



April 2020

Newsletter

ST MATTHEW'S
Roman Catholic High School

WELL-BEING

Information and support for our community

Dear parents / carers,

What is the start of a new term, albeit different for us all, we just wanted to remind you that St Matthew's are here to support you in any way we can.

We hope that you are keeping safe and that you find the information included in the newsletter useful and informative.

If you need to speak to someone at school please ring the main office on 0161 6816178 or email contact@smrchs.com and someone will respond.

For information about what work students should be completing: KS3 follow the Instagram account 'smrchs_ks3'. Also refer the school website working from home section for KS3 & KS4 work.

Please keep an eye on the website as information is updated regularly.

Thank you for your ongoing support. Stay safe - St Matthew's Pastoral Team.



Rainbows created by some of the children of our key workers - proudly being displayed in school.



STAY AT HOME



PROTECT THE NHS



SAVE LIVES



School Safeguarding line

If you would like to speak to a member of staff regarding a safeguarding matter please ring our safeguarding line and someone will get back to you.

Tel: 0161 6816178
Press 1 to leave a message

Manchester Community Response

A new helpline and a distribution service to support Manchester's most vulnerable people, and help them cope with the impacts of the coronavirus outbreak.

This has been set up by MCC for vulnerable people - they coordinate food parcels, medicines and top up payment for people with no support network and for those who have been told by the NHS that they are high risk.

The helpline is open Monday to Saturday
8.30am-5.30pm

Tel: 0800 2346123

Support for young people:

Kooth: free, safe and anonymous online support for young people by trained counsellors www.kooth.com

Chat Health: a confidential text messaging service for 11-16 year olds 07507 330 205 (run by the school health team)

Calm Zone: Childline has launched Calm Zone - an online hub of calming techniques and resources for young people to help them feel better when they feel anxious, scared or sad. There are useful hints and tips eg on bullying, friends, family, body image, etc and games and activities to encourage children of all ages to express their feelings e.g. artbox and mood diary. <https://www.childline.org.uk/toolbox/calmzone/teenagers-cope-with-lockdown>

Living Life to the Full: GM Health & Social Care Partnership has commissioned a set of resources which are now available and free to all GM residents. There is a range of modules including 'Getting a better night's sleep', 'Boost how you feel', 'Irritability and anger', Living Life to the Full (boosting adult emotional wellbeing), Reclaim your life (living with pre-existing conditions) and courses for new parents and parents to be. www.gmhelthhub.org/feeling/living-life-to-the-full

If you have any concerns regarding any of the enclosed content please contact one of the members of staff below:

St Matthew's Well-being Team

Ms H Nicholls (DSL) h.nicholls@smrchs.com
Mr C Ostmeier (DDSL) c.ostmeier@smrchs.com
Mrs R Walsh (DDSL) r.walsh@smrchs.com
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Mr K Walker k.walker@smrchs.com
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Mr D Latham d.latham@smrchs.com
Mrs D Shaw d.shaw@smrchs.com
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Mr M Duxbury: m.duxbury@smrchs.com
Ms J Clarke: j.clarke@smrchs.com
Mrs S Ross: s.ross@smrchs.com
Ms C Wall: c.wall@smrchs.com

Support for Parents/carers:

Manchester City Council have a very clear website where access can be made and information obtained on almost everything ranging from health to benefits.

<https://secure.manchester.gov.uk/info/500361/coronavirus>

Homelessness: Help is available for people who feel they might be at risk of homelessness. People who need support should go on the Council's website first.

www.manchester.gov.uk/homelessness

In an emergency: 0161 234 4692

Parent zone: Help and advice for families in a digital world. Parent Zone and NCA-CEOP, provide support and guidance for parents. www.ceop.police.uk/safety-centre/

Hub of Hope: this is an app which you can download it has all the mental health services that are in your area you just have to put your post code in.

Domestic Abuse: If you are currently experiencing or have experienced domestic abuse you might be worried about self-isolating with someone who is harming you. If you know a family member or friend who is living with domestic abuse, self-isolation may mean they are spending more time with an abusive partner and will not be able to access their usual means of support.

If you are in immediate danger, or you suspect someone is in immediate danger, please call 999 and ask for the police.

Local Domestic Abuse services in Manchester are still operating and delivering support:

[Manchester Women's Aid](http://ManchesterWomen'sAid.org) 0161 660 7999 or email referrals@manchesterwomensaid.org

Domestic Abuse helpline 0161 636 7525 or email helpline@independentchoices.org.uk

Respect is a confidential helpline, email and webchat service for perpetrators of domestic violence looking for help to stop. They help male and female perpetrators, in heterosexual or same-sex relationships. Partners or ex-partners of perpetrators, as well as concerned friends and family and Frontline Workers are welcome to get in touch for information, advice and support. Telephone 0808 802 4040.