

Chipstead Valley Primary School Safeguarding Newsletter- Autumn 1

Seeking Help

Being a parent can be challenging in everyday situations. Now, more than ever, taking care of your mental health is important. Fitting back into a “new normal” or having to work during a difficult situation can put different pressures on everyone. If you're struggling, it's okay to reach out for support from friends and families. There are also plenty of organisations that are also here to help.



If you need support, at Chipstead Valley, we are here for you and can often point you in the right direction of a service who can help you out.

Please do not hesitate to contact Miss Harding if you need support or advice.

You can email at: hharding4.306@lgflmail.org

Useful Services

Organisations providing support to children and families include:

- Relate- For relationship advice. You can contact the Croydon Branch on 0300 003 3225
- National Family Mediation - Advice on families who are in conflict. 0300 4000 636.
- Family Lives - offer online chats, free telephone consultations and online support on relationships and parenting. 0808 800 2222.
- Samaritans - A listening and advice service who you can call at any time of the day or night on 116 123
- Croydon council's dedicated helpline for residents who need urgent help as a result of COVID-19. Call: 020 8604 7787 – open Monday to Friday, 9am to 4pm.

Free School Meals Eligibility

If you have experienced a change in financial circumstances, find out whether your child qualifies for free school meals, and hence whether we would receive additional funding for them. If you think this could be you, please fill in the details requested on this site:

<https://www.croydon.gov.uk/education/schools-new/free-school-meals>

Returning to school

Going back to school can be scary for children whatever their age, and it can also be an anxious time for parents. Many children have been at home for a large amount of months and adapting to this change in routine may not be easy. Remember...

- Children are adaptable! They had to adapt to being home-schooled and they will fit back in at school.
- Your children may have questions- be ready to answer them but remember not to project your own anxieties onto your child.
- It may take a bit of time to adjust for everyone. Remember children like routine and it will take time to get back into how things worked before.
- Make sure your children are getting enough sleep- they may have gone to bed later and woken up later during lockdown. Remember that on average, children should be getting up to 10 hours sleep a night.
- Make some time for yourself- being a parent is hard work, so ensure you look after your own mental health and well-being too. “You can't pour from an empty cup”.



Recently lost your job due to the pandemic?

Due to the current crisis, a large amount of families may find themselves out of employment.

Please visit: <https://www.croydon.gov.uk/training>

This website provides lots of information about training opportunities, job vacancies and support with getting back into employment at this difficult time.

Domestic Abuse Support

The Croydon Family Justice Centre (FJC) will be open at the times below to offer support to those experiencing domestic abuse. If you are suffering, please get in contact with them.



FJC
Care and support in Croydon for those experiencing domestic abuse

You can make an appointment by contacting us on: 020 8688 0100

We are open Monday, Wednesday, and Friday, 9am-5pm and Tuesday, Thursday 8am-7pm.

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www.croydon.gov.uk