

Useful Websites

Newport City Council has created a whole section of resources on their website which are useful for both parents and children and are specifically about the coronavirus. These include coping strategies, sources of advice and support including educational activities for children and parents.

<http://www.newport.gov.uk/en/Council-Democracy/Coronavirus-COVID-19.aspx>

Young Minds is a website for young people coping with anxiety and what to do if you are self-isolating

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Childline 0800 1111 also offers advice and a helpline including 10 tips for coping with lockdown

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/#lockdown>

Hafan Cymru has provided activity packs for teenagers with lots of ideas for you to try out

<https://www.hafancymru.co.uk/about-us/parent-activity-packs-covid-19-support/>

The Childrens Commissioner for Wales has an information hub for Children and Young People in Wales

<https://www.childcomwales.org.uk/coronavirus/>

BBC Own it app is a mobile app for making smart choices and getting advice when you need it.



A Young Person's Guide to Coronavirus

We know this is a difficult and worrying time for everyone so this is why we want to provide you with helpful information, advice and guidance to support your well-being.

In this pack, we have put together some of the best advice and guidance we could find to help children and young people find out about and better understand the coronavirus and its impact on our lives.

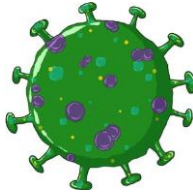
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Newport City Council - Children's Services
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What is coronavirus?

There is a new kind of virus spreading around the world, it's called a coronavirus because "corona" means "crown" in Latin and the virus looks like it's wearing a spiky crown.



Most people who get COVID-19 just have symptoms like a cough, fever or runny nose. Doctors are not sure why, but some people get really sick. Some peoples' immune systems may not fight hard enough. Other peoples' immune systems may fight too hard, hurting their own cells. Both of these things can make people sicker.

Should I be worried?

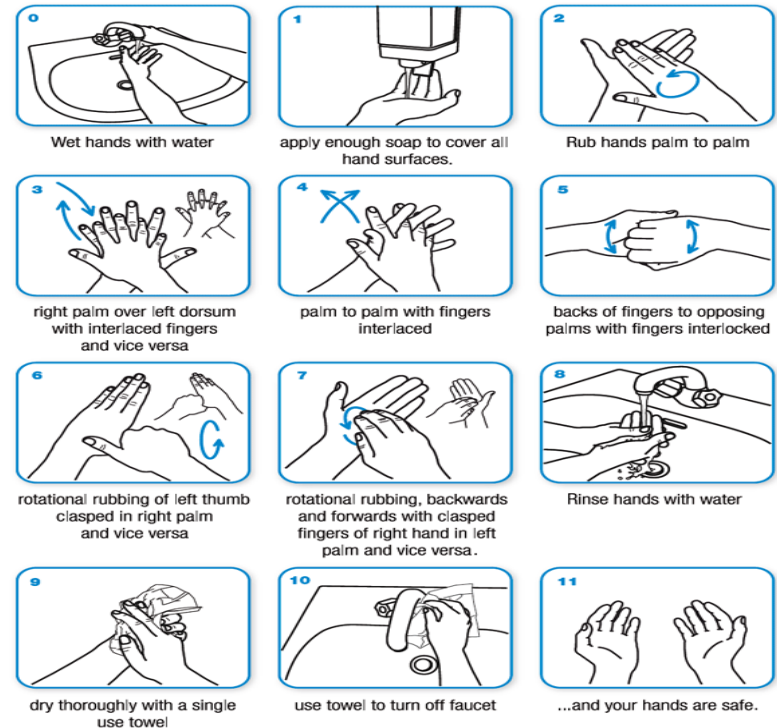
There's no need for you to worry, because adults are working very hard to keep kids and other adults safe. Even if you do get this virus, kids usually don't get very sick from it. It's more like a mild cold.

But you still have a special role to play in protecting others! Older people, like grandparents, or people with health problems need your help to stay healthy. That means washing your hands and staying home and self-isolating if you're sick.

How to keep yourself safe

We can all do something to help stop the spread of coronavirus.

1. Wash our hands more often for at least 20 seconds.



2. Avoid touching your eyes, nose and mouth.

3. Use a tissue or your elbow to catch a cough or a sneeze. Make sure you put the tissue straight into a bin and wash your hands afterwards.



4. Making sure we practice 'social distancing'. This means keeping a safe distance away from other people who do not live in our homes so we don't spread the virus. A safe distance is at least 2 metres-that's about the whole length of a dinner table in school.



5. It's really hard to keep a safe distance away from people in large crowds which is why the schools have closed. This means you won't be able to hang out with friends for a while but you can keep in touch via phone or social media.



6. We need to make sure we stay at home to stop the virus from spreading. You are allowed to leave your home ONCE a day to do some exercise like going for a walk or a ride on your bike.



What does this mean for you?

What should I do if I feel unwell or another member of the family feels unwell, and who should I tell?

