



Dear Parents and Carers,

As we come to the end of another unusual half term we want to remind you of some of the services that are available. This half term has put a lot of pressure on us all for many different reasons so please take the time next week to do rest and take care of yourselves.

### **Domestic Abuse**

The chances are high that you may know a sister, mum, colleague, cousin or friend who is experiencing abuse behind closed doors. Unless you are trying to help someone who has been very open about her experiences it may be difficult for you to acknowledge the problem directly. However, there are some basic steps that you can take to assist and give support to a friend, family member, colleague, neighbour or anyone you know who confides in you that they are experiencing domestic abuse. ***Please go to [www.womensaid.org.uk](http://www.womensaid.org.uk) for further information.***

### **National Centre for Domestic Violence – 0808 2000 247**

The National Centre for Domestic Violence helps survivors of domestic violence and abuse obtain protection against an abuser. It specialises in providing free, fast and effective support, usually by helping individuals obtain injunctions from their local county court. If you hear or see that someone is in immediate danger please do not delay call 999.

### **Online Working**

As children are required to spend more time on devices it's important that they look after their eyes, bodies and mind. Try some of the simple things below.

- Every 10 minutes, look at an object at least 10 meters away for at least 10 seconds
- Take a break of 15+ minutes for every 1.5 hours you spend on your device
- Your screen should be an arm's length, away from your face.
- Check your lighting is bright enough. Your device shouldn't be brighter than the surroundings



- Lower the colour temperature of your screen. It gives off less blue light, which is linked to eyestrain
- Try to blink every four seconds to keep your eyes wet and happy

### **When emotions explode**

Last year and the start of 2021 has been extra stressful and, understandably emotions may be heightened at home. It's normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments. This advice aims to support you when your child has angry feelings or outbursts and may help you start a conversation and talk about each other's feelings – *information taken from Young Minds.*

**Very Angry** - Stay calm. Stay safe. walk away if possible and make sure you don't engage with your child until you are both calm.

**Frustrated** - Reflect what you can see in your child. 'I can see that you're angry/upset' 'I understand that this might be difficult for you.' 'I understand when you did x this made you feel..

**Calm** – Use this time to explore your concerns and ask questions like “what happened here? How did you feel?” If there has been lots of conflict reassure them and remind them that you still love and care about them.

We have created a secure email address that you can send any concerns you have privately [SecureDSL@oasisboulton.org](mailto:SecureDSL@oasisboulton.org)  
[inquiry@oasisboulton.org](mailto:inquiry@oasisboulton.org)

Or contact the lower Marsh number 020 7921 4200

Thank you

Mrs Vadukul  
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