

# The Mosley Academy – Newsletter

Issue 25

[www.mosley.staffs.sch.uk](http://www.mosley.staffs.sch.uk) @MosleyAcademy

## Dear Children

All the teachers have been so impressed with you all for working so hard on your home learning. Please help your parents by completing the tasks we have set you and keep being the best you can be!

And remember, please send photos of your work and of the things you have been doing. The teachers really enjoy seeing what you are up to and we will try to share some with you each week!

## Stars of the Week



ALL of the NHS workers for everything they are doing at this time.

## Oxford Owl

This is a brilliant site. You will need to sign up (it's free) but once you have done this you can access lots of books and they are audio books too!



<https://home.oxfordowl.co.uk/>



HM Government

**Coronavirus**  
Be responsible  
and keep your  
child at home

**CORONAVIRUS**  
STAY HOME  
PROTECT  
THE NHS  
SAVE LIVES

## Easter is nearly here!



### Resources

We have set up a page on our school website which includes resources you may want to use to help explain the current situation with your children.

<http://www.mosleyschool.co.uk/page/?title=Coronavirus+Closure&pid=115>



This is a great way to start the day if you haven't already been doing it!



## ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl**

**5** Get active. Even if you're stuck indoors, move & stretch

**6** Contact a neighbour or friend and offer to help them

**7** Share what you are feeling and be willing to ask for help

**8** Take five minutes to sit still and breathe. Repeat regularly

**9** Call a loved one to catch up and really listen to them

**10** Get good sleep. No screens before bed or when waking up

**11** Notice five things that are beautiful in the world around you

**12** Immerse yourself in a new book, TV show or podcast

**13** Respond positively to everyone you interact with

**14** Play a game that you enjoyed when you were younger

**15** Make some progress on a project that matters to you

**16** Rediscover your favourite music that really lifts your spirits

**17** Learn something new or do something creative

**18** Find a fun way to do an extra 15 minutes of physical activity

**19** Do three acts of kindness to help others, however small

**20** Make time for self-care. Do something kind for yourself

**21** Send a letter or message to someone you can't be with

**22** Find positive stories in the news and share these with others

**23** Have a tech-free day. Stop scrolling and turn off the news

**24** Put your worries into perspective and try to let them go

**25** Look for the good in others and notice their strengths

**26** Take a small step towards an important goal

**27** Thank three people you're grateful to and tell them why

**28** Make a plan to meet up with others again later in the year

**29** Connect with nature. Breathe and notice life continuing

**30** Remember that all feelings and situations pass in time



**ACTION FOR HAPPINESS**












[www.actionforhappiness.org](http://www.actionforhappiness.org)




30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

## Helplines, apps and websites to support parents

	Phone 	Website 	Online chat 
<b>NetAware</b> Parents' guide to apps/games/social media sites to help keep children safe		<a href="https://www.net-aware.org.uk/">https://www.net-aware.org.uk/</a>	
<b>Shout</b> Crisis text messenger service	Text 85258  24/7  Free on most networks	<a href="https://www.giveusashout.org/get-help/">https://www.giveusashout.org/get-help/</a>	
<b>IMAlive</b> Online crisis messenger service (based in US)	24/7	<a href="https://www.imalive.org/">https://www.imalive.org/</a>	
<b>Frank</b> Honest information and advice about drugs and alcohol	0300 1236600  Text 82111 confidential  24/7	<a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a>	
<b>Drinkline</b> Confidential information and advice for you or someone you are worried about	0300 123 1110  weekdays 9am–8pm, weekends 11am–4pm  free		
	<b>Phone</b>	<b>Website</b>	<b>Online</b>

			
<b>CEOP</b> Reporting online sexual abuse or content		<a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a>	
<b>Samaritans</b> Free confidential support line for people who are feeling desperate	116 123	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	On its way! Chat will be available soon.
<b>Pace</b> Telephone support and secure online forum for parents of exploited children	0113 240 5226  Office hours  £	<a href="https://paceuk.info/for-parents/">https://paceuk.info/for-parents/</a>	
<b>SelfHarm UK</b> Support with self-harm issues	X	<a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a>	
<b>Money Advice Service</b> Financial help and information	0800 138 7777  Free	<a href="https://www.moneyadviceservice.org.uk/en">https://www.moneyadviceservice.org.uk/en</a>	
<b>Step Change</b> Debt support charity		<a href="https://www.stepchange.org/debt-info/emergency-funding.aspx">https://www.stepchange.org/debt-info/emergency-funding.aspx</a>	
	<b>Phone</b>	<b>Website</b> 	<b>Online</b>

			<b>chat</b> 
<b>Refuge</b> Domestic abuse helpline and online support and information	0808 2000 247  Free  24/7	<a href="https://www.nationaldahelpline.org.uk/">https://www.nationaldahelpline.org.uk/</a>	
<b>Young Minds</b> Support for parents when young people suffer poor mental health		<a href="https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/">https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/</a>	
<b>Recovery</b> Support for drug and alcohol addiction	0203 553 0324  Free callback available  24/7	<a href="https://www.recovery.org.uk/">https://www.recovery.org.uk/</a>	
<b>Adfam</b> Support for families affected by drugs and alcohol		<a href="https://adfam.org.uk/">https://adfam.org.uk/</a>	
<b>Stop Breathe Think</b> Free Mindfulness app (pay version also available)		<a href="https://www.stopbreathethink.com/">https://www.stopbreathethink.com/</a>	
<b>101 Non-</b>	101		



emergency Police number. <b>For emergencies DIAL 999</b>	15p per call		
<b>111</b> <u>Non- emergency</u> health advice. <b>For emergencies DIAL 999.</b>	111 Call if you are seriously worried about symptoms  24/7 free	<a href="https://111.nhs.uk/">https://111.nhs.uk/</a>  Use website if your enquiry isn't serious	
<b>Stoke-on- Trent Children's Social Care</b>	01782 235100		
<b>Staffordshire Children's Social Care</b>	0800 1313 126		

Free resources for children and young people during COVID-19 restrictions:

- <https://www.phoenixgrouphq.com/covid-19>

And finally, some indoor activities for younger children available on these websites:

- <https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/>
- <https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>