

## MESSAGE FROM NIKKI BURROUGHS, EXECUTIVE HEAD



Happy New Year to you all! I hope that you and your families were able to enjoy time together over the holidays.

We were delighted to welcome back our learners last week and I know that staff have lots of exciting and challenging learning opportunities planned for this term. Having seen Covid-19 cases rise significantly over the holiday, it was great to have had so many return to school and this is due in large part to the hard work and vigilance of families in making sure everything possible happens to reduce the spread of infection. Thank you for all your efforts. Our children and young people seemed to have settled back into their education very well and enjoyed sharing news of their festive break.

We are all looking forward to a 'Happier January' and will be trying out some of the things suggested on the [Action for Happiness](#) calendar this month! This said, I hope you will join me in heading into the new year with a renewed sense of optimistic caution, in the full knowledge that Covid-19 and Omicron will be around us. We know there are going to be real challenges ahead in continuing to balance the need for children and young people to be in school, minimising risk and maximising safety for all. As a Federation, we are working hard to ensure that we have the safest environments possible, that we are keeping our pupils and staff as safe as possible, and continuing to work with you, our families. Please can I ask that families continue to be alert to children and young people displaying Covid-19 symptoms and promptly advise us if your child is feeling unwell. It would also be helpful for our teaching staff to be aware if there are other close family members in your household who are currently testing as positive. This will allow us to monitor the risk of possible infection within our schools.

These continue to be strange and difficult times but the children and young people across the Learn to Live Federation remain remarkable in their optimism, zest for life and positivity. Together with families we will continue to give them every opportunity to "be the best that they can be".

## SHORT OF TIME? HERE'S A SUMMARY

**Message from Nikki Burroughs, Executive Head** - See across.

**Covid-19 Testing** - Government changes apply from today. Please read page 2.

**Safety Measures In School** - Please read page 3.

**Class Termly Newsletter** - Coming out soon.

**January Parents' Evening** - Remember to request a slot with your Class Teacher (except Early Years).

**Competition Winner** - Chloe, a learner at our Hollow Lane site has won a poster competition run by Devon's Children In Care Council. See page 4 for her winning entry. Well done Chloe!

**Christmas Raffle PTFA** - Big thank you from the PTFA if you donated items towards the Raffle this year. The total money is currently being counted.

**Healthy Eating** - Please send your child/young person into school with a piece of fruit/health snack each day. Thanks.

**Immunisations** - Letter from Devon's School Aged Immunisation Team on page 6.

**JAM Cards** - Attached are cards your child/young person can use to support them whilst out and about.

**E-Safety Family Workshops** - Will be running soon. Keep a look out for dates!

**Food Vouchers** - Devon will be sending out codes for food vouchers which families can use during the February half term. We'll pass these on to families when received.

**Online RSE Session** - Taking place today with our FE families.

**Parent/Carer Event** - Share your views about our curriculum with Emily at one of two sessions running on Tuesday 25th January 2022. See page 7 for how to join.

## DATES 2022

w/c 21st February 2022 .....Half term holiday

Monday 28th February 2022 .....Pupils return to school

Friday 8th April 2022.....Last day of term





# FAMILY NEWSLETTER

11th January 2022



## COVID-19 / CHANGES COMING INTO FORCE FROM TODAY

From today, Tuesday 11th January 2022, there are changes to PCR testing across England.

Everyone should be lateral flow testing at least twice weekly, if possible, to be able to quickly identify if an individual has caught Covid-19. It is important everyone tests, if they can, as some people may show no symptoms of Covid-19 but could still be carrying the virus. From today:

### What happens if my child starts displaying Covid-19 symptoms?

- You should self isolate your child immediately and book a PCR test, if they will tolerate this.
- The day the symptoms start is classed as Day Zero unless you are advised otherwise by the NHS.
- From Day 6 of self isolation, your child can start to take a daily lateral flow test, if they will tolerate this, to check if the result is negative. You should check your child daily on a lateral flow test until they receive a negative test result.
- When the result of their daily lateral flow test comes back **negative**, they need to take another lateral flow test **24 hours later**.
- If the second result is also **negative** **and** your child is not registering a high temperature, does not have a runny nose and is not sneezing, and does not have diarrhoea and/or vomiting\*, they can end their self isolation period at midnight and return to school on the next school day. The quickest your child would be able to return to school is on Day 8 (Day 6 negative test result → wait 24 hours → Day 7 negative test result → Day 8 stop isolating and return to school).
- If your child continues to test positive at home on a lateral flow test up to and including Day 10, they can only return to school on Day 11 **providing** they do not have any of the above symptoms\*. If they are unwell from Day 11 onwards, you should seek medical advice.
- If your child is unable to take a PCR test or a lateral flow test, they must remain at home for a period of 10 days from the onset of symptoms, as per previous guidance.

