

Friday 8th Jan 2021



We realise that being at home with our children for long periods of time can be challenging. Even though we may not be in school we are still able to be contacted – please don't struggle at home – do ask us for help. We hope that you find this newsletter helpful.

Please email or dojo your class teacher at least once a week. Find out what the teacher has set for your child, but also let your teacher know how you are all getting on and coping in this unusual time. We are here to help! As part of our safeguarding responsibilities we need to hear from you once a week.

Do you know who to contact if you are worried about the safety of a child?

Sylvia Berhane – berhanes@ocklynge.co.uk
 Sandra Denton – dentons@ocklynge.co.uk
 Rachael Willer – willerr@ocklynge.co.uk

Jon Reynard – reynardj@ocklynge.co.uk

Jo Edgoose – edgoosej@ocklynge.co.uk

Chris Chappell – chappellC@ocklynge.co.uk

You can ring children's services directly if you are ever in need of help or you would like advice – on 01323 464222 .

If you need further support and advice around your child's learning then do contact their Head's of Year.

Head of Year 3 – Stevie Bode – bodes@ocklynge.co.uk

Head of Year 4 – Nicky Cavaleire cavalieren@ocklynge.co.uk

Head of Year 5 – Zoe Linzey – linzeyz@ocklynge.co.uk

Head of Year 6 – Jo Hatt – hattj@ocklynge.co.uk

Further ideas for homelearning and sites that you can look at:

[Primary Homework Help | Online Games For Kids - BBC Bitesize](#)

Also:

[All subjects - Key Stage 2 - Oak National Academy \(thenational.academy\)](#)

Why not try some of these:

[Lessons Worth Sharing | TED-Ed NASA STEM @ Home For Students Grades 5-8 | NASA](#)

Learn a Spanish with

[Duolingo - The world's best way to learn a language](#)



Online Safety

[Be Internet Legends | Parents Page](#)

If you wish to report something that your child has accessed that is unsafe, see the below link:

<https://www.ceop.police.uk/safety-centre/>

[Packs of work that you can do with your children around online safety – each activity is about 15 minutes long:](#)

<https://www.thinkuknow.co.uk/parents/Support->

Various games for children to access around online safety

https://www.thinkuknow.co.uk/8_10/

Guide to safe apps/games

<https://www.net-aware.org.uk/>





Friday 8th Jan 2021

Did you know you can use your Xbox and Playstation to access your home learning?

Using Xbox or PlayStation to access Hwb

Accessing your remote learning. An alternative method of accessing remote learning during times of lockdown.

Xbox

1. Plug a keyboard in to the Xbox USB slot
2. Go in to my games and apps
3. Find Microsoft Edge and select
4. Type in: Hwb and log in as you would in school
5. You can then access your work through Google Classroom or OneDrive and use key packages including:
 - Word
 - Teams
 - Excel
 - PowerPoint
 - Your emails
6. To move around you use the Xbox control or plug in a mouse

PlayStation

1. Identify the PlayStation internet browser icon (it is WWW with dots around it)
2. Press the PlayStation logo on the controller
3. Go to the library and find options for games and applications
4. Go in to applications and you will find the internet browser
5. Type Hwb into the browser and log in as you would in school
6. You can then access your work through Google Classroom or OneDrive and use key packages including:
 - Word
 - Teams
 - Excel
 - PowerPoint
 - Your emails

Useful telephone numbers for parents:

Support with becoming a 'more healthy you' – help to stop smoking etc: <https://www.nhs.uk/oneyou/>

Help with parenting and advice: <https://www.openforparents.org.uk/>

www.fegans.org.uk/family-hub/
www.dad.info

Worried about losing your house? Contact Housing Advice service: 01323 642615

Needing support to get off drugs or alcohol?

Contact STAR: 0300 30 38160
 Email: Eastsussex.star@cgl.org.uk

Worried about your mental health: Contact Health in Mind: 0300 003 0130

Support for parents recovering from abuse and violence - **Freephone 01273 622 828**

Email: info@theportal.org.uk or the [Refuge](http://Refuge.org.uk) on 07795 968400

Need support with job application and careers?
<https://people-matter.org.uk/>

Worried about having enough food? Contact Food bank: 01323 409925

Concerned about debt? Debt advice: 08001381111

Worried about your child's mental health?

Look at these sites:

1. <https://www.nspcc.org.>
2. <https://www.annafreud.org/>
3. <https://youngminds.org.uk/>
4. <https://youngminds.org.uk/>
5. <https://www.mind.org.uk/>

Parent Online Support Group
 Every Wednesday 10.30- 11.30am

Join us on Zoom:
<https://us02web.zoom.us/j/86556962421?pwd=ADV0O0ptUkYxK1MhMkxwMUs3VzdiQT09>

Meeting ID: 865 5696 2421
 Passcode: support

Other Links [Talking to Children About Covid](#)

[Children's guide to Coronavirus](#)

[Supporting your young people at home](#)

childline



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

WALK AND TALK

An informal, chatty, safe, confidential space for Parents and Carers to chat and be supported (and to get some fresh air too!)

Every Friday @ 1pm
 Meeting at:
 The Fishermen's Club
 Royal Parade, Eastbourne BN22 7AA

PLEASE GET IN TOUCH FOR MORE INFO:

contact@holdingspace.org.uk 07922 851207
www.holdingspace.org.uk @EastbourneHoldingSpace

Social distancing and government guidelines will be adhered to

Safeguarding Newsletter