

29/1/21



Star Community Wellbeing Newsletter

Welcome to our 1st Community Wellbeing Newsletter!

Here you will find useful information on how to access support in our community and helpful tips and advice for parents and carers.

Our community may look a bit different these days but we are here to support you through these uncertain times. If you need to speak to the Community Wellbeing Advocate Mrs Clarke slots are available every morning between 8.30-11.30am Or 1.30-2.30pm Please call the school or email CWA@star.newham.sch.uk to book.

Did you know Newham has one of the highest child obesity rates in London?

During Lockdown children's fitness levels will dramatically been affected. You can help your child by taking regular exercise and choosing healthy eating choices.

Below are examples of healthy lunch choices.

Let's work together keep our children healthy!



A healthy lunch should contain 1 each of the following food group - Fruit and Veg, Dairy, Carbohydrate, Protein, Fat

OFFER OF SUPPORT FOR FAMILIES

Dear parents .

As we are now into this next period of lockdown school has in place a number of services which are available for families to access if support is needed.

Please see the information below for School and Local Authorities offer:s

SCHOOL

- Parent help desk.
- Timetable of virtual support.
- Tech support.
- Family well being activities.
- Daily check in calls

LOCAL AUTHORITY

Strengthening Families

Mental Health Workshops

Bereavement Counselling

Zoom Workshops

Supporting parents -Thursday 28th Feb -4pm-5pm

Supporting Teenagers-Thursday 4th Feb -4pm-5pm

Supporting Children- Thursday 11th Feb -4pm-5pm

Taking care of yourself -Thursday 18th feb -4pm-5pm

To join by phone call 02034815240 or 02039017895

Meeting ID -95579486838





Routines

At Star we are committed to supporting our community. We have a number of courses available for parents and carers who may need guidance in certain areas such as Routines, Healthy Eating and SEN Support.

A routine helps your child understand the balance between enjoyable tasks such as play and functional tasks such as brushing their teeth.

When a child has a predictable daily routine, it reminds them they are in a secure and loving environment.

Family Routine Programme	Online Safety /How to access Google classroom	Parent Advice Phone-In
Tuesday 11:00am Wednesday 10:30am	Monday 10:30am Friday 11:00am	Thursday 12:00pm - 1:00pm

All sessions will be run by *Mrs Clarke Community, Wellbeing Advocate* . If you wish to book a session call the school on 02074765336 or email CWA@star.newham.sch.uk

Bedtime Routine Tips

Be consistent: your bedtime routine may change as your child gets older, but it should be fairly consistent from day to day, starting at the same time and going in the same order.

DO:



- Include dental Hygiene .
- Keep it fairly short .
- Start with a bath ,putting on PJs etc.
- Read a few bedtime stories ,getting into bed.
- A final goodnight. (don't prolong saying goodnight)

DON'T:

- Assume that your child will outgrow poor sleeping habits. The sooner you start a bedtime routine the better.
- Allow your child to engage in stimulating activities such as playing video games ,watching TV, or talking on the phone 30-60 mins before bedtime.



Bedtime Routine

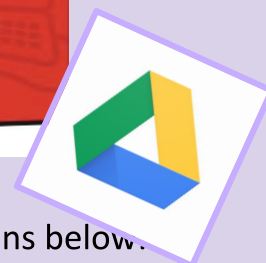
<input type="checkbox"/>		Take a bath
<input type="checkbox"/>		Put on pajamas
<input type="checkbox"/>		Brush teeth
<input type="checkbox"/>		Use the bathroom
<input type="checkbox"/>		Read a story
<input type="checkbox"/>		Turn off light

If you have any other concerns and need to speak to the Community Wellbeing Advocate, Mrs Clarke, then appointments available every morning, between 9-9.30pm.

Call the school or email CWA@star.newham.sch.uk to book.

As children will now be learning from home and attending online classroom sessions
We want our children to be safe whilst online
Here's how you can help support them.

INTERNET SAFETY



If you are struggling to access google drive:

Call the school and ask to speak to Mrs. Clarke or follow the instructions below.

1. Open a web browser on your laptop/device
2. Once you've opened a browser ensure you go to Google
3. Once on Google homepage click on the sign in button(top right hand corner)
4. Enter your Childs username and password
5. Click the menu button select drive/classroom
6. Click on the option shared drive
7. You will then see the Star Primary shared areas that apply to you .
8. The main drive your child will need is "pupils"

If you need to speak to the Community Wellbeing Advocate Mrs Clarke slots are available every morning 9-9.30pm call the school or email CWA@star.newham.sch.uk to book alternately click the link below for help on the school website
<https://star.newham.sch.uk/our-learning/home-learning-and-online-resources/>

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CWA@star.newham.sch.uk to book

Newham London

STRENGTHENING FAMILIES AUTUMN OFFER 2020

Strengthening Families has been organised by Newham's early help teams. It is about recognising that all families need a helping hand at times such as these and this helping hand should be as varied and as diverse as our families. Strengthening Families is steeped in our values of keeping people at the heart of what we do.

Our offer includes:

Family Relationships Matters

A coach will work with you to reduce arguments and promote healthy communication.

Family Money Matters

Providing information, guidance and support for Families who are worrying about money, housing and employment.

Parenting Befriending

A bespoke parenting befriending service for parents / carers of children and young people aged 0-16 years who need a space to talk and think through the ways that they are coping in the circumstances and practical suggestions to manage challenges such as their young person's behaviour, anxiety and worries, family relationship challenges and a young person's screen time.

To request a service for your family, please speak to your child's school, local children's centre or health professional who will complete a referral form and send it to strengthening.families@newham.gov.uk

Newham Together

The best place for Children and Young People



Family Money Matters

(family finance, housing and returning to work/training)

FREE one to one advice and guidance to all via phone or on-line in partnership with Newham WorkPlace, MoneyWorks and voluntary sector Organisations including Community Links.

1. Advice and assistance on housing, homelessness, evictions, welfare benefits, tax credits and universal credit, immigration and employment law
2. Financial support to access affordable credit, money and debt management and emergency support including access to food bank vouchers, supermarket and energy vouchers
3. Employment/training support includes
 - Improving your CV
 - Identifying job/career options
 - Advising on jobs to best suit your skills
 - Good quality apprenticeships for all ages
 - Bespoke training to enhance your existing skills including accredited qualifications
 - Preparing you for attending assessment centres and interviews
 - Advice on childcare options

Specialist teams such as Young People's Team (16 - 24 years old), Apprenticeships Team (all ages), Supported Employment Team (disabilities or long-term health conditions) and construction team, to support the requirements of our residents.



All services are delivered following up to date government Covid-19 guidance.

Family Relationship Matters

We all have arguments; it is normal for parents to argue, whether they are together or not. Causes can include: job loss, births, deaths, illness or separation, money worries or the pressure of family life.

Our Family Relationships Matters programme consists of six sessions delivered one to one by trained facilitators from Early Help, Families First, Children's Centres and Schools. We will match families to the best organisation to deliver based on the family's needs and existing support networks. These sessions give families the tools to manage conflict effectively and reduce the impact on their children.

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- Befrienders are either trained children centre staff or Newham Parent Peer Facilitators
- 30-60 mins session per week
- 1-8 weeks with a clear transition process put in place for when the contact ends.
- Group sessions – will be developed where this would be helpful and appropriate.
- Virtual Coffee Mornings - Early Years / Primary and Secondary
- Signposting and referrals to other support and services as and when appropriate.

If you have any questions about the children's centre offer or the family support work please make contact via email: BSILFamilySupport@newham.gov.uk

#strengtheningfamilies #HelpNewham
#newhamtogether

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