### What happens if my child is NOT displaying Covid-19 symptoms but tests positive on a lateral flow test?

- You should self isolate your child immediately and report their test result on the Government website [Report a COVID-19 rapid lateral flow test result - GOV.UK \(www.gov.uk\)](https://www.gov.uk/report-a-covid-19-rapid-lateral-flow-test-result). **You do not need to book a PCR test.**
- The day your child tested positive is classed as Day Zero.
- From Day 6 of self isolation, your child can take another daily lateral flow test, to check if the result is negative. You should check your child daily on a lateral flow test until they receive a negative test result.
- When the result of their daily lateral flow test comes back **negative**, they need to take another test **24 hours later**.
- If the second result is also **negative** **and** your child is not registering a high temperature, does not have a runny nose and is not sneezing, and does not have diarrhoea and/or vomiting\*, they can end their self isolation period at midnight and return to school on the next school day. The quickest your child would be able to return to school is on Day 8 (Day 6 negative test result → wait 24 hours → Day 7 negative test result → Day 8 stop isolating and return to school).
- If your child continues to test positive at home on a lateral flow test up to and including Day 10, they can only return to school on Day 11 **providing** they do not have any of the above symptoms\*. If they are unwell from Day 11 onwards, you should seek medical advice.

Please continue to keep school informed of your child's Covid-19 absence via the absence line and the Covid-19 email address: [covid19@learntolivefederation.co.uk](mailto:covid19@learntolivefederation.co.uk)

Across our schools, we will continue to advise our families if there are any positive Covid-19 cases in your child's class. Unless Nikki Burroughs is advised by the UK Health Security Agency and Devon's Public Health Department to specifically close a class as a temporary measure, it is parental choice whether you wish to keep your child home from school if there are known positive cases in the class. A pupil absence under Covid-19 circumstances will be an authorised absence but there is a strong expectation your child will continue their education whilst at home, if they are well. We would expect your child to access home learning and be in close contact with their teacher regarding their continued education and fulfilment of their EHCP.

**EVERYONE WILL BE THE BEST THAT THEY CAN BE; EVERYONE HAS A VOICE; NO-ONE IS EXCLUDED**

## SAFETY MEASURES IN SCHOOL

### What's happening with safety measures in schools?

We continue to review and revise our Risk Assessment and Safe Working Practice Documentation, and continue to request staff:

- wear face coverings in all communal areas;
- wash/sanitise hands regularly;
- wipe down surfaces both in the classrooms and nearby areas; and
- keep windows open as much as possible.

At present, the vast majority of our staff do not wear a face covering whilst working in the classroom. However, the Federation has recently purchased two types of transparent face masks for classroom staff to wear when working with our learners, if they wish to do so. Transparent face coverings offer some protection for staff and can be worn to assist communication with someone who relies on lip reading, clear sound and facial expression.

We cannot enforce staff to wear the transparent face coverings but have stressed the importance of communication for all our learners and are mindful of the Equality Act 2010 which includes making reasonable adjustments for disabled pupils and students to support them to access education successfully.

Some students choose to wear their own face masks, especially those who are in Upper School. Although the Government has temporarily recommended Year 7+ pupils wear a face mask throughout the day, for the majority of our learners this isn't feasible and we appreciate this.

If you have any queries regarding our Covid-19 process and procedures, please do not hesitate to get in touch.



### TERMLY CLASS NEWSLETTER

Over the next week or so, you will be receiving your Class Newsletter for this term. This will detail the topics being covered this term as well as any specific weekly events eg swimming sessions etc.

There are also reminders of teacher email addresses.

### PARENTS' EVENING

This term, we are offering Tuesday 18th and Wednesday 19th January as possible dates to meet with your Class Teacher.

