

# Parents & Carers in Clacks

## Information and Advice

We are here for you - [education@clacks.gov.uk](mailto:education@clacks.gov.uk)



Clackmannanshire  
Council  
[www.clacks.gov.uk](http://www.clacks.gov.uk)

Comhairle Siorrachd  
Chlach Mhanann

## Looking forward to August 2020

Many thanks to all parents, carers and families for your patience and support over the last few weeks and months. For the majority of you, being at home and supporting your children to continue their learning, alongside your own work and keeping up your wellbeing, has been a significant challenge in what are extremely difficult times.

However, we do know that this has helped to reduce the spread of the virus and is helping to save lives. While it's a very unsettling time for us all, rest assured that we are doing everything we can to make sure that when we reopen schools and education facilities in August, it is safe to do so and is in line with Scottish Government advice and guidance.

You may be aware that there has been an announcement by Deputy First Minister, John Swinney, that pupils would return to school full time from August. We welcome this announcement and will now further adapt our school and authority plans following all relevant Scottish Government Guidance and Health and Safety Advice. We have produced a series of FAQs with the help of our Parent Councils and you can see that on the website - [Education FAQs page](#).

**This means that we will be planning for your child to return to school full time from 12 August.**

Should this change, we will contact you before hand. Please continue to check the updates on the Clackmannanshire Council website - <https://www.clacks.gov.uk/coronavirus/learningandchildcareinformation/>. **It is worth noting that the Government will keep the arrangement under review and contingency arrangements are in place for all schools should the health situation relating to COVID 19 deteriorate.**

As we officially come to the end of the school term, I would just like to take the opportunity to thank your Headteachers and staff for all their hard work over the past few months in preparing for the re-opening of schools. They have worked tirelessly to put arrangements in place for children before the end of term and I am extremely grateful for their continued flexibility and commitment to getting our children back in to education as soon as possible.

In relation to Early Learning and Childcare, a separate letter has been issued to parents with information.

As ever, the health and safety of our children, young people and all staff remains our main priority. We look forward to welcoming back children, young people and families at the start of the new term. We have missed you!

Lorraine Sanda, Chief Education Officer

## FLIPClacks.org



Clackmannanshire's digital learning website - children, parents and all stages of learning.

## Scotland Learns



Education Scotland new website for parents & carers - <https://education.gov.scot/improvement/scotland-learns/>

## Clacks Educational Psychology Service

Phone consultation service *during Coronavirus*  
Who: *response*  
Open for schools, parents and other agencies to discuss educational concerns during Coronavirus response

When:  
Monday -Friday  
9.30am-12.30pm

Call **01259 226012\*** or text **07966824737** to arrange a call back

\*Please note the change in telephone number

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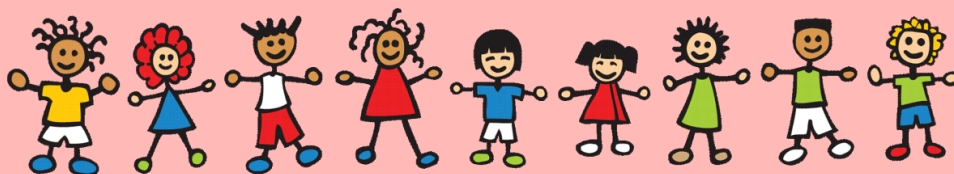
## Summer Hub / Critical Childcare Arrangements

As per normal school term dates, all Hubs, including nursery, will close at 1pm on Thursday 25 June.

### Applications for summer emergency childcare are now closed.

In order to continue offering an emergency, critical childcare service for key workers over the the summer, we can confirm that we will be operating two childcare Hubs. These Hubs will be located at Alloa Academy for primary / secondary (S1-S3) aged pupils and Tulach ELC for children aged 0-5.

Both of these Hubs will operate from Monday 6 July - Friday 31 July between the hours of 9am - 3pm.

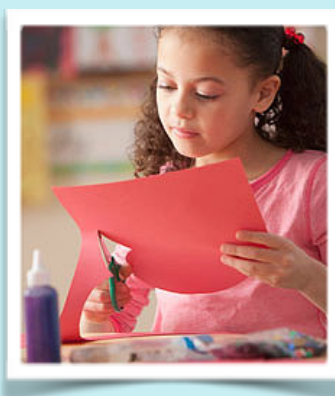


## COMMUNITY SUPPORT AND ADVICE

The Council is working closely with Scottish Government, Public Health and our partners across Forth Valley to monitor and respond to the national situation. In particular, we are focussed on helping to support the most vulnerable in our communities.

