

# Safeguarding and Well being Newsletter

**Childline**  
**0800 1111**

**Samaritans**  
**116123**

**CALM**  
**0800585858**

**Families first**  
**01733 262297**

**NSPCC**  
**08088005000**

**NAS**  
**08088004104**

**Young minds**  
**Text 85258**

MEDESHAMSTED E  
ACADEMY-JAN 2021

01733 821403  
admin@medeshamstedeacademy  
.org

Safeguarding team:  
Mrs C Toshack  
Mrs L Ives



Dear parents and carers,

I hope this newsletter finds you safe and well in such unprecedented times.

We recognise times are challenging and although we are all in the same storm we are in different boats facing different challenges within the storm. Life has changed dramatically for all of us but as a school community we are here to support you through tricky times.

### Fareshare

We continue to receive a delivery from Fareshare every Thursday. This supports families usually with at least three main meals a week, in addition to this there are often chilled goods and cereals available. If you would like to receive a food parcel please contact Mrs Edwards and these can be collected after 3.15pm on a Thursday from outside the front of school.

### Clothing bank

We continue to run the clothing bank from school to support families and reduce waste. This includes uniform and non-uniform. If there are items your child or family need, please do not hesitate to contact Mrs Edwards and she will assist you.

### Timebank

To strengthen and support our community, I would like to start a time bank. Timebanking is a way of spending one hour of time helping someone out by, for example, mowing someone's lawn, or doing their shopping. For every hour spent, you earn an hour in return. This can be spent on receiving an hour of someone else's time. You could learn something new or share a skill you have, like cooking or playing a musical instrument. I believe this would be a fantastic resource for our community and I am really keen to hear from people who would like to contribute. If you would like to be part of the timebank please contact Mrs Toshack via email: admin@medeshamstedeacademy.org.



### **Coffee morning**

We know that things can't be the same at the moment and we are all really missing our community cafes (particularly the baked goods), and although we cannot be together in person we will be holding virtual coffee mornings via teams from next week. We can use the time to catch up, make new friends or share tips and ideas over a cup of coffee and a biscuit or two. You will receive a teams invite over the next few days and we hope very much you can join us.

In addition to our coffee mornings we would like to offer an opportunity to access some short mindfulness sessions. These will be delivered by our educational psychologist, Louisa Tipler. These will be available every Tuesday at 10am for 15 minutes. Mindfulness is great for supporting mental health and well being. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.



### **Time and budget friendly recipe**



### **Ingredients**

- 400g spaghetti
- 1 tbsp [olive oil](#)
- 120g [smoked streaky bacon](#), sliced into matchsticks
  
- 1 [onion](#), finely chopped
  
- 1 [garlic clove](#), finely chopped
  
- 2 tsp [sweet smoked paprika](#)
  
- 2 x 400g cans [chopped tomatoes](#)
  
- [grated parmesan](#), to serve (optional)

- **STEP 1**

Bring a large pan of water to the boil and cook the spaghetti following pack instructions. Meanwhile, heat the oil in a large non-stick frying pan and cook the bacon for 3-4 mins until just starting to crisp. Stir in the onion and cook for another 3-4 mins, then add the garlic and smoked paprika, and cook for 1 min more.

- **Step 2**

Pour in the chopped tomatoes, bring to the boil and bubble for about 5 mins until thickened, stirring every so often to stop it catching on the bottom. Drain the pasta and toss with the sauce. Serve with Parmesan, if you like.

### **Free school meals**

For those children that are remote learning and receive free school meals you will once again be receiving vouchers. You should receive these over the next few days. If you need any support with accessing these please do not hesitate to contact Mrs Maker and she will be happy to help you.

## **Internet Safety**



Mr Eames is our digital champion and will shortly be releasing a short video that you can access to support you with e-safety.

While many parents and carers may be worried about their children spending more time online during lockdown, it's important to understand what they're doing online rather than setting limits on their total screen time.

For example, a child may spend hours searching the internet, while another child may spend less time each day talking to people they don't know on a livestreaming or video app.

Asking them about the sites, apps and games they use regularly can be a great way to start a conversation and help you identify any risks in what your child's doing online or who they may be talking to.