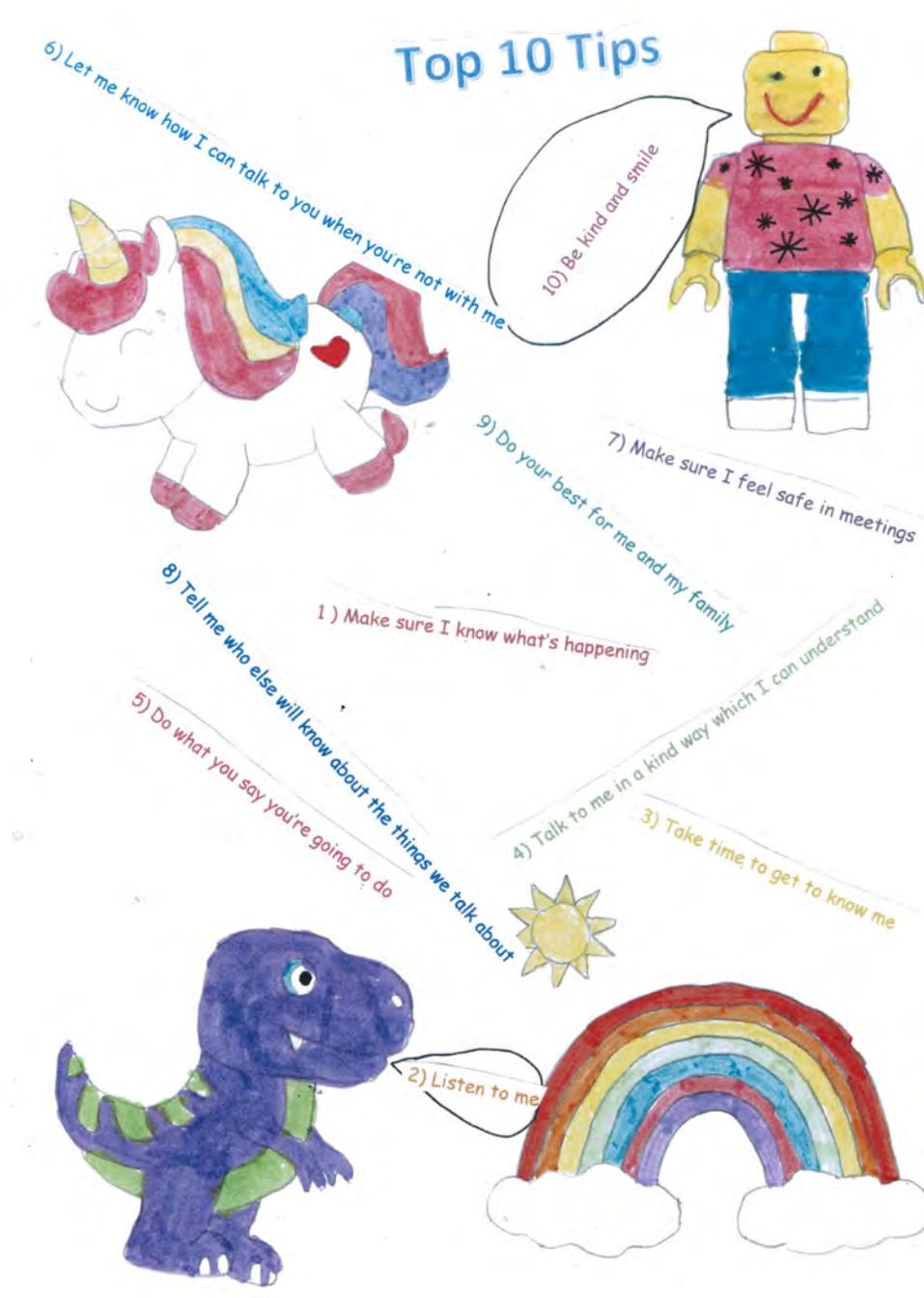
The appointment can be over the phone or on Microsoft Teams.

Please complete the slip on the letter sent home on Friday, and send this back to your Class Teacher as soon as possible. Thank you!

## CONGRATULATIONS CHLOE!

In December 2021, one of our learners on our Hollow Lane site, Chloe, entered a competition run by Devon's Children In Care Council. Learners were asked to design a poster based on the "10 Top Tips" that Workers should remember when carrying out their roles.

We are delighted to confirm that Chloe was the overall **WINNER** in her age group! Well done Chloe!! A copy of her winning poster is below.



## CHRISTMAS PTFA RAFFLE

A HUGE THANK YOU from the PTFA who received lots of kind donations for the Christmas Raffle this year. The PTFA are still counting the money that came in, so we'll let you know the grand total on our next newsletter. Congratulations if you were one of the lucky winners!



## HEALTHY EATING

We encourage all our learners to eat healthily whilst at school. Please remember to send your child or young person into school with a piece of fruit to be eaten mid-morning. If they do not eat fruit, you may provide an



alternative, small, healthy snack as a replacement (no crisps, sweets or chocolate bars please). Here's a link to the [Changes4Life website](https://www.changes4life.org.uk/) with some suggestions for healthy snacks. We

will continue to provide either water or milk for our learners to drink. Thank you.