We have introduced a helpline to assist those most at risk in our communities during the outbreak, so that these residents can receive extra help and support.

The number is (01259) 452275 or e-mail [CommunitySupport@clacks.gov.uk](mailto:CommunitySupport@clacks.gov.uk) - the service is open from 9am - 5pm Monday to Friday.



## FREE SCHOOL MEAL PROVISION DURING THE SUMMER HOLIDAYS

Clackmannanshire Council will be extending its free school meal provision during the summer holidays to ensure vulnerable children do not go hungry.

Families who are eligible for free school meals and receive clothing and footwear grants currently receive £23 per fortnight for each child which is transferred directly into the parent/carer bank account where they normally receive their clothing and footwear grant. Please note this is only for school pupils, Nursery pupils are not entitled. This payment will now continue throughout the summer holiday period with the last payment on 30 July – two weeks before pupils return to schools from 12th August.

In addition, the council will provide 600 food "grab bags" a day during weekdays to support local communities. The "grab bags" will be delivered to local distribution points throughout Clackmannanshire - see social media for details.



## Education Maintenance Allowance (EMA)

If you're 16 to 19 years old you could get £30 a week to help you continue learning, through the EMA programme.

You could be eligible if your family earns up to £24,421 a year or £26,884 if you have siblings, depending on the course you're studying or if you are on a Learning Agreement.

The payment is based on attendance and can only be paid when you achieve 100% attendance.

To find out if you are eligible, please contact us via <https://www.clacks.gov.uk/learning/emas/> or find out more at [www.emascotland.com](http://www.emascotland.com).



## Child Protection

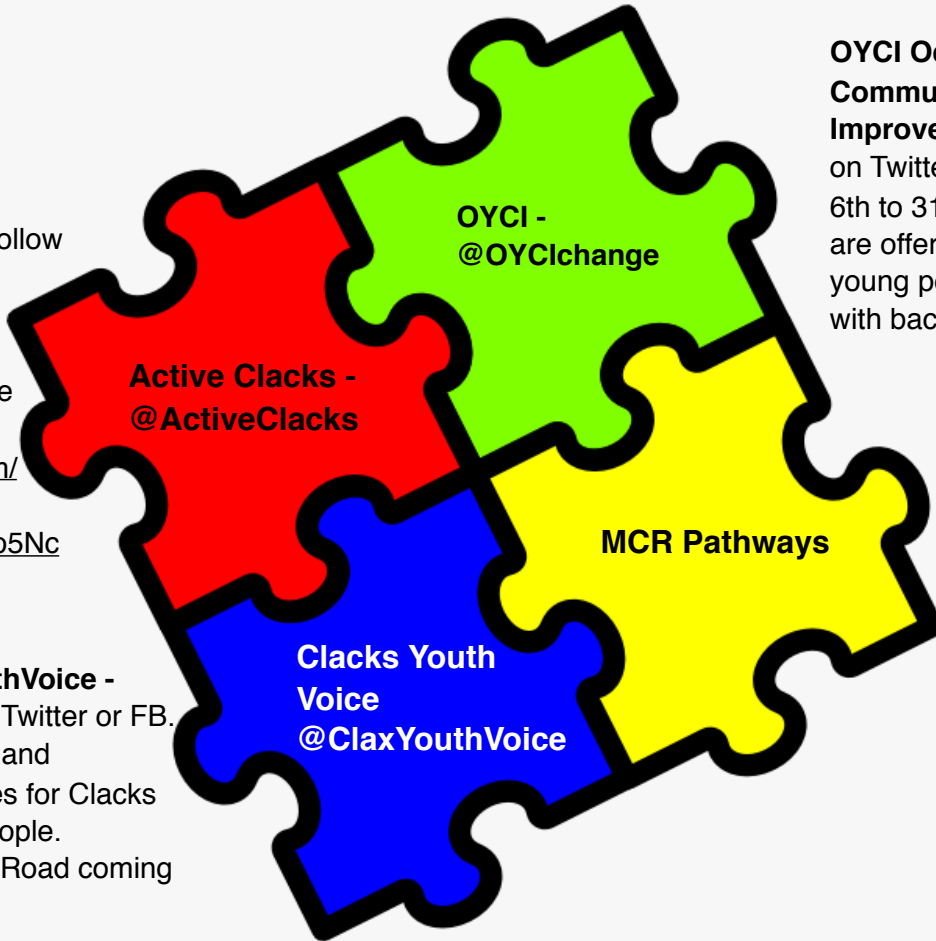
Child Protection means protecting the most vulnerable from abuse and neglect. Abuse can be a crime. If you see something, are told something, or something doesn't feel right - you should report it. You can do this by calling:

- 01259 225000 (day time)
- 01786 470500 (out of hours)

## School Holiday Activities in Clackmannanshire - Summer 2020

**Active Clacks** - follow on Twitter. 130 activity videos on their new YouTube channel <https://www.youtube.com/channel/UCdIDQUN2Autlo5NcMAGi8YQ>

**ClaxYouthVoice** - follow on Twitter or FB. Activities and challenges for Clacks young people. Rainbow Road coming soon!



**OYCI Ochil Youth Community Improvements** - follow on Twitter. 6th to 31st July they are offering activities for young people starting with back to the 90s!

**MCR Pathways** - will have a closed summer activity Facebook page for young people who have a MCR Mentor.

The Reading Agency and Libraries Present



# SILLY SQUAD



## Summer Reading Challenge 2020

[sillysquad.org.uk](http://sillysquad.org.uk)

### Silly Squad Summer Reading Challenge

The Summer Reading Challenge is the biggest children's reading for pleasure programme in the UK.

This year the challenge will be held online and the aim is to encourage children to read whatever makes them happy, get silly and have fun! Participants earn points and online badges as they progress through the challenge. To get started parents can help their children by visiting the [Summer Reading Challenge website](http://Summer Reading Challenge website).

### Take part in our Treasure Hunt

In support of the Summer Reading Challenge, Clackmannanshire Library Services are running an eBooks Treasure Hunt activity. Based in the main parks in Tullibody, Alloa, Alva Tillicoultry and Menstrie, children are encouraged to find the 6 hidden books and answer the questions to enter a prize draw which will be held later in the summer. We hope you will take part by filling in our [online Treasure Hunt quiz](#). Good luck!

The Treasure Hunt winner will receive a £50 Waterstones voucher.



# RAINBOW ROADS

Why don't you and your family get involved in making some of the following for the Rainbow Road weekend.

-  Make Rainbow Garlands
-  Make Bunting
-  Make a Big Flower for your Door
-  Make Recycled Flowers
-  Make Painted Pebbles

NO GALA DAYS THIS YEAR!  
BUT JOIN US ON THE WEEKEND OF  
**25TH & THE 26TH OF JULY** TO  
DECORATE THE STREETS AND  
GARDENS OF CLACKMANNANSHIRE.

watch out for demonstration  
videos with handy tips on  
making your decorations

## GO GREEN!

**Clean Scene** (different area every Thursday).

Fed up looking at litter and mess in your streets, parks etc?

How would you and your family like to get involved in cleaning up the area - you let us know where needs tidied up - once we know where we will go, we will tell everyone!

Then you can come along and help. We will be supplying litter pickers, bags, gloves etc.

These activities will adhere to social distancing and health and safety requirements. More information on

<https://sites.google.com/flipclacks.org/cld/hub>

## PARK LIFE

### Family Fun Day Friday

Starting Friday 10th July

CLD Team members will be in a park on a Friday with a range of resources to play games with family groups - see details on social media.

### Wimpy Park - Super Sundays

Family activities in park every Sunday from 28th June 12.00 noon start.

### Sauchie Active 8 - Fairfield Park

Weekly family activities in Fairfield Park Tuesdays 10.30am - 12.30am.

They are also providing craft materials and will be promoting activities on their social media - **active8sauchie**

### Hawkhill Youth Zone (Facebook)

New digital youth club Mondays and Wednesday 2pm-3.30pm. Code to join <https://discord.gg/AcAX787>

programmes will include -

Cook at Home - Games -

Create and Share - Nature and Wildlife

### Connect Alloa (Facebook)

Tuesday and Friday 6.30pm - 9pm - digital youth group.



### School Holiday Arrangements for Children and Young People needing extra support

Schools have been asked to refer any children/young people for support over the summer. Children or young people who need extra support may be allocated a place in the Hub or receive 'bespoke' support from the Intensive Support Service (ISS). Additional supports are provided by: Education Outreach Services, Educational Psychology, Community Learning and Development (CLD) team, and third sector agencies such as Wellbeing Scotland.

More information on these support arrangements will be shared with parents and carers and promoted via social media. There will also be a programme of activities, arranged by CLD / ISS, for children, young people and families getting support.

