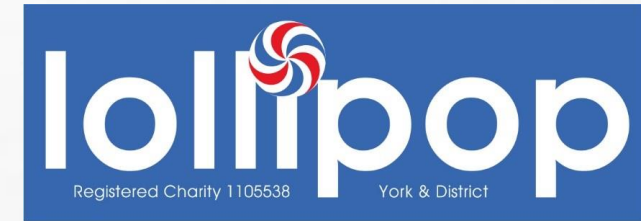


Lollipop newsletter

July 2020 - Issue 4



LOLLIPOP (YORK & DISTRICT)

Supporting children, young people and families with deafness

CONTENTS

- Update from the Anderson family
- Lollipop's summer activities
- Back to school – what to expect & how to prepare
- Donate to Lollipop with AmazonSmile
- Emotional wellbeing – for you and your family
- Fun & games
- Other local support



Note: There are lots of links in this newsletter. If you want to open them in a new window each time, hold down the Control key (or Command key on a Mac) whilst clicking on the link. Otherwise, just click back in your browser to return to the newsletter.

BSL video: <https://bit.ly/2CN8szW>

Update from the Anderson family



Left to right: Lexi, Stephen and Janet Anderson

These have been strange times and things have changed – we'll probably not realise just how much until things get back to some sort of 'normal'.

When lockdown began and schools closed, Lexi stayed at home and our son was furloughed along with Mum and Dad. But our eldest daughter, Katie, had to move to another store and has been kept busy working right through.

At home, school work continued, Dad having to fetch the worksheets each Monday morning for the week. At the start, Mum did the teaching – though Dad knew the answers to the maths he could not teach it!

So, we settled into the new routine of school work at home, for a couple of hours at least each day, including some maths online websites (do you know just how many maths websites there are now?), YouTube (more maths stuff) and Joe Wicks for a little bit of light exercise.

BSL video: <https://bit.ly/2DSV6CE>

Update from the Anderson family continued...

Lockdown has brought a whole new meaning to the word 'Zoom' - we now make 'Zoom' calls to friends and family, Brownies have virtual meetings on Zoom, and some of Lexi's friends have organised Zoom birthday parties. It's very strange leaving presents on your friends' doorsteps, having to make your own birthday tea, and watching others eat theirs.

Lexi has completed a number of Brownie badges, showing collections of shells, baking, and planting flowers and vegetables. She has written up what she's done and emailed the leader, who in turn sent her a virtual certificate.

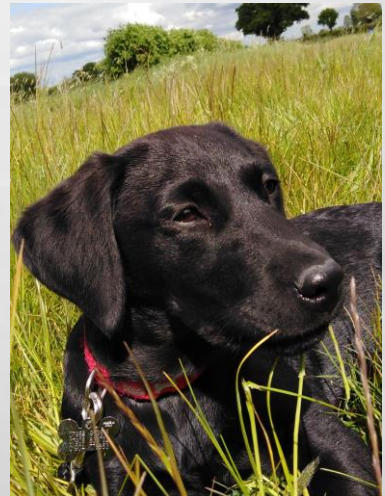
On lockdown day we got Lucy, our new black Labrador puppy (then 8 weeks old). We weren't able to go far from home to start with, but as restrictions have lifted we've gone to the beach and the woods. She enjoys these walks and loves the water and running with other dogs.

Lexi has been able to return to school Tuesday to Thursday for the last two weeks of term. She has enjoyed being able to meet a small number of her classmates again in person and is getting used to the social distancing measures and working back in class.

To all our friends in Lollipop - keep safe! We look forward to seeing you again on Zoom and hope we can soon meet up again for real!



Lexi and her dog, Lucy



BSL video: <https://bit.ly/2DSV6CE>

Lollipop over the summer

The Lollipop Office will be closed over the summer holidays but we're still here for our members!

You will receive emails inviting you to sign up for activities so keep an eye out and don't miss out!

HQ on Zoom – SAT 8 AUG



HQ Kids/Juniors – 10 am

HQ Youth – 2.30 pm

Sign up by 12.30pm on

FRI 7 AUGUST

Web and social media

There's loads of great information and resources on our website and social media channels so do take a look:

- [Main website](#)
- [Lollipop blog](#) (website)
- [Facebook](#)
- [Parent Chat Group](#) (on Facebook)
- [Instagram](#)

lollipop



Why not give us a 'like', say hello, leave a comment or write a review! We'd love to hear from you!

