



Dear parent,

Welcome to the third edition of our newsletter. We hope that you and your family are keeping safe and adjusting well to the changes this spring.

We are continuing to update our [web page](#) to make sure that you have access to the latest resources and information.

We are aware that there are many parents who recently started Elective Home Education as a temporary arrangement. The School Placement and Admissions Team is here to advise and support any parents who may now be considering returning their children to school. Please contact us on the details below.

If you have any questions relating to this newsletter, home education or if you have found other resources which you think may be useful to other home education providers please call us on 01895 558670 or email ehe@hillingsdon.gov.uk.

New EHE Policy

The School Placement and Admissions Team recently updated Hillingdon's Elective Home Education policy in line with the Department for Education's latest guidance and to ensure that the increase in home education provisions is taken into consideration.

[The final version is available for download now](#) and was agreed by the Cabinet Member for Families, Education and Wellbeing on the 18 February 2021.

GCSE Exams

If you have chosen to home educate your child(ren), you assume responsibility for the cost of any exams you would like them to sit.

The Department for Education (DFE) has recently updated the [guidance](#) for this year's GCSE exam results, which includes information for private candidates. They have advised there will be a clear and accessible route for private candidates to work with a centre to receive a grade this year, at the same time as other candidates. Exam boards will provide centres with clear guidance on the evidence they can use to assess a private candidate.

The Joint Council for Qualifications (JCQ) who are working on behalf of the Department of Education has [published a list of centres](#) that are willing to support private candidates, which include home educated students, to access GCSE, AS, and A level grades this year.

The Department for Education is providing a [private candidate support grant](#) to centres of £200 per private candidate entry, so that candidates can access a centre at a similar cost to a normal exam year. Private candidates who have not yet found a centre to work with are encouraged to use this list to find a centre and make arrangements before the entry deadline of **Monday 26 April**.

The list covers centres offering GCSE, AS, and A level, while for other general, vocational, and technical qualifications, candidates should approach the awarding organisation directly for assistance.

Post-16 Options

Please visit our [website](#) to find a range of local providers and programmes that are available to help young people who are not in education, employment or training.

Also, a careers guide has been created for parents which provides information that they will need to help their teenage children make the right choices to create successful futures after GCSEs and sixth form.

[Find out more](#)

Supporting Parents Helpfinder (Young Minds)

Times are tough for many people right now. Parents find themselves being pulled in many different directions and children may be struggling being in the house for so much longer than usual.

A mixture of concern about COVID-19, working from home and children at home, along with possible financial concerns make for a stressful household.

The charity, Young Minds has created a useful 'Supporting Parents Helpfinder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond).

[Find out more](#)

Health and Wellbeing

Current circumstances have taken their toll on many individuals, children and young people included. We have collated some useful links to encourage and support young people's mental health during this time. Click on any of the links below to find out more.

- [Writing for mental health](#) - Toolkits to help young people express how they feel
 - [NeuroLove](#) - Social therapy techniques to help young people with their mental health
 - [PHE School Zone - mental wellbeing](#) - Flexible, ready-to-use content providing simple, practical advice for a healthier mind
 - [Mental health resources](#) - The Department for education has put together some useful links and sources of support so that children and young people, parents, carers, and school and college staff can get the advice and help they need
 - [New videos to use at home with 6-9 year olds looking at online safety](#) - Over the coming weeks, Safer Internet will be introducing their newest, free, video resources which families can use together over the coming weeks
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Online Activities

Tiny Tales



Join us for online sessions of stories and songs with our library staff from across our branches. Sessions are suitable for under-5s and their parents/carers and will be held via Zoom. Children must be supervised throughout the session.

Easter Holiday Online Activities

A free online holiday programme for children and young people who live, work or are in education in Hillingdon.

Have fun, learn new skills and make new friends with our [Easter programme of online activities](#) for children and young people.

[Find out more](#)

Online Resources

[New e-learning modules for parents of disabled children](#) - The Council for Disabled Children has created new e-learning modules for parents, ranging from information, advice, and support, to outcomes in Education, Health and Care Plans (EHCPs)

[See, Hear, Respond](#) - The See, Hear, Respond Partnership is a new service funded by the Department for Education. With your help, the See, Hear, Respond Partnership will quickly identify and support children, young people and families who are struggling to cope with the impacts of coronavirus

[Funestics](#) - England Athletics' funestics team has developed an athletics and curriculum-based resource to help primary school children keep active and to support learning in the home environment

['Brave Families'](#) (fun therapeutic resources for families and children) is a website for parents and carers with ideas, resources, and activities for the whole family, including journaling prompts and ideas for creating self-soothe boxes

Top Tips for Understanding Your Teenager in the 'New Normal'

Being a teenager is tough at the best of times. But this isn't the best of times. So, as a parent, how do you continue to support your teenager? What do their behaviours and emotions tell you about what's going on for them? And how do you untangle those which are an understandable response to the restrictions of the pandemic, those which are typical of the teenage years, and those which might warrant more specialist help?