- **Rainbow Road** - social media programme asking families, children etc. to decorate house, garden, street etc. Everyone can take part and we will be providing materials to our learners through ISS and on FLIP.

- **Online Music sessions** - ukulele lessons (CLD will provide an instrument to our learners).

- **Weekly on Wednesday** - weekly online activity for individuals or families.

- **Fun Day Friday** - activities in local parks with resources for family games and fun.

- **Oot n About** - programme at Gartmorn Dam for our learners and families.

More information on <https://sites.google.com/flipclacks.org/cld/hub>



## Follow us on Social Media

### Twitter

Active Clacks - @ActiveClacks  
Fir Park Ski Centre - @FirParkSki

### Instagram

@ActiveClacks  
@FirParkSkiCentre

### Facebook

Fir Park Ski Centre - FirParkSkiCentre  
Get Active Sauchie -  
GetActiveSauchie

### YouTube

<https://www.youtube.com/channel/UCdIDQUN2Autlo5NcMAGi8YQ>

## Scottish Disability Sport - SDS

### **#Be Well Be Active**

SDS is launching an exciting new online programme which will take place throughout the summer.

This programme is open to everyone and will take place on each day of the week physical activity sessions and mental health and wellbeing sessions. In addition to this, you can play "Connect 5" by linking your activities to "5 Ways to Better Wellbeing". This is a fantastic opportunity to take part and connect with others. Every Monday there will be a lunch and chat option.

You don't need to join us every day, just when you can!

Click [here](#) to register and take part and hear more information during the launch on Monday 29<sup>th</sup> June at 11.00 am. Once you have registered you will be sent a link to join us on zoom.

## Weekly Live Classes – Get Active Sauchie

We also have some Live online fitness classes that can be accessed through Facebook @getactivesauchie - classes that are running throughout the summer are -

### Live Facebook Classes

#### Monday:

Circuit Class with Elspeth @ 9.30am  
& Beginners Yoga with Jaki @ 6.30pm



#### Tuesday:

Adv. Exercise Class with Kenny @ 5pm



#### Wednesday:

Over 50's Exercise Class with Kenny @ 10.30am



#### Thursday:

Yoga with Jaki (Yoga with Jaki link) @ 6.30pm

#### Friday:

HIIT with Louise @ 12.30pm



## Back to Tennis with Brodies - missing Wimbledon?

This is a free resource designed to give tennis players, or those new to the sport, a series of fitness and skill-building exercises that can be done at home or as part of a fun and sociable class at clubs, parks and schools, while adhering to safe distancing guidelines. Back to Tennis with Brodies includes three 30 - minute programmes, created and introduced by Judy Murray.

**Course Introduction:** <https://www.youtube.com/watch?v=FljOHxs6i6g>

**Programme three** <https://www.youtube.com/watch?v=X9caW5bDKc4>

Programme three is for parents and grandparents to play together with children age 6-10. It has 10 skill-building games which can be recreated at home using household objects, or can be delivered as a club, park or school session.

## Sit Less, Get Active Course

Physical inactivity and sitting are "silent killers". Do you feel like you spend too much time sitting? Do you feel like you would like to be more active? Are you unsure about how to incorporate physical activity into your daily life? We are here to help. Join us on a journey to learn about how to sit less and become more active. Use this FREE course to learn how to monitor your own activity and set physical activity goals.

For more information on the Sit Less, Get Active course, please visit the website directly: <https://www.coursera.org/learn/get-active>

## **IMPORTANT LINKS - FURTHER ADVICE AND SUPPORT FOR PARENTS, CARERS AND FAMILIES**

### **General Information:**

- **Gov.Scot:** The main website for the Scottish Government contains the latest advice for parents, carers and families on a range of important topics including information on learning and school and nursery closures. <https://www.gov.scot/coronavirus-covid-19/>
- **Clackmannanshire Council Website:** [www.clacks.gov.uk](http://www.clacks.gov.uk), contains up to date information on schools, nurseries and education in Clackmannanshire and updates on what other Council services are being delivered. Facebook page (officialclackmannanshire council) and Twitter @clacksCouncil
- **Clackmannanshire Council Contact Centre:** call on 01259 450000 or email [customerservice@clacks.gov.uk](mailto:customerservice@clacks.gov.uk)
- **CTSi:** Clackmannanshire Third Sector Interface 01259 213840 <https://ctsi.org.uk>

