**Peel Park Primary School Lockdown Support Guide**

**Useful Numbers**

**Food Glorious Food**

Weekly school lunch packs are available to pick up from school every Monday between 12.00 and 2.00. If you would like to request one of these and have not already done so please contact Mrs Noble knoble@peelpark.bradford.sch.uk -These packs are for families who have applied and been accepted for free school meals.

If your circumstances have changed and you are finding things tough and would like some support with food please contact Mrs Noble. (See email address above)

Bradford Central Food Bank are also a useful resource 01274 734314.

**Healthy Mind Healthy Body**

My Wellbeing College: help for adults to manage every-day problems such as low mood, stress and anxiety – 0300 5555551.

KOOTH – an excellent mental health resource for children age 10+ [www.kooth.com](http://www.kooth.com)

<https://www.camhs-resources.co.uk/websites> This website provides a wealth of resources to support young people and their families.



 Bradford Children’s Social Care -

 01274 435600 during office hours,

 use this number if you have any

 concerns about the safety of a

 child.

 NSPCC Child Line 0800 1111



 **Peel Park Help Lines**

Please use the following numbers if

you are having difficulties with online

learning:

Mrs Bagri for Tapestry Nursery and Reception Mon – Wed: 07466 642852.

Mrs Fox Seesaw support for Y1, 2 and 3 07404 618347

Mr Christy Wed – Fri 07404 634539 Years 4 – 6 SeeSaw technical support.

 **You Snooze, You Lose!**

 Routine is important during these difficult times.

 Even though most children are not in school at the

 moment it is still really important that they go to bed

 at a reasonable time so they are up bright and early

 for their home learning. Remember this is not a school

 holiday! Children are required to complete 3 – 4 hours

 of learning at home every day. Please make sure your

 child engages in their learning so they don’t fall behind. **Keeping Fit Competition Time!**

 Please also look out for our live Zoom sessions - make sure Make sure you download the home

 you check your emails as further information will be court APP free onto a device.

 coming soon… The boy / girl with the top scores

 will win a bike. Other prizes are

 also available.

 Always make time for your P.E. home learning!