‘The most powerful buffer in times of stress and distress is our social connectedness; so let's all remember to stay physically distant but emotionally close. Reach out and connect; even a short text or smiling face on Zoom can help. Regulate, Relate, Reason.’

Bruce D Perry on Twitter 17/03/2020, 20:18

All families are experiencing the extraordinary challenges presented by Covid 19 and we also know that families with a child previously in care are likely to experience additional challenges. At the Virtual School we want to support you as much as possible at this difficult time. Schools will all be providing home learning resources for children previously in care (as for all children and young people) and we’ve put together these resources and suggestions which may be useful alongside school home learning provision.

Regulate:
Think Transition……. this has all happened very suddenly for children and young people, as well as for schools and families. It may well bring up feelings of abandonment and loss and we also know that lack of routine and structure can be particularly challenging for children and young people who have had early life challenges. These resources might prompt ideas for helping children &young people to manage stress: LINK to a site with 119 regulation ideas (scroll down).

Consider whether it would be helpful to try and create a structure which matches the school day and week with added flexibility. Is there a timetable already created by school that can be redesigned for home use? (See Timetable example sent with this resource)

See also our Transitions Resource for some ideas that may help LINK.

Parents/carers with concerns about the Emotional Mental Health and Wellbeing of a child/young person can contact the Schools Wellbeing Service to request a call back within two days from a Primary Mental Health Worker on 01273 293481 or via email SWSConsultationLine@brighton-hove.gov.uk. Please Note: this is not an emergency service and for immediate support a GP should be contacted, or call CAMHS duty care on 0300 3040061 or go direct to A&E. For information on different services available, please visit findgetgive.com.

Relate:
Here are some ideas for maintaining home/school contact:
➢ Regular telephone/Video link check-ins via parents/carers
➢ Postcards and letters back and forth
➢ Messages sent by email to children/young people cc parents/carers
➢ Key Adult/Team around the Child rota for contact
➢ Video clips sent from school staff via parents/carers
Transition objects shared between school and home – is there a favourite classroom object, or toy a child could borrow and return (Early Years and Primary), or a meaningful memory/shared joke/photo (Secondary) that could be shared?

Reason:
Understanding what is going on now, but also what it means for the future, is clearly important for children and young people to feel less stressed. BBC Newsround has some information for younger children [LINK] and it could be useful to check with older young people how they are managing and that they have accurate information gathered through their social media sources [LINK].

Children and young people who are at major transition points such as: starting school, moving to Secondary, leaving Secondary, beginning or leaving Sixth form etc will all be facing additional uncertainty. Education settings can help by giving clear messages as and when they are available at each stage of the process and ideally communicating with families personally, if possible.

The following organisations have some Covid 19 specific resources and/or help and advice lines and general resources which you may find useful:

- **Adoption UK** [Helpline and Covid 19 Resources LINK]
- **Attachment Trauma Network** [Covid 19 Resources LINK]
- **Beacon House** [Covid 19 and other Resources LINK]
- **ChatterPack** [Home learning Resource List LINK]
- **Grandparents Plus** [Advice Service, Kinship community and Facebook LINK]
- **PAC UK** [Family support LINK and Education Resources and Advice LINK]
- **Trauma Informed Schools UK** [Resources including social stories and advice guide LINK]

Please also see the Virtual School website here [LINK] where we have a range of resources and our contact details. We will send out more information and resources as and when we gather them. Please let us know if you are willing to share a resource you’ve found or created that you think will be useful for other parents/carers too.

Get in touch with us at the Virtual School for education related information and advice in relation to children and young people previously in care on 07808 717796 Tues-Fri 9-3pm term times or via email sarah.lindfield@brighton-hove.gov.uk. Outside these times please email virtualschool@brighton-hove.gov.uk or telephone 01273 293992.

Covid 19 Resource 1
Brighton and Hove Virtual School for Children in Care and Previously in Care
March 2020 SL