Read the [BBC Bitesize article](#) written by the Anna Freud Centre's Dr Dickon Bevington.

On My Mind - Resources for Young People (Anna Freud Centre)

Mental Health organisation, Anna Freud, has curated a set of resources to 'empower young people to make informed choices about their mental health and wellbeing'. This area of their website has been co-produced with young people themselves.

The 'On My Mind' section includes a Youth Wellbeing Directory, to help locate local services; 90+ strategies to help when feeling low or anxious, especially when self-isolating; and what to do to help a friend or relative.

[Find out more](#)

Opportunities for Young People Aged 13+

Young Enterprise

Company Programme provides a real-life learning opportunity that introduces young people to the realities of the world of work.

Participants set up and run their own “student” company. They make all the decisions about their business, from deciding on their company name and product to managing the company finances. Participants can promote and sell to the public through pop-up shops and our new online store, YE Trading Station.

Duke of Edinburgh

The Duke of Edinburgh’s Award is many things to many people. A life-changing experience. A fun time with friends. An opportunity to discover new interests and talents. A tool to develop essential skills for life and work. A recognised mark of achievement; respected by employers.

There are three progressive levels Bronze, Silver and Gold. They involve helping the community / environment, becoming fitter, developing new skills, planning, training for and completing an expedition and working with a team on a residential activity.

The Award is non-competitive instead it’s about setting personal challenges and pushing personal boundaries so any young person regardless of ability, gender, background or location can take part. To enrol on the Duke of Edinburgh’s Award through the Hillingdon DofE programme participants must be resident in the borough.

Full information can be found on the DofE website <https://www.dofe.org/>

Hillingdon Reading Sparks Project

Hillingdon Reading Sparks are recruiting young people aged 14 -18 to volunteer to co-produce new reading & science activities for families with children aged 4 -11. This will involve working in small groups with youth workers to create media clips on an environmental theme for use with the younger age group. Training, equipment and other resources for this project will be provided.

The goal of the project is to learn more about the specific role creative reading (STREAM) can play in increasing families’ science engagement working with 11 library services across England.

To find out more about any of the above initiatives or to get involved, contact Maggie Ditchburn on 07956 534070 or email Mditchburn@hillington.gov.uk

Hillingdon Support Services

The Send Advisory Service offer support to parents of children and young people with SEND and the professionals that work with these families via an advice line. They can help with resources/activities or just general advice during these uncertain times.

Hillingdon Educational Psychology Service provides support for any parent or carer of children, who feels they would benefit from a consultation with a psychologist to support them with any concerns arising at this time, for them or their families. You might want to discuss anxiety, children's emotional needs, bereavement, how to best look after yourself etc.

[Find out more](#)

Hillingdon Music Service

Learning to sing or play an instrument can help concentration, confidence and coordination as well as being great fun!

To find out more information, on lessons, tuition centres, the different types of instruments and costs visit [Hillingdon Music Hub](#)

Online Safety

We are all spending more time online learning, working and socialising. This means that we are all at increased risk of the harms that can occur online. [Find out more](#) on how to keep yourself and your child safe in the digital environment.

Here are some other resources which you might find useful:

[A guide](#) to help you set up online parental controls on your electronic devices

Please be aware of an App, Cunch-Line Chronicles, which is available to download, and which normalises gang culture and criminal activity - [Read more](#)

[NSPCC resources for online safety](#) (updated) includes information on communicating with children via social media, running online services, tips for parents and carers and advice to share with children

- [Issue 6 - Friendships and falling out](#)
- [Issue 5 - Keeping calm and in control](#)
- [Issue 4 - Summer Special Activity Challenge](#)
- [Issue 3 - Sussing out school](#)
- [Issue 2 - Making sense of missing out](#)
- [Issue 1 - Advice on working out your worries during lockdown](#)

Are you worried that someone you care about is at risk of radicalisation, but not sure what to do? #ActEarly and find out what support is available. [Find out more](#)

Latest Advice on Coronavirus

England is still in a national lockdown. You must stay at home, leaving only where permitted by law, and follow the rules in this guidance. [Find out what you can and cannot do during lockdown.](#)

The government has published details of how it plans to ease lockdown restrictions. Read more on [GOV.UK](#)

As part of the government's COVID Winter Grant Scheme, we are providing support to households struggling to meet the cost of food and utility bills. [Read more about the scheme and find out if you're eligible](#)

We hope you find the above information useful and take advantage of the resources provided.

Please continue to follow the government's latest guidelines to help keep yourself, loved ones and the wider community safe.