Family Bingo – FRI 21 AUG



Join us for a full house of fun from the safety of your own home!

Sign up by WED 19 AUGUST

If you want to contact Lollipop for any reason over the summer break, you can email Penny (Lollipop Chair) on chair@lollipopyork.org.uk

BSL video: <https://bit.ly/2B9omUB>

Going back to school



The Government's aim is for all children and young people to return to full-time education from September.

For many, going back to school will feel like a positive thing – they will be excited to see friends and relieved to be returning to a more normal routine. But even in normal circumstances, children and young people can feel anxious about making the move to a new class, school, or stage of their education.

It is likely that many more may experience similar feelings given the disruption and uncertainty caused by the coronavirus e.g. social distancing, isolation, family members being unwell, and adapting to new ways of doing things as we ease out of lockdown.

Supporting children and young people to experience a successful transition back to school is essential because of the impact it can have on their self-esteem, emotional wellbeing, and academic outcomes.

BSL video: <https://bit.ly/2WvVaP3>

Supporting children and young people returning to school

Whilst the current circumstances are unlike anything we've seen before, schools are skilled in managing transitions and are working hard to apply the same key principles to the current situation.

In practice, this means:

- **Planning and preparation** – sourcing and sharing information
- **Clear communication** – with parents, carers, pupils and staff
- **Consideration of relationships** – with teachers, support workers & other children

BSL video: <https://bit.ly/2OFI7Hv>

All schools and teachers recognise how important it is that:



- Adults, children and young people feel safe
- Emotions (positive and negative) are recognised and explored
- People are supported to be and feel calm and stay focused on the here and now
- Everyone is listened to with empathy, genuine warmth and without judgement
- Children feel they have some control over what is happening to them
- Adults, children and young people have strong social support and feel a sense of belonging
- There are opportunities for people of all ages to play and be playful
- Children and young people recognise that their abilities and knowledge are not fixed and with effort, experience and support they can succeed
- People feel hopeful that things will get better and reassured that the future can be positive
- Everyone is encouraged to tap into their personal strengths and the support of others to boost their individual resilience.

What will happen when your child returns

To limit the spread of coronavirus and keep children and teachers safe, some changes can be expected when they return to school e.g.

- Regular hand washing and rules around social distancing
- Reduced class sizes with some groups led by a teaching assistant, working under the supervision of a teacher
- Limited mixing of groups within the school (with possible exemptions for children who need to access specialist teaching)
- New classroom layouts
- Staggered break times, drop-off and pick-up times
- Teachers/teaching assistants not returning to school if they are pregnant or have medical conditions which mean they are more vulnerable to coronavirus.

In England, the use of [face masks](#) in education settings has not been recommended and current guidance states that Teachers of the Deaf can continue to visit schools. However, there may be new hygiene restrictions around handling or sharing of equipment and devices, such as radio aids.*

*** Your Teacher of the Deaf may already have spoken to the school about safe use of hearing equipment and taken in cleaning materials and instructions on safe handling.**

BSL video: <https://bit.ly/2Oz4vkT>

If your child receives specialist support in the classroom there are likely to be changes to how this is provided.

If you have any questions or concerns about how this will work in practice, you should speak to your child's teacher, the person responsible for special or additional needs at the school, and your child's Teacher of the Deaf.

Even if your child falls into the category of those who can return to school, they should not attend if:

- They are displaying symptoms of coronavirus.
- They have a medical condition which means they've been asked to 'shield' from others.

If you are concerned that your child should not be attending school for health reasons, you should seek medical advice and discuss your concerns with the school, having confirmed what their plans are for re-opening.

Moving on from school or college

If your child has left school/college this summer, you should not postpone making preparations for them moving on to what they want to do next - whether that is college, university or work-based training.

The information in this newsletter is correct at the time of writing. For the latest updates please check the [NDCS blog](#) which is updated regularly in line with government guidance.

BSL video: <https://bit.ly/2Oz4vkT>

Back to school resources

Partnership for Children: Going back to school and starting at a new school (click on the images below to access the resources)



National Deaf Children's Society (NDCS)

Coronavirus has changed lots of things in terms of support for deaf children. The NDCS blogs provide more information on these changes and how they might impact upon your child. They are being updated regularly in light of any changes to government advice so please check back for the latest updates.