## JAM CARDS

Just A Minute (JAM) Cards are a free resource which can be used by children and young people to ask others to give them some processing time.

They are designed to be used socially, when out and about. You can get them by applying to this website: [www.jamcard.org](http://www.jamcard.org)



Just a minute

A printout is also attached to this newsletter.

## ICT INFO

At the back of this newsletter are two useful guides from our ICT department.

If your child received a device over Christmas, there are some hints and tips to consider to help keep your child safe whilst online.

Also attached is a guide regarding the ever popular game, Fortnite.

E-Safety remains a top priority for our Federation and we will be inviting families to join a training session in the next few weeks. In the meantime, we suggest you look at the website "[Internet Matters](https://www.internetmatters.org/)" which provides useful info for parents & carers.



# FAMILY NEWSLETTER

11th January 2022



## LETTER FROM DEVON'S SCHOOL AGED IMMUNISATION TEAM

Dear Parents and Carers of children aged 12-15 years,

You will be aware that your child aged 12-15 is now eligible to receive two doses of the Covid-19 vaccination.

We appreciate some families may choose not to vaccinate their child but if you wish to do so, you can still book an appointment through the national booking service for their first dose.

Second dose appointments are also now available and this appointment needs to be 12 weeks after the first vaccine or 12 weeks after a positive Covid-19 test. Devon's School Aged Immunisation Service will be attending most schools between February and April 2022 to vaccinate eligible children, where we have a positive consent and will be offering first and second doses.

However, in the meantime if you would like your child to receive their first dose or is already eligible and you would like to access their second dose vaccine via your local vaccine centre, they currently have plenty of capacity outside of school hours. This can be booked via the National Booking System now by following this link <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/> or by calling 119. The Greendale Centre in Exeter is offering walk-in centres for this age group in the evenings and at weekends. Please note that several local vaccine centres are now also offering vaccines for this age group so no one should have to travel too far to receive these vaccines. Also please note the centres will adapt their clinics to meet the needs of the population so if you cannot initially book an appointment in your local centre, please do keep trying as more will become released regularly.

The School Aged Immunisation Programme will also be continuing to offer Immunisations for HPV, DTP, MenACWY and Flu alongside providing Covid-19 vaccinations. The programme is changing to meet requests from NHS England and to meet local need. We will be in touch with details of sessions at your child's school throughout the academic year.

Best wishes,

**Devon's School Aged Immunisation Team**



### HOLIDAY ACTIVITIES AND FOOD HOLIDAY PROGRAMME (HAF)

School holidays can be particularly difficult for some families because of increased costs (such as food) and reduced incomes.

For some children that can lead to a holiday experience gap, with children from disadvantaged families less likely to access organised out-of-school activities, more likely to experience 'unhealthy holidays' in terms of nutrition and physical health and more likely to experience social isolation.

Devon County Council will be issuing codes for vouchers again for the February half term break, week commencing 21st February 2022. Codes will be sent to you, when received by our school. Thank you for your patience.

### RELATIONSHIPS & SEX EDUCATION @ ETC

Families of young people in our FE Department have been invited to attend an online event today to hear about our RSE curriculum and share their experiences and views.

RSE is part of the PSHE curriculum (Personal, Social, Health and Economic). PSHE education is the curriculum subject that gives children and young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

We hope families find the session very informative and thought provoking!



# FAMILY NEWSLETTER

11th January 2022



INVITATION FOR PARENTS/CARERS TO JOIN A FAMILY SESSION

## Parent/ Carer Group



**From 1.30-2.30 pm or 6-7 pm at Ellen Tinkham College  
(Wayside Crescent) on Tuesday 25th January 2022**



Please come to see us to talk and share your views on our curricula.

RSVP: [ecareylewis@ellentinkham.devon.sch.uk](mailto:ecareylewis@ellentinkham.devon.sch.uk)

ATTACHMENTS : JAM PRINTOUT, SNIPPETS

EVERYONE WILL BE THE BEST THAT THEY CAN BE; EVERYONE HAS A VOICE; NO-ONE IS EXCLUDED

## USEFUL INFO FROM OUR ICT TEAM

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it's needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about SETTING UP NEW DEVICES FOR CHILDREN

At Christmas, millions of lucky children will be excitedly ripping the wrapping off new phones, tablets, computers or consoles. However, in the rush to let young ones enjoy their shiny gadgets, many parents neglect to set these devices up safely – increasing the chances of children going online and stumbling across adult content, making expensive downloads or installing unsuitable apps. A little time configuring the device properly can save a lot of anguish later. Here are our top tips to ensure that a dream gift on Christmas morning doesn't turn into a nightmare by New Year.

