



BRISTOL
METROPOLITAN
ACADEMY

Parent Information Pack – Academy Closure



We are a community

We look after each other

Useful Information

Bristol Metropolitan Academy Contact

info@bristolmet.net 0117 377 2071

NHS – use the online service first if you can, to see whether you need to ring 111

<https://111.nhs.uk/covid-19/>

111 or **999** if an emergency

Coronavirus

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Government Guidance

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Working at home – Our useful links

<http://bristolmet.bristol.sch.uk/school-closure-learning/>

Extra work for all years

<https://www.senecalearning.com/>

Year 11 Maths

<https://hegartymaths.com/>

Help for families

<https://www.bristol.gov.uk/benefits-financial-help/apply-for-an-emergency-payment>

If you need to speak to a **Safeguarding** trained staff member between 8:30am and 4pm Monday to Friday
07494 272 819

If you need to speak to a member of the **House Team** between 8:30am and 4pm Monday to Friday
07494 268 111

If your child receives support from **SSB** (Student Support Base) they can be contacted 8:30am to 4pm Monday to Friday on **07498 789 597**

If you need to speak to a member of the **Senior Leadership Team** between 8:30am and 4pm Monday to Friday **07494 268 307**

Help for students

Call Childline on 08001111
(you do not need to give your name)

Use Kooth our online counselling service

<https://www.kooth.com/>

What happens during this closure?

It is NOT a holiday!



- Students will be provided with as much learning opportunity as the situation allows
- There is a suggested timetable
- We may make contact with some families via email or phone to try and continue to support.
- Year 10 and 11 – it is really important that they continue to work hard. Although Y11 will not have formal exams, they will still be assessed on course completion.

What to do if you have any questions or worries:

Email the school on:

info@bristolmet.net

Check the school website and Twitter

Use the list of contacts on the front of this booklet

Advice for symptoms and self-isolation if needed

(correct at 9:00am 20th March 2020)

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

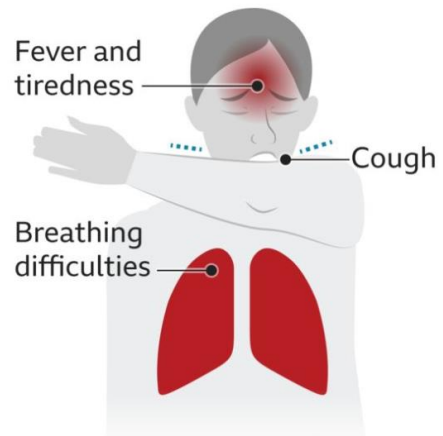
How long to stay at home

- if you have symptoms, stay at home for 7 days
- if you live with other people, they should stay at home for 14 days from the day the first person got symptoms

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

Read our [advice about staying at home](#).



If you have a new cough or high temperature you should stay at home for seven days

Do

- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ always wash your hands when you get home or into work
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ put used tissues in the bin immediately and wash your hands afterwards
- ✓ avoid close contact with people who have symptoms of coronavirus
- ✓ only travel on public transport if you need to
- ✓ work from home, if you can
- ✓ avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- ✓ avoid events with large groups of people
- ✓ use phone, [online services](#), or apps to contact your GP surgery or other NHS services

Don't

- ✗ do not have visitors (ask people to leave deliveries outside)
- ✗ do not leave the house, for example to go for a walk, to school or public places

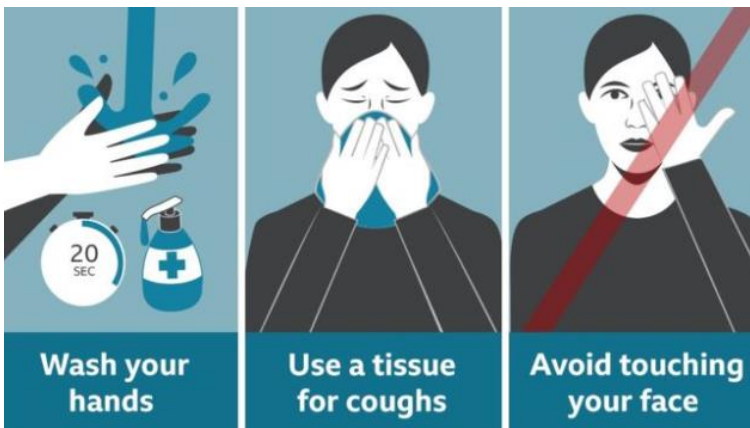
Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

➔ **Use the 111 coronavirus service**

Only call 111 if you cannot get help online.

How can I stay well?



Useful contact numbers for Parents/ Carers

The internet can provide you with lots of information and guidance on any concerns that you may have however your home academy website can also provide you with information on safeguarding concerns so please have a look. We have provided you with some other contacts below that may be useful for you. Your academy safeguarding teams will be able to be contacted between the hours of 8:30am and 4pm on the following email address: **info@bristolmet.net**

If you are worried about a child or young person's safety or wellbeing please contact

- **First Response** : 0117 949 0944- (01454 615165 at weekends and evenings.) <https://bristolsafeguarding.org/>
- **NSPCC 24 hour Helpline**: 0800 800 5000 (free from a landline)
- **NSPCC Text helpline**: 88858 (service is free and anonymous)
- **NHS 111 – NHS**: **NHS 111** can help if you have an urgent medical problem and you're not sure what to do. ... go to **111.nhs.uk** if it is not urgent and you just want information sources.
- **Police** – 101 non-emergency calls or 999 in an emergency



<https://www.saferinternet.org.uk/> Information on Online safety for parents and students.