- [Schools and other education settings](#)
- [Support for home learning](#)
- [Moving on from school or college](#)
- [Exams](#)
- [Education, Health and Care plans and Statements of SEN](#)



[Education and learning](#) - general resources and guidance to help you support your deaf child's education, learning and choices from the early years through to their teens, including childcare options and choosing a deaf-friendly school.

Donate to Lollipop with AmazonSmile

Shop at smile.amazon.co.uk and they'll donate to Lollipop at no cost to you!

AmazonSmile is a website operated by Amazon with the same products, prices and shopping features as Amazon.co.uk.

The difference is that when you shop on AmazonSmile, Amazon will donate 0.5% of the purchase price from your eligible AmazonSmile items when you select Lollipop as your charity of choice when checking out.

It's a really easy way to show your support for Lollipop!

You shop. Amazon gives!

So why not visit AmazonSmile next time you shop!

smile.amazon.co.uk

1. Visit 2. Login 3. Shop

smile.amazon.co.uk

Support **lollipop**

BSL video: <https://bit.ly/3elaZIB>

Emotional wellbeing - for you and your family

There is a lot of uncertainty around the current coronavirus outbreak so understandably it is causing a lot of stress and anxiety. This is perfectly normal under the circumstances, particularly since the situation is constantly changing and new information is coming to light on a daily basis.



Some common reactions to stress include:

- **Emotional reactions** e.g. fear, helplessness, demotivation, guilt, anger, frustration, sadness, loneliness
- **Cognitive reactions** e.g. poor memory/concentration, confusion, disorientation, intrusive thoughts, denial
- **Social reactions** e.g. reduced confidence/self-esteem, withdrawal, irritability, conflict, lack of self-care
- **Physical reactions** e.g. sweating, palpitations, headaches, tension, tiredness, stomach upsets, insomnia

Reactions such as these are normal and are usually temporary.

BSL video: <https://bit.ly/2OAA4eg>

Children

Children may be affected by an event directly or indirectly if, for example, a parent or someone close to them is affected. In the case of the pandemic, they are likely to have experienced disruption to normal routines and potentially loss of loved ones.

While children are typically fairly resilient, their reactions will depend on their age, development and other factors such as the family's response to what is going on. Children may not be able to articulate their emotions, but may show some of the common reactions listed on the previous page.

Young people and teenagers

Young people and teens can feel overwhelmed by their intense emotions and feel unable to talk about them. Their emotions may lead to risk-taking behaviour, increased arguing and even fighting with siblings, parents, or other adults. Risk-taking in adolescents is typical of this age group anyway as they are undergoing changes in their brain and emotional development.

Other young people may become afraid to leave the home or cut back on how much time they connect with their friends. They may also have concerns about how school closures and exam cancellations will affect them.

BSL video: <https://bit.ly/2OAA4eg>

Looking after your own wellbeing

Taking care of our mental health and checking in on others is something that we can all do. But to help others effectively you need to take care of yourself first.

This means getting enough rest, eating regular (healthy) meals and ensuring you have sufficient social support to call upon e.g. friends, family, colleagues, neighbours etc.

It's like on aeroplanes when they tell you that you need to put on your own oxygen mask before helping others. To support other people you need to look after your own wellbeing first!

Time is precious, especially when looking after children, but try to make time to incorporate the 'five ways to wellbeing' into your family's everyday life.

BSL video: <https://bit.ly/2CICuL5>

5 ways to wellbeing



BE ACTIVE

- Try to get [regular exercise](#) (YouTube has lots of exercise videos for kids and adults)
- Try to [get outside](#) once a day (or open windows to let in some fresh air if you can't)
- Spending time in or observing nature has been shown to have positive benefits.

TAKE NOTICE

- Take a break from news and social media
- Concentrate on what is happening in the here and now - notice and appreciate the small things
- Try a [mindfulness](#) app or, if that's not for you, try relaxing activities such as taking a bath or reading or really focusing on something you enjoy like cooking or drawing.

CONNECT

- Connecting socially is one of the most important ways to look after your mental wellbeing
- Thanks to technology this is still possible, even with social distancing
- [Social media](#) is great but try to make regular phone/video calls too to keep in touch with friends and family.

BSL video: <https://bit.ly/39hNc1r>

5 ways to wellbeing (cont.)



GIVE

- Giving back to the community is a great way to support your mental wellbeing
- You may not be able to do this in the usual way but there are always ways to help out even if it's just by offering mutual support to friends, family and your local community (e.g. through [fundraising](#) or [volunteering](#)).

