person you know, such as a sexual chat or someone is being asked to do something that makes them feel uncomfortable, you can report it on the link above.

Young Minds Parental Helpline

Call for free 0808 802 5544 (Mon-Fri 9:30 - 16:00).

The Young Minds Crisis Messenger:

The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258. They aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better.

Online Safety:

We know many children will be spending more time on-line than they would in normal times. Could we please ask parents to continue to be vigilant of their children's activities on-line and monitor the safe use social media apps.

You can find out more about how children use social media, the apps they use, the risks they face, how to use privacy settings, and advice and tips about how to talk to your children at:



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- www.childnet.com/sns
- www.internetmatters.org
- www.nspcc.org.uk/onlinesafety
- www.parentzone.org.uk
- www.thinkyouknow.co.uk/parents
- <https://www.saferinternet.org.uk/>
- <https://reportharmfulcontent.com>
- www.askaboutgames.com

To make a report:

Concerned about online grooming sexual behaviour online?

Contact CEOP:

www.ceop.police.uk

If you stumble across criminal sexual or obscene content on the internet you should report it to the Internet Watch Foundation:

www.iwf.org.uk

Forward Thinking Birmingham

[PAUSE – Please see the poster below](#)





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Pause.

Need someone to talk to?
Struggling to cope with feelings?
We're here for you.

We are operating a telephone-based service while Pause in Digbeth is closed. Drop us an email on askbeam@childrenssociety.org.uk in the first instance.

Or call [0207 841 4470](tel:02078414470) and we will arrange for one of our friendly staff to call you back but email is much quicker.

Who can use us?

You can use us if you have a Birmingham GP and are:

- Under 25 years old (If you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

How can we help?

We can offer:

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

Our Opening Hours:

Email or Call Us - 10am - 6pm, 7 days a week

ForwardThinking
Birmingham

The
Children's
Society

