



Parental support: www.familylives.org.uk or glosfamiliesdirectory.org **Head Teacher's email address:** head@birdlip.gloucs.sch.uk
PTA fundraising via internet purchases: <https://www.easyfundraising.org.uk/causes/birdlipschoolpta/>
Parent Matters www.gloucestershire.gov.uk/index.cfm?articleid=94089
Birdlip online Virtual School Uniform Shop: http://pmgschoolwear.co.uk/advanced_search.php?skl_id=38923&pager=view_all
School closure website: <https://www.gloucestershire.gov.uk/closures>
Ofsted Parent View <http://parentview.ofsted.gov.uk/> **Confidential contact for Governing Body:** chair@birdlip.gloucs.sch.uk
Health Protection Agency Guidance http://www.hpa.org.uk/webc/HPAwebFile/HPAweb_C/1194947358374
Safeguarding http://www.birdlip.gloucs.sch.uk/our_school/policies/policies.html **Birdlip Wish list** <http://amzn.eu/9pZsmG2>

The COVID-19 situation has brought with it many different changes to the way we live, act and socialise; it's forced us to spend more time at home and with our family. For many this enforced family time has been a gift – a once in a lifetime chance to spend time with those that we love the most without many of the pressures of day to day life that usually get in the way. Sadly it has also though for some been a worrying and troubling time or a time of loss due to the bereavement of a loved one. For fewer still, but sadly still for a significant minority, it has been a much darker time and whereas for most the lockdown brought the safety and comfort of home for that significant minority it meant being trapped in a place of fear and hurt. The following document, which is for adult reading only, gives detailed advice on what to do and what to look out for if you think you or someone you know is not safe in some way:

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-from-abuse-and-harm/advice-to-parents-and-carers-on-keeping-children-safe-from-abuse-and-harm>

I don't want to end on a sombre note - the sun is shining and it is the weekend – get out there and enjoy the sunshine. That's all from me; whatever you get up to, have a good week, work hard and enjoy yourselves.

Mr M.

Hot Weather Forecast

With the hot weather, **please ensure that all children bring a hat and water bottle**, and arrive in school with **sun tan lotion already applied**.

Arbor Parent Portal

Thank you to everyone who has already logged into the Arbor Parent Portal - so far 84% of pupils have had at least one of their Primary Guardians log in. If you haven't yet done so (unless your child is in Year 6) please would you follow the emailed link to create a password, log in and make any necessary amendments to the information that you can currently view. School communications will be conducted through Arbor from September so it is really important to ensure that we hold current contact information for you and your child/ren.

All parents who are Primary Guardians are able to use the Parent Portal (not one parent per child) so if any parents have not received an invitation to log in to the Arbor Parent Portal, please contact the school office by email on admin@birdlip.gloucs.sch.uk to request access.

Mental Health Support Available in Gloucestershire

It is normal for children and young people to feel stressed or anxious at the moment. We've all experienced sudden changes in our routines and are living with uncertainty. For some young people, the coronavirus pandemic may also worsen or trigger anxieties they were already struggling with. How a child or young person reacts can vary according to their age, how they understand information and communicate, their previous experiences, and how they typically cope with stress. If you think a child or young person would benefit from more support, there is a range of help available, and most services do not need a referral.

TIC+ for 9 to 21-year olds

Phone, text or online counselling for young people. A parent support and advice line is also available online. Call 01594 372777, text 07520 634063 or visit www.ticplus.org.uk.

Young Minds for all ages

The children and young people's mental health charity, Young Minds has lots of resources, advice and toolkits for young people and professionals, and a parents' helpline. Call 0808 802 5544 or visit www.youngminds.org.uk

Parenting Support Line

A free confidential advice line providing guidance and emotional support on any aspect of parenting and family life. Call 0800 542 02 02, email familyinfo@gloucestershire.gov.uk, or message on Facebook.

CAMHS helpline - for parents concerned about their child's mental health 01452 894300

Parent helpline being run by **Family Information Service** 0800 5420202

CHAT HEALTH

The School Nursing Services are offering a confidential texting service for 11-19 year olds where they can text a school nurse about any health worry they may have. This is available Monday-Friday 9-4.30pm and they aim to respond in the same working day. They have helped a lot of young people with managing their emotional health and wellbeing such as worries, anxiety, stress as well as sexual health and physical health issues. For confidential, friendly and helpful advice, text: 07507 333 351

Cheltenham Ladies' College – Open Evening – 2 July 2020

This virtual event will include a presentation and Q&A panel with the Principal, key staff and current pupils - on Thursday 2 July from 6:00 – 7:00pm. It is a chance to hear about the application process, the range of bursaries and scholarships available. Register at <https://www.cheltladiescollege.org/admissions/visit/>

Birdlip Breakfast Club

Birdlip Breakfast Club currently remains open to keyworker children only.

Birdlip Playgroup

Birdlip Playgroup is now available for keyworker and non keyworker children. However places are limited so please call to book your child in. For more information, please contact the play leaders on: bbplaygroup@btinternet.com or 07914 091427.

Places are also filling up for Playgroup's September intake. You can register your child by emailing bplaygroup@btinternet.com

Atlas Camps – Summer 2020 – 3 weeks to go!

Atlas Camps bookings are now live for Summer 2020 at Birdlip. <https://www.atlascamps.co.uk>