### PASSCODES FOR IPHONE/IPAD

If your child's getting their own iPhone or iPad, you can set parental controls that make it difficult for them to access inappropriate content or download expensive apps. Once the device is set up, go to the Settings app and tap Screen Time, then select Use Screen Time Passcode and enter a passcode. Keep it to yourself so your child can't switch the protection off.

### SCREEN TIME SETTINGS ON IPHONE/IPAD

Once you've set a Screen Time Passcode, you can adjust various safety settings. You could, for example, only allow communication with people from the Contacts app, place restrictions on App Store purchases and apply age limits to movies, music and web content. There are many more protective options available within the Screen Time settings section.

### FAMILY LINK FOR ANDROID

Parents can manage Android phones and tablets, as well as Google Chromebooks, through Google's Family Link app. This gives your child some independence (and their own Google account) but lets parents monitor which apps are being used, set limits on content and ensure that parental permission is required to install apps. Look for Family Link in the Google Play Store.

### ADD A CHILD TO FAMILY LINK

The easiest way to add a child's device to Family Link is to set it up with its own Google account. It's a good idea to create this before they use their new phone, tablet or Chromebook. Once they're logged in, open the Family Link app on your phone, press '+' in the top right and add a new family member using their Google account details. Then follow the on-screen instructions.

### FAMILY SHARING ON A MAC

Families using a Mac get similar screen time options to iPhone and iPad users. Again, if you're setting up a Mac for a child, make yourself the main admin and add them as a user. This is handled through Apple's Family Sharing service, which not only allows you to put controls on child accounts but share apps and other purchases with them too. Search 'family sharing' at <https://support.apple.com>.

### PLAYSTATION PARENTAL CONTROLS

With parental controls for the PS5, you'll need a PlayStation Network account (as the 'family manager') and the child will need their own account, which they should sign in with on the console. This all needs to be set up in advance, so you might want to do it before the big day. Go to [PlayStation.com](http://PlayStation.com) and search 'family account' for instructions.

### DISCUSS IT WITH YOUR CHILD

If you're planning to implement any kind of restriction or protection settings on your child's new device, we'd recommend having a discussion with your young one first about what these controls do, and what they are for. If you try to impose parental controls surreptitiously or with no advance warning, don't be surprised if your child tries to find a way around them.

### SET AN ADMIN ON PCs

On Windows PCs and laptops, it's important not to let your child share a general user account or be the main admin on the device. If you're booting up a new family PC or a child's own device, set it up using your own account details and you'll become the admin by default. Then set up children with their own separate account: Settings > Accounts > Family & Other Users > Add Other User.

### SET WINDOWS LIMITS

Once your child's account has been created, a parent admin can go back into the Family & Other Users menu and apply limits to it. These include restricting screen time, the type of games and apps that can be installed, web filters and more. Microsoft also includes reporting tools which, for example, can email you with a weekly summary of your child's activity on the device.

### TREAT AN XBOX LIKE A PC

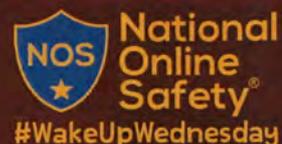
The same control settings you use for a PC can be used to apply parental controls on an Xbox. Again, once your child is signed into the Xbox with their own account, you can then monitor and regulate their activity from a PC or web browser. Microsoft's dashboard allows you to manage voice communication through the console: so you can limit who can contact your child, for example.

### INSTALL XBOX FAMILY SETTINGS

If you don't have a PC, but your child does have an Xbox, it might be easier to use the Xbox Family Settings app for iPhone or Android. Here, you can restrict console screen time (particularly handy if the console is in a bedroom), restrict communication and monitor the types of game being played. There's also a feature where you can allocate spending money for games or in-game purchases.

### Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and *ITV News at Ten*. He has two children and writes regularly about internet safety issues.



## USEFUL INFO FROM OUR ICT TEAM

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many games that we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about

# FORTNITE

CHAPTER  
**3**

AGE RATING  
PEGI  
**12**

First released in 2017, Fortnite has become one of the most popular games in the world. It currently has around 350 million registered players. Developed by Epic Games, it began life exclusively as a 'battle royale' contest, where up to 100 online player characters would fight – with weaponry including rifles, handguns and rocket launchers – to be the last one standing. Today, it features multiple modes which each offer something different (although some modes, such as 'Save the World', are only available on certain platforms).

