

## May Newsletter

It's very strange times we find ourselves in and I want to thank you all for the way in which you have been supporting your children so far. Moving from a bustling and happy school where we saw each other every day to a much more restricted way of living and working has been very difficult for all of us, but as usual the whole Cross Arthurlie family and wider community has been supporting one another, and looking out for one another.

I've pulled this bulletin together in a pretty basic format, to make it easier to read and hopefully smaller in your inbox...which if it's anything like mine gets fuller every day !

### Our New Reality

We know things are challenging for us all, and that for different people those challenges present themselves differently. As you know our staff have been putting work for children on their Google Classroom and responding in various ways to their comments, it's been so nice to read all the comments. We know that it has been a huge adjustment for everyone and different families and have different ways of getting through this. Some families are finding there's too much ... and for some it's not enough... some children love the art activities.... others hate them. I know that all teachers have said that everyone doesn't have to complete everything and have encouraged the children to take breaks and get fresh air, exercise etc. This is a whole school message that we all believe in, I've been saying the same thing to staff, to take breaks and get exercise as well as being on their Google Classrooms. When this is over I want us all to be as healthy in body and mind as we can be, as well as being in a good place to learn.

We are all facing challenges and just like many of you we are all stuck at home working over the past few weeks these are some of the things they have said....

*'It's so hard... I can't get into a routine'*

*'I sometimes do my work in my jammies'*

*'I am a teacher but I still find it very hard to home school as your own children react differently to you than they do in a classroom situation. Even though I am meant to know what I am doing it is completely different on a one to one. Also, when you are trying to work and have young children who need you sitting with them to complete a task then this can be very stressful.'*

*'I miss seeing everyone, not the big things, just the chat'*

We know this is tough, but please also know we are with you.

### Staying Connected

I love the **rainbow ribbons** on the school fence and the ways in which we have connected with one another. If you haven't already done so now is a great time to follow us on **Twitter** @crossarthurlie. There you'll see photos and get updates of things from across the school rather than just your child's own class.

It is easier for all staff if you use the school email address for **communication** [schoolmail@crossarthurlie.e-renfrew.sch.uk](mailto:schoolmail@crossarthurlie.e-renfrew.sch.uk) . Mrs Webster, Mrs Campbell and Mrs MacLaughlin check this constantly and forward on emails to relevant people as needed.

If you are having difficulty with **technology** please get in touch. We have a small supply of Chrome Books which you may borrow. We won't be issuing published workbooks to any children but if you

would prefer some work 'offline' or replacement **jotters, pencils etc** let us know and we can arrange to have packs made up which can be collected from the Carlibar Hub.

Staff are currently working on end of year **reports** for children. More information about these will come out over the course of the next few weeks.

We are also thinking around what **transitions** will look like for children coming into Primary 1 and leaving to go to High School. As soon as we have information around what this may look like we will share it with you, however even at this stage we know that no matter what we put in place it will have to be flexible and able to respond to this ever changing situation.

If you are a **key worker** and you need to access the Carlibar Hub for the days you are working please email school mail. This is really important for planning purposes. The Hub will be available for families this Thursday, In-service day and if required for the Bank Holiday on Friday.

There will be **no work** posted on Google Classrooms next Thursday 7<sup>th</sup> May (in-service day) or Friday 8<sup>th</sup> May (Bank Holiday).

### **Additional Supports**

As our circumstances have changed it may be that some of you are looking for some other supports. Listed below is a range of supports currently available.

#### ***Support for children with Autism***

The team at @scottishautism provide a wide range of support to families of children with autism including:

☎ Autism Advice Line 01259 222 022

📖 Information resources : <https://scottishautism.org/services-support/family-support/information-resources>

📖 Online Right Click programme : <https://scottishautism.org/services-support/family-support/online-support-right-click>

#### ***Dyslexia***

A range of useful resources and ideas <https://www.callscotland.org.uk/information/dyslexia/>  
[www.dyslexiascotland.org.uk](http://www.dyslexiascotland.org.uk)

#### ***Child Mental Health***

East Renfrewshire Council Educational Psychology Service have developed a webpage 'Healthier Minds' which pulls together a range of different issues which may come up due to COVID-19. It can be found here:

<https://blogs.glowscotland.org.uk/er/healthierminds/coping-covid-19/>

<https://www.actionforhappiness.org/meaningful-may>

#### ***Family Mental Health***

This youtube video is something you can do with your children if any of you are feeling a bit anxious.

<https://www.youtube.com/watch?v=OInJVfzvN9w>

### **Adult Mental Health**

Supporting your mental health. This website has lots of suggestions for how to cope with different aspects of mental well-being as an adult. There are links around general mental health during this pandemic but also a specific link concerning bereavement.

<http://wellbeing-glasgow.org.uk/>

They also have telephone lines which are open 8.30am - 4.30pm : 0141 232 2555

### **Practical Support**

A directory of supports available across East Renfrewshire Council can be found at the following :

[https://47ad69a2-6b5f-43ed-a841-f63f944e88e1.filesusr.com/ugd/d794fb\\_84f07c13626d40729debb402398f61d1.pdf](https://47ad69a2-6b5f-43ed-a841-f63f944e88e1.filesusr.com/ugd/d794fb_84f07c13626d40729debb402398f61d1.pdf)

The list below is an example of some of what's included.

Organisation	Contact details
Foodbank.	<a href="mailto:info@eastrenfrewshire.foodbank.org.uk">info@eastrenfrewshire.foodbank.org.uk</a>
Food Train	0141 887 2557 <a href="mailto:renfrewshire@thefoodtrain.co.uk">renfrewshire@thefoodtrain.co.uk</a>
Money Advice Team	0141 577 8420 or Freephone number: 0800 052 1023 <a href="http://www.eastrenfrewshire.gov.uk/money">www.eastrenfrewshire.gov.uk/money</a>
Womens Aid	0800 027 1234
Voluntary Action East Renfrewshire	0141 876 9555 <a href="mailto:hello@va-er.org.uk">hello@va-er.org.uk</a>
Barrhead Housing Assication	01418810638 <a href="mailto:enquiries@barrheadha.org">enquiries@barrheadha.org</a>
Include Me 2 Club	<a href="mailto:includeme2club@hotmail.co.uk">includeme2club@hotmail.co.uk</a>

### **Protecting Children**

With the closure of schools and nurseries children and young people are being seen less and this means that we are not able to identify those who are, or are at risk of, being harmed/neglected as we normally would.

To do this we need your help. Have your eyes and ears open.

**If you are worried about a child that you know, please call East Renfrewshire Council confidentially on 0141 577 8300.**

I hope you all stay safe and well and have a relaxing weekend.

Best wishes



Fiona MacDonald