

# Beecholme Safeguarding and Wellbeing

## Summer 2



Dear Parents and Carers

We hope our Summer 2 Safeguarding and Wellbeing newsletter finds you and your families safe and well. As we continue to navigate through these strange and unprecedented times, we know that many families will encounter difficulties and that stressful situations may make families vulnerable. You will not be alone and there are many sources of support out there- some well established and others new. At these times, it is useful to know where to turn for additional support.

Visit the Beecholme Primary website regularly for suitable websites to support distance learning and also Health and Wellbeing guidance and support. Don't forget, teachers will be available during normal school hours whenever possible, to respond to work and queries via Seesaw or by emailing them via the school office address:  
[office@beecholme.merton.sch.uk](mailto:office@beecholme.merton.sch.uk)

### Keeping Safe Online

[Thinkuknow](#) continue to provide regular updated home activity packs, which encourage children to stay safe online.

[ParentZone](#) work in partnership with the National Crime Agency and they have worked closely with Vodaphone to produce an excellent magazine called 'Digital Parenting'. It is full of hints and tips on how to keep children safe online and how to set privacy settings on mobile phones and tablets.



### Mental Health and Wellbeing

There are advice and helplines specifically related to talking to children about Coronavirus and anxiety from the Anna Freud Centre.

[https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=coronavirus&utm\\_content=toolkit](https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf?utm_source=newsletter&utm_medium=email&utm_campaign=coronavirus&utm_content=toolkit)

[Young Minds](#) are a charity set up to support young people and their parents with mental health and they offer excellent resources.

### **Support for Children:**

All our children are aware of how to call the emergency services- however, due to the effect of television, many may still quote 911 instead of 999 when asked! Please talk this through with your child.

All pupils are aware of the number for **Childline 0800 1111**, should they feel the need for someone to talk to. Remember, many children will not want to talk over their anxieties with a parent or carer because they will not want to worry you.

Children could also express any worries with their class teacher via the Seesaw app.

### **NSPCC**

The NSPCC offers a wealth of support and guidance on many different issues surrounding children but they also now offer a section on learning – NSPCC Learning. A lot of children maybe feeling worried or anxious about different things. Beyond the virus itself, there is the interruption of a normal school routing, suddenly spending most of their time indoors and no longer regularly seeing family and friends. This section can help support them through these feelings.

**NSPCC**  
**Learning**

### **For Parents:**

Family Lives (previously ParentLine) offers a useful website of advice and a confidential helpline number for those wanting support with any parenting issues including managing behaviour.

**0808 800 2222**

**ELSA** <https://www.elsa-support.co.uk/>

This website has very useful resources (mostly free) for dealing with children whose emotions are running high.

**National Domestic Abuse Helpline** offering support for victims of domestic abuse and sexual violence and their children remains open 0808 2000 247

**Women's Aid** also offer practical support and information.

### **Resource for Parents**

Happy Maps has been funded by Health Education England and is designed to help parents find reliable resources on behaviour and mental health for their children (from babies to young adults). The resource includes websites, videos, books, apps and helplines.

**[www.happymaps.co.uk](http://www.happymaps.co.uk)**



Please remember, although we will not be having face-to-face contact with the majority of our families, we are still working to support you. Please use the distance learning materials and Seesaw service we offer. Teachers are available to help to try to motivate pupils who may find learning this way difficult. We may try to contact you by telephone periodically to check on how things are going and to see if there are things we can help with. We look forward to keeping in touch and seeing you all again soon.

**Keep safe and healthy**

**The team at Beecholme Primary**



In an emergency, or if you believe a child is at immediate risk of harm, call the police on 999

If you are concerned about a Merton child:

- Urgent child protection matters needing immediate attention, call Multi-Agency Safeguarding Hub (MASH) 020 8545 4226/7 - Out of hours 0208 770 5000

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If you are concerned about a child living in Wandsworth

- Urgent child protection matters needing immediate attention, call Multi-Agency Safeguarding Hub (MASH) 020 88716622-  
Out of hours (after 5 pm weekdays or weekends) 0208 871 6000

You could also call the NSPCC Freephone Child Protection Helpline on 0800 800 5000.

### **Merton Council Services Update**

There is a COVID-19 web page which will be updated daily with any changes to services and special e-bulletins to keep you informed -

<https://news.merton.gov.uk/2020/03/26/coronavirus-information-for-residents-and-businesses/>

#### **If you are experiencing hardship or difficulties**

Council tenants in arrears as a result of COVID-19 will not face eviction, and the Council is urging private landlords to follow suit.

#### **Merton Council website lists all the council support available for residents including:**

For help with LWSS – Local Welfare Support Scheme, call 020 8274 4908 to speak to an advisor or email

[lwss@merton.gov.uk](mailto:lwss@merton.gov.uk)

Discretionary Housing Payments may be available for a limited time to top up housing-related benefits to cover housing costs such as rent

You may be able to claim a discretionary reduction in council tax- visit your council website to find out if you qualify.

For those parents in need of support with food there are various good banks available:

<http://mlbc.org.uk/food-bank/> - based at Mitcham Lane Baptist Church.

<https://wandsworth.foodbank.org.uk/> - based in Tooting.

<https://www.trusselltrust.org/get-help/find-a-foodbank/croydon/> - based in Croydon.