### IN-APP PURCHASES

Not all of Fortnite is free. Save the World mode, for example, can become quite costly. An in-game currency called V-Bucks is used to buy items such as cosmetics, which are not a necessity to play the game. It can feel like buying them is essential, however – even for adult players. Making sure no payment methods are linked to the game's store is a good idea when children are playing Fortnite.

### REPEAT SUBSCRIPTIONS

Fortnite now offers a monthly repeat subscription which costs £9.99 (or equivalent). This package offers different non-essential benefits every month – including fancy cosmetics, rare weapons, V-Bucks and special bonuses. Signing up, therefore, can be tempting for dedicated players. However, subscriptions cannot be paid for with V-Bucks earned in the game, only with real-world money.

### COMPETITIVE COMMUNITY

Fortnite isn't purely a competitive experience (some modes prioritise cooperation), but the rivalry aspect remains central. Battle Royale is an especially ruthless mode, where the last player or squad left standing wins. Games can become heated, and players' desire to win can often cause excessively aggressive or "toxic" behaviour towards others – via the game's audio chat, for instance.

### POSSIBILITY OF SCAMS

Popular games like Fortnite are often targeted by unscrupulous individuals trying to trick or exploit genuine fans. In Fortnite, scammers have been known to offer children free V-Bucks or vast amounts of V-Bucks in exchange for rare items – often asking the player to click a particular link. These scammers are seeking access to your child's account, personal information and payment details.

### USER-CONTROLLED CONTENT

Some elements of online video games can't be rated for age appropriateness because the developer doesn't have control over them. In Fortnite, for instance, things like voice or text chat, usernames, trades and other player-generated content may not always be suitable for children. It also means that the makers aren't liable for anything a stranger might say to young Fortnite players online.

## Advice for Parents & Carers

### STAY AWARE OF SPENDING

Free-to-play games (that is, ones without up-front costs) can still be big financial drains. In Fortnite, for example, the Battle Pass – a set of rewards to improve players' experience in the game – can be either earned through playing or bought with real money (with additional incentives for the latter). With supervision, however, this can be a great lesson in money management for young people.

### TALK ABOUT TALKING

Communication is key in the squad-based Fortnite modes, and children will quickly realise that talking with team-mates online helps to increase their win rate. It's a good idea, therefore, to chat with your child first about speaking to strangers online, trading, scammers and other potential risks. Remind them that they can always come to you for help if they run into problems online.

### ENCOURAGE BREAKS

Gaming sessions can reach marathon lengths, especially when your child is on a winning streak and doesn't want to stop. Sitting in the same position for hours isn't healthy, of course, but it's an easy habit to form. Encouraging young ones to break regularly for drinks and so on will help them stay hydrated, rest their eyes and release some of the tension from competitive gameplay.

### DISCUSS OTHER APPS

Games like Fortnite can lead on to third-party apps (Discord, for example) where players can join a voice, text or – in some cases – video chat about the game. Certain add-ons also let children talk with other players from their local area, which clearly presents a potential risk. When discussing Fortnite with your child, you might also want to ask them about other apps they use while playing.

### Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



**NOS** National Online Safety  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.01.2022

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Please wait



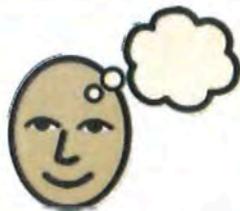
Slow down



I need time



Quiet please



I'm thinking



I need help

# SIGNPOSTplus Information Snippets

## Southern Devon and Surrounding Area

### 6<sup>th</sup> January 2022



#### Signpost Plus

The weekly snippets we provide are available to everyone and anyone who would find the information we produce of use to them or someone they care for. If you would like to sign up for southern snippets send your email address to [kris.dent@nhs.net](mailto:kris.dent@nhs.net) and for northern snippets send your email to [amandasmithson@nhs.net](mailto:amandasmithson@nhs.net) To view archive Snippets, go to the Children and Family Health Devon Signpost Plus webpage. On offer are a variety of additional information sheets, hints and tips. For more details go to: <https://childrenandfamilyhealthdevon.nhs.uk/signpostplus/>



#### Developmental Coordination Disorder (Dyspraxia) & Dyslexia

##### Support

Most children find it easy to learn to move but children with Developmental Coordination Disorder (DCD) find it hard. It can be tricky for them to plan and control their movements. DCD affects 1 in every 20 children. It makes important tasks difficult, like getting dressed or playing games and sports. Scientists have found that children with DCD have different activity in some brain areas compared to other children. Mental training can increase activity in these areas of the brain. <https://kids.frontiersin.org/.../10.3389/frym.2021.642053...>



