



## Eastern High / Ysgol Uwchradd y Dwyrain

Eastern Community Campus / Campws Cymunedol y Dwyrain

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Email address – [info@easternhigh.org.uk](mailto:info@easternhigh.org.uk)

Website – [www.easternhigh.org.uk](http://www.easternhigh.org.uk)

Head teacher: Armando Di-finizio

21 April 2020

Dear Parent/Carer

I hope this letter finds you and your loved ones well at this difficult time. This situation brings many opportunities to reconnect as a family and as a community, however it in many ways brings challenges to all of us, to our resilience, our wellbeing and on a practical level.

We wanted to ensure that you were aware of the support that is available to you from ourselves as a school, but also from the local community and the Council and other organisations. Below are a few updates and contacts that you or someone you know may find useful. These organisations or sources of support will be added to on a regular basis on our website and in future updates of this nature.

Please keep in touch with us and do contact us if you need any support or if you feel we may be able to help.

Kind regards,

Susan Cowan

Deputy Headteacher

### **The Wellbeing Team in School**

All of our school staff and school based wellbeing team (House Support Officers and Leaders, Safeguarding Officer etc) continue to be available to support you and can be contacted via their direct emails and the school email at [info@easternhigh.org.uk](mailto:info@easternhigh.org.uk) and they will also respond to messages left on school phone (029) 2079 2751 if you are unable to send an email.

### **Free School Meals**

Free School Meals Vouchers are being posted out by the Council and they are also in the process of setting up a direct payment system. If you haven't received a voucher you can email [FreeSchool.Meals@cardiff.gov.uk](mailto:FreeSchool.Meals@cardiff.gov.uk) or leave a message on the school number and we can email on your behalf.

If your circumstances have changed and you are unsure if you are eligible to claim for free school meals please also use the contacts above.

You may be eligible to claim Free School Meals for your child, you can do this if you are entitled to one of the following:

- Job Seekers Allowance (Income Based);
- Employment Support Allowance (Income Related);
- Pension Credit (Guarantee Credit);
- Child Tax Credit with annual income of less than £16,190;
- Universal Credit with net household earnings of less than £7400.

### **Wider Community Support**

If you or someone you know needs support the Church of the Resurrection, St Mellons on Mondays from 1-3pm accept Food Bank Vouchers. **Food Bank vouchers can be obtained from us (please call or email the school) or from the Beacon Centre in St Mellons and from Trowbridge Community Centre.**

The **Council Advice line 02920 871 071** will also signpost people to approved local support groups to get any additional support they need. Their email is [advicehub@Cardiff.gov.uk](mailto:advicehub@Cardiff.gov.uk)

Eastern High, Rumney Community Support Group and Bethania Church have joined together and have managed to access some funding from the Together Trust to support families and individuals in need during this time. The aim of the group, called **CAST** is to provide families with immediate support if they have reached a crisis point in terms of food, fuel, support with accessing medications etc but also to provide support from a family wellbeing /mental health point of view and spiritual support. Activity packs for the family are also available through CAST. If you or anyone you know is in need of this support or would like a family activity pack delivered please **contact CAST on 02920775934 or via email at [cast@easternhigh.org.uk](mailto:cast@easternhigh.org.uk)** 7 days a week.

**The School Nurse Team** are offering support via a text based system for all young people 11-19 Contact 07520 615718 for confidential advice and support.

**Cardiff Family Advice and Support** offers a range of information, advice and assistance for children, young people and their families in Cardiff. The team can provide information and advice on:

- Family life
- Child behaviour
- Childcare
- Parental support
- School attendance
- Employment, money and housing
- Information and signposting to other services

<https://www.cardiffamilies.co.uk/>

### **Cardiff Family Gateway**

The Family Gateway is a contact point for any professional, parent, child or young person to get the information, advice and assistance you need in Cardiff.

The Family Gateway Contact Officers are available to listen to your situation, identify what support is best for you and can help you access it.

You can contact the Family Gateway on 03000 133 133 or at Contact [FAS@cardiff.gov.uk](mailto:FAS@cardiff.gov.uk) or <https://www.cardiffamilies.co.uk/>

**Online Safety At Home resources** have been created by the NCA-CEOP Thinkuknow Education Team to support you and your children to keep safe online during the COVID-19 pandemic and the closure of schools. These resources and support can be found at <https://www.thinkuknow.co.uk/>

**Live Fear Free - Domestic abuse Support** - If you have experienced domestic abuse or sexual violence, or are worried about a friend or relative who is experiencing domestic abuse or sexual violence, you can call the **Live Fear Free Helpline for free, 24 hours a day, 7 days a week, Confidential support and information can be accessed by calling 0808 80 10 800**

**Careers Support Year 11** - Emma Cornfield our Careers Advisor is available to contact you or any of our Year 11 students who need additional support about their post 16 options, please call the school number or email us and we will pass your enquiry onto her. You can also access **Careers Wales at 0800 028 4844 or via their website <https://careerswales.gov.wales/>**

**Cardiff & Vale College support for Year 11** - If your child has applied to Cardiff and Vale College and you would like information or support about post 16 options you can find out more at <https://cavc.ac.uk/en/faqs-recruitment> or calling **02920 250 250**

And a little something for you... If you have some time to spend on you, why not have a look at the range of free online courses at [www.futurelearn.com](http://www.futurelearn.com)