



Newsletter



Christmas message from Doug Thomas

As we now approach the end of the first term in the 2020/21 school year, I wanted to write a short message to thank you all for your support in enabling us to continue to provide education through what has been a very different calendar year.

Despite us entering a second lockdown, and with all of the associated uncertainties that this has imposed upon us, I would like to personally thank you all in supporting our college in terms of children attending the centres. Our attendance throughout the COVID 19 has been well above the national average for similar providers, and this is down to the good work of your children and yourselves, that makes all the difference in allowing us to provide our excellent educational offer.

There is now light at the end of this long tunnel, and with your support we will all get through this pandemic together. Therefore, it is important to emphasise that we will strongly encourage your children to adhere to our COVID 19 risk management measures, namely, wearing face coverings (for those who are able to do so) in communal areas around the school. I would also like to point out that all pupils must wear face coverings in public transportation to and from school including taxis. This is compulsory. As a school, we will provide a clean and safe environment for both pupils and staff.



May I take this opportunity to wish you all a very safe and happy festive season, we are looking forwards to seeing you all in the new year.

Warm regards

Doug



Covid

Hands, face, space!

Covid-19 symptoms

Please note that if your child, or anyone in your household has the following symptoms the whole household should isolate for 14 days unless a covid-19 test produces a negative result.

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)



Newsletter

- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal

Covid-19 Tests

If your child or anyone in your household has Covid-19 symptoms you must arrange a test. To arrange a test please visit:

<https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name>

There is also lots of information available on the NHS website:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

Once you have received your test results please contact the school and let them know as soon as possible. If the result is negative and your child is feeling well, they may then return to school.

5 Ways to Wellbeing

Please see the '[5 Ways to Wellbeing](#)'. Just a reminder to take time to 'connect', 'be active', 'take notice', 'keep learning', and 'give'. It's easier said than done, but particularly important during this challenging context.



Nut Free School

All WSAPC sites are now 'nut free'. Please ensure that your child doesn't bring any products containing nuts of any kind onto school premises. Nut allergies can be life threatening and we are implementing this for the safety of our pupils and staff.



Newsletter

Helping you to help them.....

YOUNGMINDS provides advice about mental health and behaviour problems in children and young people up to the age of 25. You can call the [Parents' and Carers' Helpline](#) on 0808 802 5544. Please be aware Young Minds do not provide any direct psychological services and cannot make referrals to the NHS or Children and Young People's Mental Health Services (CYPMHS).



For further information on how to look after your own mental wellbeing during the pandemic, see the [guidance on how to look after your own mental health and wellbeing](#) or visit [Every Mind Matters](#).

Helplines and websites for your child and or young person

If your child or young person would like to speak to someone anonymously, they could try calling a helpline or visiting websites such as ChildLine and The Mix.



[ChildLine](#) provides a confidential helpline for any child with a problem. It comforts, advises and protects. You can:



call 0800 1111 any time for free



have an [online chat with a counsellor](#) or check out the [message boards](#)



[The Mix](#) provides a free confidential helpline and online service that aims to find young people the best help, whatever the problem. You can:



call 0808 808 4994 for free – lines are open from 11am to 11pm every day



access the on line community by clicking [HERE](#)



[email The Mix](#)



for support in a crisis provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere.

You can:

- text **SHOUT** to **85258** in the UK to text with a trained Crisis Volunteer



Newsletter

- text with someone who is trained and will provide active listening and collaborative problem-solving



[Rise Above](http://www.riseabove.org.uk/) is a digital resource developed to address health challenges, including coronavirus (COVID-19), in a way that resonates with young people. It offers a digital hub providing young people with a safe and inspiring space where they can learn how to deal with the issues that matter to them and build their resilience and confidence.
<http://www.riseabove.org.uk/>



Foodbanks

West Sussex Community Hubs can offer support if you are struggling to ensure you have food for your family, collect medication or in need of any additional support for your child with additional needs. Please don't hesitate to get in touch if you need assistance. For more information go to the [West Sussex County Council Website Community Hub page](#). You can also phone 033 022 27980 between 8am and 8pm.

The Trussell Trust can also provide support. If you are in financial crisis and live in England or Wales, please call **0808 2082138** for free (open Monday to Friday, 9am-5pm) to talk confidentially to a trained Citizens Advice adviser. They will help address your crises and provide support to maximise your income, help you navigate the benefits system and identify any additional grants you could be entitled to. If needed, they'll issue you with a voucher so you can get an emergency food parcel from your local food bank
<https://www.trusselltrust.org/get-help/>

Help Hubs



Adur and Worthing
Email adurworthinghub@westsussex.gov.uk
Tel: [07841 867340](tel:07841867340)

Address

Centenary House
Durrington Lane
Durrington
BN13 2QB

Opening times: Monday, Tuesday, Thursday and Friday, 9.30am-3.00pm



Newsletter



Arun
Email arunhub@westsussex.gov.uk
Tel: [07860 858654](tel:07860858654)

Address

Durban House
Durban Road
Bognor Regis
PO22 9RE

Opening times: Monday to Friday, 9.00am-4.00pm



Chichester
Email chichesterhub@westsussex.gov.uk
Tel: [07860 858616](tel:07860858616)

Address

Chichester Nursery School
Children and Family Centre
St James'
Chichester
PO19 7AB

Opening times: Monday to Friday, 9.00am-4.00pm



Crawley
Email crawleyhub@westsussex.gov.uk
Tel: [07542 856334](tel:07542856334)

Address

Bewbush Children and Family Centre
Dorsten Square
Crawley
RH11 8XW

Opening times: Monday to Friday, 9.00am-4.00pm



Horsham
Email horshamhub@westsussex.gov.uk
Tel: 07525 211177

Address

Horsham Youth Centre



Newsletter

Hurst Road
Horsham
RH12 2DN

Duty line available: Monday, Wednesday and Friday, 9.00am-4.00pm.



Mid Sussex

Email midsussexhub@westsussex.gov.uk

Tel: [01444 255477](tel:01444255477)

Address

Mid Sussex FindItOut Centre
Park Centre
60 Park Road
Burgess Hill
RH15 8ET

Opening times: Monday, Wednesday and Thursday, 9.30am-3.30pm.

Multi-Agency Safeguarding Hub (MASH)



Email MASH@westsussex.gov.uk

Website: <https://www.westsussexscb.org.uk/>

Tel: [01403 229900](tel:01403229900)

College Twitter Feed and Website

Don't forget to follow APC on Twitter



[@apcollege](https://twitter.com/apcollege) and to like and share our posts.



Our web address is apcollege.co.uk



Newsletter



KEEP IN TOUCH!



Keep in touch

Please don't hesitate to contact WSAPC staff should you have any concerns about your child, their education and of course Covid-19. We are here to help!