**Kooth** is a free, anonymous and safe online mental wellbeing community for young people aged 11-25 years within the local area. Kooth online counselling and mental health service is available every day. Young people can log on to access self-help materials, goal setting and one-to-one chat sessions with a qualified counsellor 365 days a year. Find out more here: <https://www.kooth.com/>



#### Happy New Year from the Signpost Plus team

We are here to provide information, help and guidance to parents and carers of children and young people with additional needs in Devon. Did you know Signpost Plus also have a webpage? Click here to find out more: <http://childrenandfamilyhealthdevon.nhs.uk/signpostplus/> On our page you can find archive Snippets and a wide variety of resources and information related to services available from Children and Family Health Devon.

As we go into 2022, you may have news, events or updates you would like to share and promote via snippets, please feel free to forward to: [Kris.dent@nhs.net](mailto:kris.dent@nhs.net) or [amandasmithson@nhs.net](mailto:amandasmithson@nhs.net)



#### PARENTAL MINDS C.I.C. Parental Minds

are currently working with CAMHS, enabling families to have a genuine chance to get involved and influence their new Crisis Pathway. Have you supported your child through a mental health crisis? Your experience can help influence a new CAMHS Crisis Pathway by feeding back to Parental Minds here: <https://forms.office.com/r/mNQY1qSgby>

Together, we can make a difference. The Survey closes at the end of January, there is a real chance for parents/caregivers to be heard and influence this new service, which could hugely benefit our children & young people.

## New DiAS training session dates for next term!

All for parent carers, free and online.

- **Demystifying SEND**  
Information session for parents and carers of children with SEND about how to find clear information and support.  
11th January, 7th February and 8th March 2022
- **EHC plan Review Mythbusting**  
Breaking through some of the misconceptions around the Education, Health and Care Plan review processes.  
18th January 2022, 14th February and 15th March 2022
- **Listening to your Child's Views**  
Helping your child to express themselves and tell you how they feel about life at school.  
25th January, 16th February and 21st March 2022.

Click on the blue links above to book a place.



### Contact - For families with disabled children

Did you know you can use the free Grants Search on the Contact website to find out what financial support may be available to you?

You may be eligible for grants to pay for specialist equipment, therapies, housing adaptations and even holidays with your little one.

Find out more here:

[contact.org.uk/grants-search](http://contact.org.uk/grants-search)



### New Year, New You?

Learn Devon have a wide range of courses, from free Maths and English GCSE to arts and crafts or how to use Office 365.

Some courses are online and some in person.

Check out their website to find out more:

[www.learndevon.co.uk](http://www.learndevon.co.uk)



### Family Fund – Free Online iPad Workshops

Want to find out how to get full use from your iPad? Have a look at the schedule of upcoming workshops and book a place here:

<https://www.familyfund.org.uk/Pages/Events/Categorypad-workshops>

## Devon Information Advice & Support

To view the Autumn term DiAS newsletter click on the link below

<http://soc.devon.cc/7vZJ2>

**WHAT TO DO IF YOU FEEL NERVOUS ABOUT RETURNING BACK TO SCHOOL** @BELIEVEPHQ

- PLANNING**  
Get ready to return to school by planning your week. Use an activity diary to schedule in lessons and homework
- SLOW DOWN**  
Take a moment to pause and slow down what you are doing
- GET ORGANISED**  
Pack your bag and get all your school books and equipment ready. This can help boost confidence and reduce stress
- ASK FOR HELP**  
If you feel you are struggling don't be afraid to ask for help from a friend or teacher
- GOALS**  
Review your goals for the school year and agree on some new achievable targets with your teachers
- BREATHE**  
Engage in some slow and steady breathing to help calm your mind and body
- PROBLEM SOLVE**  
Come up with a list of solutions to a worry and choose one that you can put into action
- IMAGERY**  
Take 5 minutes and imagine yourself in a calm and safe space
- BE PATIENT**  
Ease yourself back into school and homework. Don't put pressure on yourself to get everything done at once

**BELIEVE PERFORM**  
Believe in Yourself & What You Can Do



### Taste Life

Do you struggle with an eating disorder or control issues

around food? Or are you supporting someone who is suffering? Does recovery feel impossible? The Taste Life course starts on January 17<sup>th</sup> from 7.15pm -9.15pm at the Zest Café Honiton.

