

Weekly Newsletter

Providing an excellent education from age 2 to 19

15 January 2021

Dear Parents and Carers,

We hope that families are keeping safe and well as we all readjust to working and learning from home again. Thank you for keeping your children at home wherever possible. This really does help to minimise the potential spread of infection to keep the children who need to attend school and the staff who are supporting them as safe as possible. If you are a critical worker and you need to request a place for your child, please contact your school to discuss what support they can provide. Thank you also for the many messages of support we have received this week, they are very much appreciated!

Free school meals reminder

Families in receipt of free school meals will have been sent details from their school to claim supermarket vouchers to cover the first three weeks of term. We will be issuing a second batch of vouchers to cover the remaining three weeks up to half term. Children in receipt of free school meals who are attending school will receive their meal as normal on the days they are in.

National lockdown: Stay at Home

We urge all members of our school communities to follow the national lockdown guidance to stay at home to protect the NHS and save lives. To read the full guidance, please visit: <https://www.gov.uk/guidance/national-lockdown-stay-at-home>

Contact us

Our schools can be contacted in the usual way by phone or email if you have any questions or need help or support with home learning. Pathfinder's Operations team can also be contacted on info@pmat.academy.

Coronavirus (Covid-19) information and advice

We have updated the coronavirus information page on the Pathfinder website. You can now find lots of useful resources and links for home learning, online safety, mental health and wellbeing as well as copies of each school's risk assessment and the latest updates from the Trust. To take a look, visit: <https://pathfinder.academy/coronavirus-covid-19-information-and-advice/>

A guide to connecting to Google classroom from different devices

Phone or Tablet

There is a Google Classroom app in both the App Store on Apple devices and on the Android App Store. Look out for this logo:



For help setting up and using Google classroom on a tablet, watch this video <https://www.youtube.com/watch?v=8pueFFwwQuQ>

Amazon Fire

You will need to download Google Play to be able to download Google Classroom and other useful apps. Watch this video: <https://www.youtube.com/watch?v=5YejBlzFytE> or read this article for help: <https://www.androidpolice.com/2020/12/25/install-play-store-amazon-fire-tablet/>

PS4

Go to Library (should be the last icon on the right). Open the Internet Browser (the WWW icon). Search [google.classroom.com](https://www.google.com/classroom.com) and sign in with your school account.

XBOX 1

Go to My Games and Apps. Go down to the Apps Menu. Select Microsoft Edge (you may have to download it, it's free). Go to [google.classroom.com](https://www.google.com/classroom.com) and sign in with your school account!

Nintendo Switch

You will need to go to the settings button (scroll across the bottom). Select Internet and internet settings. Once here, you select your internet provider and select change settings.

Now choose DNS settings. Change it to manual.

Now choose Primary DNS settings. Now change the code to: 045.055.142.122 (this is Google's browser setting). Press ok and then Press Save.

Now select: connect to this network. This will look like it hasn't worked but just click Next. Then a white page will appear. Be patient! Press continue to Google. Now you can search for Google classroom.

Mental health and wellbeing

Support for parents and carers

The NHS [Every Mind Matters](#) website has lots of useful information and advice to help you look after your mental health and wellbeing, including:



- Coping with loneliness
- 10 tips to deal with change
- Coping with money worries and job uncertainty
- Mental wellbeing while staying at home

The website also has a mind plan quiz. By answering five quick questions you get a free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control. Get your personalised Mind Plan here: www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/

Useful links

[How to boost positivity for your family at home](#)

[Six self-care tips for parents](#)

[Five ways to manage your wellbeing as a parent during lockdown](#)

[BBC Bitesize Parents' Toolkit](#)

[Families Under Pressure](#)

[How to work from home while you have a family](#)

Supporting children's mental health

The Every Mind Matters website also has advice for parents and carers about looking after children's mental health. For more information, please visit: www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/

If you're worried about how your child is coping, there is lots of help, advice and support available:

Young Minds offers advice about mental health in children and young people. You can call the helpline on 0808 802 5544 or visit the website: youngminds.org.uk

Shout provides free, confidential support with trained crisis volunteers via text, 24 hours a day 7 days a week. Text SHOUT to 85258.

Childline offers a confidential telephone counselling service, allowing your child to speak to someone anonymously. They can:

- call 0800 1111 any time, free of charge
- have an [online chat with a counsellor](#)
- check out the [Childline message boards](#)
- Use the [Childline helper](#)

[The School Wellbeing Service](#)

The school wellbeing service has lots of useful links and resources for support. These include support for young people with emotional and mental health needs. The website also has some links to very useful parenting support and parenting courses.



[Kooth](#)

Kooth is a safe, confidential, and non-stigmatised way for young people aged 11 to 18 years to receive counselling, advice and support online. Kooth delivers 1000's of counselling sessions each year in Local Authorities across the UK. Available weekdays 12pm until 10pm and weekends 6pm-10pm, 365 days per year, it provides a much needed out of hours' service for advice and help.



[Charlie Waller Memorial Trust](#)



Charlie Waller Memorial Trust teach people how to look after their mental health. They use a practical, positive and proven approach. They publish free resources for professionals, parents, young people and others interested in mental and emotional wellbeing.

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[Recovery College](#)



Recovery College is a useful online resource with general advice, support, and strategies for a wide range of mental health and wellbeing issues.



[Sleep Council](#)

The sleep council has information on sleep hygiene. It provides information on sleep patterns and how to get a better nights sleep.

[York Mind](#)

York Mind's Young People Project is offering services to young people aged between 11 – 21 years old. These include a Telephone Drop-In and a Telephone Mentoring Service.