If you develop any of the coronavirus symptoms, tell the adult caring / supporting you as soon as possible so they can care for you and make sure they keep an eye on you. Most people will just feel unwell for a few days and then will start getting better.

It is important that other members of the family keep washing hands and avoid close contact with the ill person so if you share a bedroom with someone who is ill or you are ill, then it would be a good idea to sleep in a different room.

If anyone is ill in the household then **everyone** in that household needs to self-isolate for 14 days. This is to stop you and your family spreading the virus to other people outside of the household. Some shops will offer delivery services of food and there are foodbanks in your local area which may be able to arrange delivery or for a neighbour or relative to collect food for you.

What about going to school or college?

Schools and colleges in Newport have closed to most pupils. However, some children can continue going to school if they need to - including some children who attend special schools, pupils who might need extra support, and pupils with parents who do certain jobs that mean they cannot work from home to care for their children.

You might be asked to continue attending school or you might start learning at home with help from the adults supporting you. If you need equipment such as a laptop or iPad, then the school or council can support with providing this or they may give you a pack of work to complete. You will receive regular phone calls or emails from your learning coach or teacher to check how you are doing and to ask if you need help.

Exams for qualifications such as GCSEs, BTECs and A Levels will no longer take place. The government has announced that grades will be awarded based on things like assessments you have already completed, or coursework and mock exams, as well as your teacher giving the exam board the grades that they expected you to get. There'll also be a chance to sit exams at the beginning of the new school year in September.

I am due to leave school in June, what help will I get?

Your school will liaise with you and other support agencies such as Careers Wales to ensure you have access to support and advice about your next steps. If you want more advice, then you should contact your school or visit the Careers Wales website for more information which will tell you about training, college and employment options <https://careerswales.gov.wales/>

What about my free school meals?

As schools are closed to most children, all children who normally get free school meals will receive a fortnightly voucher to the value of £39. This will be sent to you automatically.

For updated information or to make an online application, visit the schools page of Newport City Council website www.newport.gov.uk

Email: info@newport.gov.uk

Telephone: (01633) 656 656 between 8.00am and 6.00pm Monday to Friday.

Text: NCC followed by your message to 60777

What to do if you are worried?

Take a break from the news or social media

It's really easy to feel overwhelmed by what you read, see and hear, so it's a good idea to limit the amount of time you spend reading news and media like Facebook. Stick with trusted sources for information. **Newsround** and BBC websites as well as Newport City Council website and Wales NHS websites have easy to understand factual information. Remember - you're in control of what you read online, so instead of reading another Twitter thread or watching another insta story about isolating, consider doing something which makes you happy like watching a film or chatting to a friend or teach yourself a new skill

Talk to people

It's important to make some time to speak with your friends and loved ones, especially when many of us will be staying at home. This might require a little more planning than normal but stopping physical contact and hanging out with your mates in the park or school, doesn't have to mean reducing social contact. You can still use technology to talk to them.

Being stuck in your home with other children or siblings for longer periods of time can be challenging, and can lead to more arguments and fights. It is important to try and find your own space when you need some time out from others whether that be in your bedroom listening to music or watching a favourite film or heading out to the garden to burn off some energy and cool down. It is important to share your feelings with someone you trust, and not keep things bottled up. If you are worried about arguments and violence at home then talk to a trusted adult such as your teacher or youth worker or you can ring one of the helplines on the back of this leaflet.

Make use of technology

Thankfully, there are lots of great options to help you stay connected with those who matter most to you. WhatsApp, FaceTime, Skype and other apps are great ways of remaining in touch with others even if you're unable to meet up face-to-face. Having the opportunity to see the other person through video chatting can be better than just relying on texts or calls. Try to plan ahead and organise virtual catch-ups with friends, if you enjoy gaming then you can still catch up by playing against each other. Apps like Zoom can also be a good way to catch up with classmates and share tips for schoolwork or discuss TV and films you have watched.

Tips for Wellbeing Challenge

Go on give it a go:

1. Write 5 positive words to describe yourself
2. Find out 3 new interesting facts
3. Write down 3 things you are Grateful or Thankful for
4. Create list of things you can do when you are bored
5. Challenge yourself to learn something new this week

What happens if I ignore the government's instructions?

The government advice is to stay at home and only leave the house once a day for exercise by yourself or with members of the household you live with. The only reason for leaving the house is to either go to work or to collect/buy essential items such as food or medicine or attend medical appointments. The police have been given powers to fine parents and adults if they or their children break these rules. It is important that you stick to these rules or the virus will spread and hospitals will not be able to cope with the demand on them as they get more and more sick people.

What if I give the virus to someone else?

It is important to remember that this virus is very contagious and that sometimes you may not know you have it before you have already passed on to someone else. This is why the government is advising everyone to stay in their own homes and not to visit grandparents or other relatives with health problems. If someone you know becomes ill, it is important not to blame yourself. If you want to talk to someone about a member of your family being ill or the death of someone you know, then there are lots of people you can talk to including the adults in your life whom you trust. Below are just some of the helplines you can ring for more support.