

St Werburgh's & St Columba's Family Well-Being Newsletter—Information, advice and support.

90 Seconds to ensure your children are safe online

Please watch these three video's surrounding online safety for parents in 90 seconds' to spread the word on risks digital technologies pose to our children and how we can help to keep them safe.

<https://onlinesafetyalliance.org/online-safety-for-parents-in-90-seconds/>



Chatter and Natter—part of the national Chatty Café scheme.

Running every Thursday at 10am at Storyhouse.

'A place for people to build friendship, have conversation and help combat loneliness.'

Free Offer

Maria, our wonderful bodyworker, offers free hand, head and shoulder massages to parents on a Thursday. If you would like a slot then please contact Mrs Prendergast.

Limiting Screen Time

Concerned parents have a bewildering array of options to choose from when seeking to manage how much time their children spend on screens.

Some home routers and security packages allow parents to set time limits for devices and monitor and police what can be seen online. Some can be used to impose time limits but these can be very blunt tools.

Most game consoles and computers include tools that can restrict how long the particular gadget is used for.

Finally, there are apps and other tools from Apple, Google, Facebook and others that can monitor how much time is spent on various programmes. Some let parents set hard limits so net access, apps or machines are locked at specific times.

A non-profit organisation [Child Net](#) has a guide that gives advice and links for concerned parents.



Bren Bikes, Live New Scene, Newton Lane, Chester.

07975 607688

Getting Out and About This Half Term

Bren Bikes is a local charity working with people with learning disability and autism.

'Make the most of the unseasonably good weather and get out for a ride. We have a huge range of bikes for sale, and can also service or repair your existing bike.

Or, if you have an old bike knocking around that you no longer need, then why not think about donating it to us - where we will give it a new lease of life!

If you are thinking of buying a bike then please support Bren Bikes.



Cheshire West & Chester Council

Do you need support?

**YOUR TEAM AROUND
THE FAMILY**

TAF

We offer a support service to all families who may need additional help from time to time. This could be around finances, housing, special education needs, health and parenting. If you would like to know more about this voluntary process, please see Mrs Prendergast for more details.

What is a TAF and how can it help my family?

TAF stands for Team around the Family.



A TAF is a way of finding out what extra support your family may need and how best to provide this support.

A TAF is used to get everyone together who is, or should be working with your child and family and, with your agreement, work together to identify the needs and strengths of your family.

This information will be recorded on a form to show the strengths in your family, what extra support you may need and who is best to help you with this.

The professionals involved may be a teacher, a health professional or a family support worker for example. It will mean only telling your story once!

Working with professionals like this means you and your child are listened to and your views and wishes are taken into account and we will do something with what you tell us.

It's your family and your TAF!

How Does It Work?

A TAF may be used if you or someone who works with your family thinks that your child and family may benefit from some extra support from two or more agencies.

If you agree to a TAF, a professional that we call your Lead Person will arrange some time to talk to you. You will have a say in who your Lead Person is and where you would prefer to meet.

A TAF IS VOLUNTARY

You and your child can choose to be involved in the process and your Lead Person should ask if you are happy to sign a consent form before you start any of the process.

The Lead Person will start by filling in a TAF assessment form with you. This will take into account what you think and will hopefully identify what works in your family and what needs your family may have.

The Lead Person may wish to talk to other professionals to get more information but will only do this with your consent.

If at the end of this assessment it seems that more than one agency may be needed to help you, your Lead Person will arrange a meeting with you and invite people from other agencies to attend.

If your child is older, we hope they will feel able to discuss their needs and attend the meeting themselves.

If not it is still important that your child gets the opportunity to speak to a worker and discuss their wishes and feelings. A child or young person's wish to keep information confidential from parents may be respected by the worker, where this is in the young

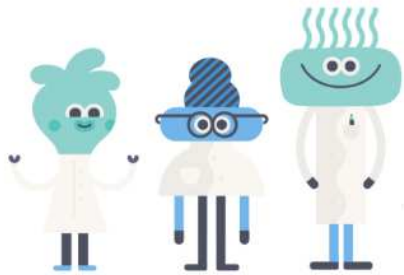
What Happens Next?

Your Lead Person will write up the meeting and make a TAF plan for your child and family.

This plan will be shared with you and with whoever you have consented to be part of the plan. Regular meetings will be arranged

between yourself, your Lead Person and other professionals involved. At these meetings everyone will get together and look at how well the plan is working and if any changes are needed. Your views at this meeting are really valuable.

When it is felt that your child and family no longer need extra support, yourself and the other professionals can agree that the plan is complete and the meetings are no longer needed. At this stage the TAF will close.



HEADSPACE
Learn to meditate and live mindfully

We currently use Headspace in school during classroom sessions. Parents can trial Headspace for free for a month. Headspace has hundreds of themed sessions on everything from stress and sleep to focus and anxiety and bite-sized guided meditations for busy schedules.

MoneySavingExpert.com
 Founder & Chair, Martin Lewis · Editor-in-chief, Marcus Herbert

Martin Lewis MoneySaving Expert is a great website to help families save money, reclaim money owed to you

What happens behind closed doors doesn't have to stay there...

If you, or someone you know is in a relationship that doesn't feel quite right... speak to someone about it. You can get help and advice at:
openthedoorcheshire.org.uk

Cheshire West and Chester
 Telephone: 0300 123 7047 - option 2

OPEN THE DOOR
 and it's a commitment to your future.

Safeguarding Team

childline 0800 1111

Don't forget to use Tootoot!

We are here to help

Need someone to talk to?

Don't put up with bullying - tell someone

We are here to listen to you

Mrs Graham
 Mrs Oates
 Mrs Prendergast
 Mrs Chesworth

COMMUNITY AMBASSADORS HOST A TEA AFTERNOON

PARENTS - GRANDPARENTS - OLDER RELATIVES & FAMILY FRIENDS ARE VERY WELCOME TO A CELEBRATION OF OUR OLDER GENERATION- TEA AND CAKE AND 50'S & 60'S MUSIC

Thursday 28th February 2.15pm - 3.15pm

Featuring St Werburgh's & St Columba's School Choir

5 steps to mental wellbeing

Evidence suggests there are 5 steps we can all take to improve our mental wellbeing.

If you give them a try, you may feel happier, more positive and able to get the most from life.

Connect – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships. Learn more in [Connect for mental wellbeing](#).

Be active – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life. Learn more in [Get active for mental wellbeing](#).

Keep learning – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike? Find out more in [Learn for mental wellbeing](#).

Give to others – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks. Learn more in [Give for mental wellbeing](#).

Be mindful – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges. Learn more in [Mindfulness for mental wellbeing](#).

Listen to some [audio guides to boost your mood](#).



Don't forget that all our pupils have access to the Tootoot app to report any friendship issues or worries. Worries can often be sorted over night or over a weekend as Mrs Prendergast always

endeavours to answer the child out of school hours. If you need the log in and password again, please see the main office.

ENJOY THE HALF TERM

