



## WEEKLY WELFARE NEWSLETTER

Edition 17

Monday 11<sup>th</sup> January 2021

Good morning and welcome to the return of the Welfare Weekly Newsletter. I can't shy away from the fact that, while it is great to be able to share stories and news again, it is a shame to be talking to you remotely again instead of in school.

Let's hope the closure is as short as it can be. We can all play our part in this by keeping safe, reducing our contacts, and following the rules.

Today, we have lots of suggestions of how to stay fit and well, how to access support, and a reminder of the Tier 5 rules.

## Positive news stories

### *Testing Times*

We have successfully set up the lateral flow testing centre at PWS for all staff and pupils to access a weekly test. The test involves swabbing both nostrils only – no tonsil scraping here.

So far we have tested 113 staff and 33 vulnerable and keyworker students. All tests have so far been negative.

Testing will now continue on a Monday and Wednesday until further students return.



If you have not yet completed the consent form to say whether or not you consent to your child being tested, please do so by following this link –

<https://forms.office.com/Pages/ResponsePage.aspx?id=g8ym-qxS0SPcG3xPW0dRFnQEv6tdRhGhXMkhag2K0tUQzZROFVJN05QMvJPSFU4TVdYRDZLSkJNSC4u>

### *The Staff, Parents/Carers, and Students*

And it would be hard not to give a shout out to the teachers and support staff at school who have responded to a rapidly changing picture in order to keep you learning and safe. And to you and your folks for engaging so well this week. Keep it up.



## Keeping happy, fit, and healthy

For me, the most important thing during the lockdown last year was to do some exercise every day. It kept me feeling positive and ready to make the most of the day. Here are some suggestions about how to keep fit in your body and mind.

Northants County Council and COTSSP have put together some individual challenge videos that you might like to try - [Virtual School Games Challenges and Resources | Northamptonshire Sport](#)

BBC Bitesize has a short video clip about mental health - [Coronavirus: Dr Radha's five mental health tips for lockdown - BBC News](#)

PWS PE fitness sessions – don't forget the superb PWS YouTube lessons for when you need to get to up your cardio - [https://www.youtube.com/playlist?list=PL36\\_hj1KfjuLU0bhhFLcYTAZUQDmKLLO](https://www.youtube.com/playlist?list=PL36_hj1KfjuLU0bhhFLcYTAZUQDmKLLO)

Joe Wicks is excellent too with his YouTube fitness sessions – this 25 minute workout is great once you get past the odd empty first 4 minutes!  
<https://www.youtube.com/watch?v=1BckvgF1O8w>

## Support for You

### *Free data for mobile phone users*

You may have heard that the government has got together with several mobile providers to enable students to do their online learning without fear of running out of data.

Information can be found here - [Increasing data allowances on mobile devices to support disadvantaged children - Get help with technology - GOV.UK \(education.gov.uk\)](#)

To get this, you need to ask the **bill payer** to contact [Holly.Hill@pws.emat.uk](mailto:Holly.Hill@pws.emat.uk). As the school has to make the application, we will ask for further information to complete the application.

### *Use your Xbox to access Teams lessons*

You may not know that you can use your Xbox to access Teams. You do this by finding Microsoft Edge in the 'Apps and Games' section. Go to Outlook and log into your PWS email account. This is easier if you have a keyboard you could plug into one of the USB ports.



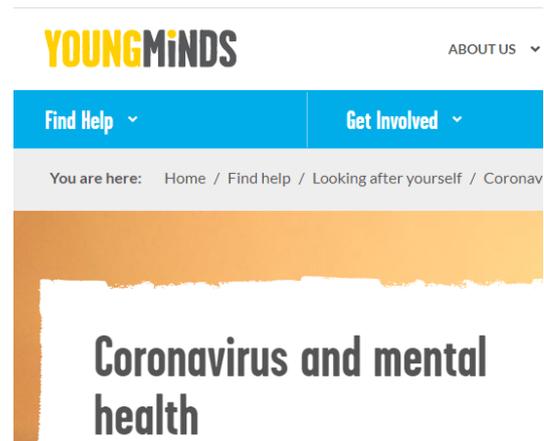
## **Getting on to Microsoft Word, Power point, and Excel**

Don't forget that you can use OneDrive to access Word, Power point, and Excel. Go to your email account and pick the 'App launcher' button in the top left corner. This will allow you to use online versions of the software. You can save your work onto the online OneDrive and then access it from school later or even send it electronically to your teachers.

## **Support with your mental health**

Here is a wealth of support and suggestions aimed at helping young people to improve their mental health. Have a look if you are worrying about any aspect of the lockdown.

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>



## **Support with Drug or Alcohol problems**

Our colleagues at Ngage are supporting young people and families across the region with drug or alcohol problems. If you don't want to call them yourself, get in touch with Mrs Giddings or me and we will make the call. Their number again is 01604 633848 or <https://aquarius.org.uk/our-services/young-peoples-services/northampton-yp/>.

## **Souster Youth Online**

Our wonderful friends at Souster Youth are still offering their help over the internet just like last time. Find them on -

Click for more information and sign up:  
[sousteryouth.org/online-support](https://sousteryouth.org/online-support)

## **The NSPCC**

The NSPCC is also there for you in lockdown. They have a Domestic Abuse helpline on 0808 800 5000 for adults, young people, and children or you can email them at [help@nspcc.org.uk](mailto:help@nspcc.org.uk). There is also the National Domestic Abuse helpline on 0808 2000 247.

Other key numbers you might need are Childline – 0800 1111 and The Samaritans – 116 123.



## So what are the lockdown rules?

The new Tier 5 rules are detailed at <https://www.gov.uk/guidance/national-lockdown-stay-at-home> but here is a summary:

### Leaving home

You must not leave, or be outside of your home except where necessary. You may leave the home to:

- shop for basic necessities, for you or a vulnerable person
- go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- exercise with your household (or support bubble) or one other person, this should be limited to once per day
- meet your [support bubble](#) or [childcare bubble](#)
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare - for key worker or vulnerable children as agreed with school.

If you do leave home for a permitted reason, you should always stay local in the village, town, or part of the city where you live. You may leave your local area for a legally permitted reason, such as for work.

### Meeting others

You cannot leave your home to meet socially with anyone you do not live with.

You may exercise on your own, with one other person, or with your household or support bubble.

You should not meet other people you do not live with, or have formed a support bubble with, unless for a permitted reason.

[Stay 2 metres apart](#) from anyone not in your household.

Please do your absolute best to stick to these rules. You are not allowed to meet up with your friends at the moment. Use social media to stay in touch, use Teams, WhatsApp, or Facetime. You might be in trouble if you are out and about with your mates.



Don't forget, the pastoral team will still be providing whatever support is possible in the coming weeks and months. [Joanne.Giddings@pws.emat.uk](mailto:Joanne.Giddings@pws.emat.uk) and [Antony.Kennedy@pws.emat.uk](mailto:Antony.Kennedy@pws.emat.uk) are useful email addresses and we will do our best to get back to you as quickly as we can.

Keep safe,

Mr Kennedy