The parent INFO- website provides help and information for families in the digital world (<https://parentinfo.org/>)

Childnet- This website will provide you with all the all the information you need to keep your child safe online. This includes information on Cyberbullying, sexting, how to remove harmful content. <https://www.childnet.com/parents-and-carers>

Internet Matters- Access to lots of information and advice for a variety of age groups on all subjects related to online concerns-behaviour
<https://www.internetmatters.org/resources/esafety-leaflets-resources/>

Mental Health Wellbeing

Young Minds: Resources and emotional wellbeing tips and advice for parents. Parents' Helpline (Mon-Fri 9:30 - 4pm) 0808 802 5544 www.youngminds.org.uk/forparents

Self Harm UK: A UK based charity that offers support. Useful facts, information, and advice to parents and young people www.selfharm.co.uk

Child Bereavement: UK Charity that supports families who have experienced the loss of a child or when a child is facing loss.
www.childbereavementuk.org

NSPCC- The NSPCC website provides a variety of information and support on topics ranging from Mental Health, drugs and alcohol awareness and sexual behaviour in children as well as many other areas of concern <https://www.nspcc.org.uk/keeping-children-safe/>

Kooth, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. <https://www.kooth.com/>

OTR- [mental health social movement by and for young people aged 11-25](https://www.otrbristol.org.uk/) living in Bristol and South Gloucestershire <https://www.otrbristol.org.uk/>



BDP-Bristol Drugs Project-Whether you're using alcohol or drugs yourself, or you're being affected by someone else's use, we can provide you with free and confidential support. <https://www.bdp.org.uk/youth>

Alateen: Support for families and friends of alcoholics 0207 403 0888 Confidential Helpline www.al-anonuk.org.uk/alateen

FRANK: Support, advice and information on any issues or questions relating to drugs and alcohol 24/365 Helpline 0300 123 6600 SMS 8211 www.talktofrank.com



Anti-Bullying Alliance- Information and advice about bullying for parents/carers
<https://www.anti-bullyingalliance.org.uk/tools-information/advice-parents>

National Bullying Helpline- advice and guidance for parents and carers
<https://www.nationalbullyinghelpline.co.uk/kids.html>



Brook Advice: Advice around sexual health and contraception www.brook.org.uk

FPA- Advice for parents and carers on how to have difficult discussions regarding relationships and sex with young people
<https://www.fpa.org.uk/sites/default/files/fpa-sexual-health-week-2017-tips-for-parents.pdf>



The Children's Society- Advice and guidance can be found in several different languages on the subject of Child Criminal Exploitation including County Lines.
<https://www.childrensociety.org.uk/what-we-do/our-work/tackling-criminal-exploitation-and-county-lines/county-lines-resources>

NSPCC- Advice on the signs that someone is at risk of Child sex exploitation and what you can do to support them
<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/child-sexual-exploitation/>



NSPCC- Advice and guidance on protecting children from radicalisation

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/>

Educate against Hate- advice and guidance on how to safeguarding your child from the risks of radicalisation.

<https://educateagainsthate.com/parents/>



Food bank Vouchers –If your child gets free school meals, you may be able to access food bank vouchers through the council emergency payment scheme. **When you contact the emergency scheme, please explain that your family is in receipt of free school meals and rely on the school to provide a hot meal daily.** You can apply online at: <https://www.bristol.gov.uk/benefits-financial-help/apply-for-an-emergency-payment>

Or you can contact the team by:

email: lcpc@bristol.gov.uk, include your full name and address

phone: 0117 922 4500, Monday to Friday, 9am to 12noon (we can't take household goods applications by phone)**in person:** Citizen Service Point, 100 Temple Street, Bristol, BS1 6AG (by appointment only). You'll need to collect emergency payments here.

Talking Money - Talking Money is an independent charity providing free, confidential advice to individuals with financial problems. There are also drop in centres in Kingswood and Staple Hill. **Main Address:** 1, The Hide Market, West St, Bristol BS2 0BH **Phone:** 0117 954 3990

Next Link –As well as domestic abuse support services we provide women's mental health support services and independent support for victims of rape and sexual abuse nextlinkhousing.co.uk
Domestic abuse telephone help lines are open 8:30am – 5:30pm Monday to Friday and 9:30am – 1:00pm on Saturday 0117 925 0680.

Local Organisations

Hillfields Church : 0117 9654140 – open all week 9.00am – 4pm

Children Centres

Hillfields Library - **Phone**: 0117 903 8576 Summerleaze, Bristol BS16 4HL

Speedwell childrens centre : **Address**: Speedwell Rd, Speedwell, Bristol BS5 7SY **Phone**: 0117 903 0329

Little Hayes Children Centre ; **Address**: Symington Rd, Bristol BS16 2LL **Phone**: 0117 903 0405

Kingswood Children Centre: **Address**: Hollow Rd, Bristol BS15 9TP **Phone**: 01454 864144