To find out more telephone 07743 340 650

**For more details see the attached posters**



### I CAN

Calling all educators! Join I CAN's Liz Wood (Speech and Language Advisor) for this FREE online talk.  
Monday 17th January, 4pm

Free online event

Book now: <https://bit.ly/3EIKsie>



## Coming to Terms Art Therapy Group

In January 2022, we will be running an Art Therapy group for teenagers, facilitated by two HCPC registered Art Psychotherapists.

We will be focusing on processing the events of the pandemic, and moving forward, encouraging young people to return safely to public spaces.



We will offer a safe space for young people to explore anxiety or fears they might be holding around the return to school or other spaces. We will use themes within the group, such as 'resilience' and 'hope'.

The group will take place in Exeter.

This is a FULLY FUNDED opportunity. Spaces are limited. Please contact [info@youthartsandhealth.org](mailto:info@youthartsandhealth.org) for more information.

*hope*





## Exploring Anxiety

### A six-week meet-up to connect, share, and learn together

Hosted by Recovery Devon and Kingscare

Share experiences, explore coping skills, and discover what works for you in a friendly group facilitated by people who also live with anxiety

10:30am - Noon, Thursdays from 20th Jan 2022  
Courtenay Centre, Newton Abbot TQ12 2QA

**BOOKING ESSENTIAL, PLACES LIMITED**  
CONTACT BRIONY AT [B.ENRIGHT@NHS.NET](mailto:b.enright@nhs.net)

Coming up in Newton Abbot later this month - a six-week group exploring anxiety, co-facilitated by Recovery Devon and Kingscare Newton Abbot.

Share experiences, explore coping skills, and discover what works for you in a friendly, easy group.

Thursday mornings from 20th January. Spaces are limited - contact Briony at [b.enright@nhs.net](mailto:b.enright@nhs.net) to book a place



**Friends and Family**

Are very excited to announce that their activities programme for January is NOW LIVE.

There's a wide range of activities for the whole family to enjoy - including **climbing, basketball**, a trip to the **theatre** and lots more.

For full details go to: <https://www.friendsandfamilies.org.uk/services/events/>



**BBC Tiny Happy People**

This BBC website offers tips and advice on a whole range of parenting topics. Browse the alphabetical list of topics

and click through for articles and films to help on your parenting journey.

To find out more go to:

<https://www.bbc.co.uk/tiny-happy-people/tips-and-advice>



**Sunshine Support - Dyslexia How to Identify and Support at School and Home**

This Webinar is available via Eventbrite on Thursday January 6<sup>th</sup> from 8pm-10pm.

There is more to Dyslexia than people think... It affects communication and so much more.

If you would like to learn more and sign up go to:

<https://www.eventbrite.com/e/190224696187>

**Useful Emergency Contact Numbers:**

NHS Helpline: **111** Use **999** if a medical emergency.

Multi Agency Safeguarding Hub, if you are concerned about your own safety or that of a child or young person: **0345 155 1071**

National Domestic Abuse Helpline (Devon): **0808 2000 247** (24 hours) Use **999** if you are in immediate danger.

YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are a young person experiencing a mental health crisis. If you need urgent help **text YM to 85258**

Samaritans (24 hours): **116 123**

Citizens Advice Bureau National Helpline: **03444 111 444**

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**Find us on Facebook.....like the SIGNPOSTplus page for regular updates on all things related to children with additional needs. An archive of recent snippets can be found at the**

**[SIGNPOST plus page](#) on the Children and Family Health Devon website**

***If you no longer wish to receive these bulletins please let me know and I will remove your details from the mailing list.***

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*Disclaimer: The information in these snippets is for general information purposes only and is provided by various organisations. Whilst we endeavour to keep the information up to date and correct, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services or otherwise included in this publication for any purpose. Any reliance you place on such information is therefore strictly at your own risk.*

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# tastelife

**struggle with an eating disorder or control issues around food? or supporting someone who is suffering? recovery feel impossible?**

**there is hope. join the tastelife course**

**TIME: 7.15pm - 9.15pm, 17th January**

**PLACE: Zest Cafe, Honiton**

**NUMBER TO CALL: 07743 340 650**

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BREAKING FREE FROM EATING DISORDERS  
[WWW.TASTELIFEUK.ORG](http://WWW.TASTELIFEUK.ORG)

the 9 week tastelife  
community course  
is open to those who  
suffer from all types  
of eating disorder,  
and those who  
support  
them.

meet other people  
who will **listen and  
support** you in a  
non judgemental  
environment with  
trained course  
leaders

hope for  
sufferers  
help for  
supporters

**tastelife**

breaking free from eating disorders