

## **Milborne Message 05.02.21**

### **Message from Sharon Hunt!**

Dear Parents,

### **Census 2021!**

#### **About Census 2021**

Everyone benefits from the census. It informs decisions across England and Wales and locally on vital services and issues like diversity. Ultimately it makes sure millions of pounds are invested in areas such as emergency services, mental healthcare, school places, hospital beds, houses, roads, GPs and dentists' services based on the information people give. We've made it easier for people to complete the census online on any device, with help and paper questionnaires available for those that need them.

The next census takes place on **Sunday 21 March 2021**. The census is a survey that happens every 10 years and gives us a picture of all the people and households in England and Wales. This helps to plan and fund public services in your local area. By taking part in the census, you can ensure that your family and community gets the services they need. The results will be available the following year. However, anonymised records will be locked away for 100 years and kept safe for future generations.

Find out more about Census 2021 and how to fill in your census questionnaire at [www.census.gov.uk](http://www.census.gov.uk)

#### **Food Links:- Urgent!**

If you have placed orders online for school meals for the first week back after half term, **22<sup>nd</sup> – 26<sup>th</sup> February** and your child is now not going to be in school, please cancel these meals ASAP.

**Instructions:** *Once logged into your child's account, orders, next to each meal, on the right, is a cancel button - please press to cancel the meal.*

If you have paid for meals, once cancelled a credit will automatically be placed onto your Local Food Links account. If you need any assistance please email [support@localfoodlinks.org.uk](mailto:support@localfoodlinks.org.uk)

I am continuing with the **Behaviour talks** I started before Christmas. There are 7 sessions in all and I will attach a final list of all videos and accompanying videos on here when they have all been completed.

[Session 5.mp4](#) (My Talk)

[Monsters In the Closet - Domestic Violence From a Child's View](#)

[The Attachment Theory: How Childhood Affects Life](#)

**Get singing:** I have set up some singing videos on the class pages part of the website for the children to have a look at. We are hoping to add to these over time so that music can carry on. Take a look and have a go.



## Children's Mental Health Week.

The theme of this year's [Children's Mental Health Week](#) is 'Express Yourself'.

We have all been through a lot over the past year and it's important that we all talk about how we are feeling. Help is out there if you or your child needs to speak to someone.

In Dorset we have free and confidential mental health services that can help support your child.

[Kooth](#) is a free, confidential online service that helps young people aged 11 – 18 who want to talk about their mental health and emotional wellbeing.

[ChatHealth](#) is a free school nursing text service available to all young people aged 11-19. Young people can use this service to get advice about a range of subjects including mental health, relationships and drugs and alcohol.

Dorset Council's [Educational Psychology Service](#) has a helpline to support those who are worried about their child or teenager during the lockdown.

COVID-19 update - 29 January					Public Health Dorset	
Dorset and Bournemouth, Christchurch and Poole					#doyourbit	
	Most recent 7 day period		Last update (22 January)		7-day cases trend	COVID deaths* in most recent 7 day period <small>*within 28 days of positive Covid-19 test</small>
	Cases	Case rate per 100,000	Cases	Case rate per 100,000		
BCP	2,342	592.4	3,138	793.8		107
Dorset	1,001	264.5	1,175	310.4		49

## Explore from your door.

In lockdown we can exercise with the people we live with (or support bubble) or one other person (in which case you should stay [2m apart](#)). Exercise should be limited to once per day, and you should not travel outside your local area.

As case rates aren't going down as quickly as we would like, we are asking residents to explore from their front door. If you do go out this weekend please stay local. We have got some ideas for you:

- This weekend is the [RSPB's Big Garden Birdwatch](#)
- Missing your favourite places? Why not visit virtually with [Dorset Council's web cams](#)? Or take part in up close encounters with wildlife such as the [Hengistbury Head wildlife cam](#).
- [Create a scavenger hunt](#)
- Take part in [LiveWell Dorset's 5 Ways Challenge](#)



Thank you for all your help and support in keeping our school and the wider community as safe as we can.

Have a lovely weekend.

Yours sincerely,

Sharon Hunt

### Links and Information:-

- **Starfest Week** - Please see the attached flyers for more information.