KEEP LEARNING

- Learning a new skill or improving an existing one gives us a sense of purpose and achievement
- When you're busy learning or creating you are less likely to feel anxious or worried
- Consider starting a new hobby or finding out about something you've always been interested in.

BSL video: <https://bit.ly/39hNc1r>

Looking after your child's wellbeing

For the most part, children need what they've always needed: love, attention and opportunities to learn and play. But if children are at home for long periods because of the holidays, social distancing, shielding, or self-isolation, these tips might be helpful:

- Keep up with their learning during term time – it will help to promote a sense of normality, give them a sense of purpose and make the transition back to school easier - but let your children enjoy the break, once the summer holidays officially start.
- Try to keep a structure and routine e.g. children will find familiar bedtime and morning routines and clear differences between weekdays and weekends reassuring.
- Make sure children and young people get time to burn off energy every day.
- Keep firm boundaries about standards of behaviour – these help children to feel safe and cared for.
- Be alert to any changes in behaviour - try to think what your child could be trying to communicate through their behaviour.
- Give children opportunities to have a say in what will happen e.g. family meetings – they are more likely to 'buy in' to new rules and routines if they feel that they have a voice.
- Find opportunities for them to interact with their friends remotely (to connect, chat and play games together) – but be wary of giving unsupervised access to platforms that you would not normally allow them to use.
- Balance screen time with other activities – challenge young children to learn new skills and invite older children to set their own goals. But remember to allow plenty of time to relax and have fun too! 😊

BSL video: <https://bit.ly/2WrILwz>

Talking to children and young people

Although it is tempting to try to protect children from what's going on, they are more likely to worry when things are kept hidden from them.

Children and teenagers will be aware of what is happening but may not have all the facts they need to understand it fully.

- Take time to talk and listen and answer any questions they may have (in an honest and age appropriate way)
- Reassure them and underline how helpful they are being by doing their bit and following the rules
- Give positive messages about everything you and others are doing to keep everyone safe
- Keep explanations simple for children up to age 7 so they can relate them to their own experience
- Check what older children and teenagers already know so you can correct any misunderstandings and fill in the gaps
- Give children and young people the opportunity to talk about their feelings – **tell them what is happening is not normal but that their feelings are.**

BSL video: <https://bit.ly/2ZAJg8G>

Wellbeing resources

Partnership for Children: [Resources to boost your child's wellbeing](#) during the COVID-19 lockdown

Young Minds: [Coronavirus advice and mental health support](#)

The Buzz: [The website for deaf young people](#)

NHS: [Every Mind Matters](#) (expert tips and advice on looking after your mental health and wellbeing)

National Deaf Children's Society (NDCS)

- [Emotional health and wellbeing](#) (for children, young people and parents)
- [How to support your child's emotional wellbeing and keep them safe online](#)
- [Free information and advice sessions](#)

Child and Adolescent Mental Health Services

- [Deaf CAMHS information booklet](#) for deaf children and their families during the COVID-19 pandemic
- [CAMHS Coronavirus resources](#) to help cope with stress and uncertainty at this time.

For more useful contacts
on family support, social
support, mental health
and more check out
[Lollipop's June Newsletter](#)

City of York Council: [Looking after yourself, looking after your children](#)

BSL video: <https://bit.ly/3jaAaXU>



Fun and games

Bingo winners

Congratulations to Grace Armstrong, Thomas Drobig, Mollie Simister, Amanda Smith and the Janovicius family who aced last month's Zoom bingo event and won some fabulous shopping vouchers!

SAVE THE DATE for the next family bingo session on **Friday 21 August**.

Hidden words puzzle

Just for fun, but can you find all 6 words hidden in this picture? Answers to the hidden words puzzle in our [June edition](#) were:

CHEESE, HUNGRY, MUSIC, PARTY, RED, YUMMY

How did you do?

BSL video: <https://bit.ly/2ZA4SSy>

Other local support

COVID-19 Helpline for York

On your own and struggling to manage?

Don't have any support, but need it because of COVID-19?

[City of York Council](#) may be able to help. Contact them on:

Tel: 01904 551550 OR **Email:** covid19help@york.gov.uk

For help in North Yorkshire visit:

www.northyorks.gov.uk/help-you-during-coronavirus-covid-19



For more useful contacts on family support, social support, mental health and more check out
[Lollipop's June Newsletter](#)

HAVE A GREAT SUMMER! SEE YOU ALL IN SEPTEMBER!

BSL video: <https://bit.ly/2OB7pFO>