### **Health:**

- **Ready Scotland:** Advice on preparing for an emergency and how to access or provide support and assistance for those most in need in our communities. <https://www.readyscotland.org/coronavirus/>
- **NHS Inform:** The latest guidance and advice about COVID-19 from NHS Scotland and the Scottish Government, including social distancing and stay at home advice. <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>
- **Scottish Association for Mental Health (SAMH):** For advice on supporting your mental health and well-being during the coronavirus outbreak. <https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub>
- **Clear Your Head:** advice, tips and support for mental wellbeing during the coronavirus outbreak <https://clearyourhead.scot>

### **Information and Support for Parents, Carers and Families:**

- **Parent Club Scotland:** The Scottish Government's advice and support service to parents, carers and families. Wide range of advice, hints and tips on social distancing, health information as well as learning at home. [www.parentclub.scot/](http://www.parentclub.scot/)
- **Parentline Scotland:** Open 7 days a week to offer free advice and support to parents and carers. Call 08000 28 22 33 Monday to Friday 9am-9pm, and Saturday-Sunday 9am -12 noon.
- **National Parent Forum of Scotland (NPFS):** The NPFS has developed a list of activities, wellbeing, and education resources for parents, carers and families which it will continue to update. The website also has parent and carer dedicated information about Scottish Education in their 'In a nutshell' series. <https://www.npfs.org.uk>
- **Parenting Across Scotland:** General parenting advice and support on a range of issues, <https://www.parentingacrossscotland.org/>
- **Connect:** Advice tailored to Parent Councils and support for parents groups and representatives. <https://connect.scot/news/coronavirus-advice-parent-groups>
- **Young Scot:** Advice and support on a range of issues for young people and their families. <https://young.scot/>
- **Mind Yer Time:** has been created by children and young people for children and young people to support everyone with social media use and screen time and help them use their screen time positively. <https://mindyertime.scot>

## IMPORTANT LINKS - FURTHER ADVICE AND SUPPORT FOR PARENTS, CARERS AND FAMILIES

### **Information and Support for Parents, Carers and Families:**

- **Foodbanks:** Referrals are not required for the following -  
Alva Development Trust - 01259 760657 [alvadevelopmenttrust@gmail.com](mailto:alvadevelopmenttrust@gmail.com)  
Clackmannan Caring & Connected - 07513 766714 [lshaw\\_cdt@outlook.com](mailto:lshaw_cdt@outlook.com) (Lesley)  
Dollar Community Development Trust – 07496 089221 (Mick)  
Hawkhill Food Larder (NOT a foodbank) - 01259 218139 (Sandra)  
A referral from a professional is required for The Gate.

### **Education Resources and information:**

- **SQA:** The official website of the Scottish Qualifications Authority contains the latest advice and guidance on qualifications, assessment and awards for learners, parents, carers and families. <https://www.sqa.org.uk/sqa/70972.html>
- **Parentzone Scotland:** part of the Education Scotland family of websites, contains a range of learning resources for all ages and is a key source of general advice on leaning at home, health and wellbeing and general parenting and family support. <https://education.gov.scot/parentzone/learning-at-home/>
- **Scotland Learns:** Education Scotland has set up a new website with ideas, hints and tips for parents and carers to support learning at home - <https://education.gov.scot/improvement/scotland-learns/> - a parent newsletter will be issued every week with new ideas.
- **National Parent Forum of Scotland (NPFS) Educational Resources:** A list of resources updated regularly for ideas and activities for learning at home. <https://www.npfs.org.uk/2020/03/19/school-closures-educational-resources-for-parents-and-families/>
- **BBC TV and Radio:** BBC Bitesize (iPlayer and Red Button), BBC Sounds (podcasts) and BBC Scotland (morning programmes for primary and secondary children) and BBC4 (evening programmes for young people) have also been launched.

### **Additional Support for Learning:**

- **Enquire:** Information and advice and resources for parents, carers and families of children with additional support needs <https://enquire.org.uk/>
- **Pupil Inclusion Network Scotland:** provides advice to parents and carers of vulnerable or excluded children <http://www.pinscotland.org/index.html>
- **Scottish Autism:** advice line for autistic people and their families offering reassurance, guidance and support. Call 01259 222022 or e-mail [advice@scottishautism.org](mailto:advice@scottishautism.org), 7 days a week, 8am to 8pm. <https://www.scottishautism.org/services-support/family-support/advice-line-plus>
- **CALL Scotland:** provides information and resources to help children and young people to overcome barriers to learning. <https://www.callscotland.org.uk/home/>
- **REACH:** provides information, support, and advice about the changes to education due to COVID-19 for young people with additional support needs. <https://reach.scot/get-help/coronavirus/>.