



ABBEY PARK SCHOOL

Pastoral and safeguarding information

We know that this will be a very worrying time for everyone, however we will continue to do our best to support you and your children not only academically but also Pastorally and emotionally. We know that long periods of self-isolation will put a real strain on families and will add additional pressure to mental health and family relationships.

The World Health Organisation (WHO) have issued the following advice to people/families who are in isolation.

- Stay connected and maintain your social networks. Even when isolated, try as much as possible to keep your personal daily routines or create new routines. You can stay connected via e-mail, social media, video conference and telephone.
- During times of stress, pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines and eat healthy food. Keep things in perspective. Public health agencies and experts in all countries are working on the outbreak to ensure the availability of the best care to those affected.
- A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Seek information updates and practical guidance at specific times during the day from health professionals and WHO website and avoid listening to or following rumours that make you feel uncomfortable.

If during the time of school closure, you have any concerns about your child that you would normally contact us about, please contact the safeguarding team on our work mobiles.

Mrs Stevens on 07341865851

Mrs Bulpitt on 07818348004

Ms Best on 07436146411.

For advice or support regarding a safeguarding concern you can also contact family services through MASH – 01793 466903 or look at the NSPCC website for information and guidance.

Please also make reference to the Pastoral and Safeguarding information page on the Abbey Park School website. There is a lot of information and sign posts on there to support you and your family.

If you have concerns about anxiety or mental health or need some parenting support there are online tools you can use such as:

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

Ontrack - <https://thedockswindon.co.uk/organisations/on-trak/>

Young minds - <https://youngminds.org.uk/>

Triple P parenting - <https://www.triplep-parenting.uk.net/uk/hot-parenting-topics/my-child/parenting-during-covid-19/>



Principal: Mr J Young
Vice Principal: Mrs L Hunter

The Learning Campus, Redhouse Way, Swindon, Wiltshire SN25 2ND
Tel: 01793 705400 Fax: 01793 707596
email: admin@abbeyparkschool.org.uk



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We know that the school closure will have a significant impact on you and your family. We will continue to follow the Government guidance and will keep you updated as much as possible. If you want to get in touch to share any concerns, please don't hesitate to do so via email or phone:

Mr Young – Principal - 07341865854 - youngj@abbeyparcschool.org.uk

Mrs Stevens – Assistant Principal - DSL – Year 7 & whole school - 07341865851 – stevensk@abbeyparcschool.org.uk

Mrs Bulpitt - DDSL – Head of Keystage Year 10 & 11 - 07818348004 – bulpittl@abbeyparcschool.org.uk

Ms Best- DDSL – Head of Keystage Year 8 and 9 - 07436146411 – bestc@abbeyparcschool.org.uk

Mrs Yeoman our school counsellor will also be more than happy to support parents and pupils via the following e-mail address counselling@abbeyparcschool.org.uk

Please use the NHS 111 online if you or your child feels ill and you want to know what to do next.

We would like to thank you for your continued support and please do not hesitate to contact us.

Stay safe and healthy.

Kind regards

Abbey Park School Safeguarding team



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