

Lancasterian Primary School

A safe and welcoming learning community where:

- we all aim high;
- everyone is included;
- creativity is valued.

WEEKLY NEWSLETTER



Issue No: 28

www.lancasterianprimary.co.uk

Date: Friday 6 May 2022

@LancasterianPri

Top Attendance for the week: Early Years: Portis 88.1%

KS1: Jeffers 93.4 %

KS2: Mian 96.4%

New Uniform Policy from Sept 2022

Following our recent parent/carer survey, in September we will formally be introducing our new more relaxed uniform policy.

- Parents/carers are very welcome to begin implementing the new uniform immediately if they prefer, as part of a transition period.
- The new policy will make our uniform simpler, more suited to the children's activities in school - including PE and playtimes - and keep costs down for parents/carers.
- Children do not need a separate PE kit, and will do their PE lessons in their school uniform – please ensure that they wear a clean polo shirt on the day following PE.

√ The new policy:

- blue jumper or cardigan with school logo;
- white polo shirt;
- any BLACK leg-wear which is suitable for PE (jogging bottoms, leggings, shorts or skirt/shorts/leggings combos);
- trainers of any colour (not shoes, as this footwear is for PE and playtime too);
- blue + white checked gingham dresses in the summer if parents/carers wish.



Virtual RSHE (Relationships, Sex and Health Education) Consultations meetings

We will have virtual RSHE (Relationships, Sex and Health Education) Consultations meetings on zoom in **week 5** of this term. The dates and key stage meetings are listed below:

KS1 - Year 1/2 - Monday May 16th 2022 at 9.30

<https://zoom.us/j/94436607063?pwd=dUtzehIhSHJWRjZRUlVNRnVKN3M1QT09>

LSK2 - Year 3/4 - Tuesday May 17th 2022 at 9.30

<https://zoom.us/j/95613169827?pwd=VXduZkpuSVBRdGtSYnJqYUlxWkZHZz09>

UKS2 - Year 5/6 - Wednesday May 18th 2022 at 9.30

<https://zoom.us/j/97631502731?pwd=ZDJTcFVhei8zM5PaWl0eGZtUEtuUT09>

[Click here to read the policy: Relationships, Sex and Health Education Policy 2020 | PDF](#)

Top Ten Tips To Support Your Children To Read



1. Encourage your child to read

- Reading helps your child's wellbeing, develops imagination and has educational benefits too. Just a few minutes a day can have a big impact on children of all ages.

2. Read aloud regularly

- Try to read to your child every day. Stories matter and children love re-reading them and poring over the pictures.

3. Encourage reading choice

- Give children lots of opportunities to read different things in their own time - it doesn't just have to be books. There's fiction, non-fiction, poetry, comics, magazines, recipes and much more.

4. Read together

- Choose a favourite time to read together as a family. This might be everyone reading a book together, reading different things at the same time, or getting your children to read to each other.

5. Create a comfortable environment

- Make a calm, comfortable place for your family to relax and read independently - or together.

6. Make use of your local library

- Libraries in England are able to open from 4 July. Local libraries also offer brilliant online materials, including audiobooks and ebooks to borrow. See Libraries Connected for more resources.

7. Talk about books

- Start by discussing the front cover and talking about what it reveals and suggests the book could be about. Then talk about what you've been reading and share ideas.

8. Bring reading to life

- You could try cooking a recipe you've read together, or playing a game where you pretend to be the characters in a book.

9. Make reading active

- Play games that involve making connections between pictures, objects and words.

10. Engage your child in reading in a way that suits them

- You know your child best and you'll know the best times for your child to read. What matters most is that they enjoy it.

Haringey Libraries



There is so much to see and do at Haringey Libraries – your local library is bursting with brilliant books and engaging activities to cultivate growth and well being for all.

Find out more and keep up to date at www.haringey.gov.uk/libraries catalogue, renew items, check out our activities and discover an amazing collection of online resources that are free to library members.



Where to find us

Hornsey Library - Haringey Park, London N8 9JA
Wood Green Library - High Road, London N22 6XD
Marcus Garvey Library - 1 Philip Lane, London N15 4JA
Highgate Library - Shepherds Hill, London N6 5QJ
Muswell Hill Library - Queens Avenue, London N10 3PE
St Ann's Library - Cissbury Road, London N15 5PU
Stroud Green & Harringay Library - Quernmore Road, London N4 4QR
Coombes Croft Library - Tottenham High Road, London N17 8AG



Opening Hours

Hornsey, Marcus Garvey and Wood Green
• Monday, Tuesday, Thursday, Friday 9am to 7pm
• Wednesday 10am to 7pm
• Saturday 9am to 5pm
• Sunday 12 noon to 4pm

Coombes Croft, Highgate, Muswell Hill, St Ann's, and Stroud Green & Harringay
• Monday, Tuesday, Thursday, Friday 9am to 7pm
• Wednesday 10am to 7pm
• Saturday 9am to 5pm
• Sunday Closed



THE ZONES OF REGULATION[®]

Dear Parents and Carers, you may have heard your child talking about the Zones of Regulation (ZOR for short) from school. We are currently using this approach to help children become more aware of their own feelings and develop their understanding of how to regulate their emotions.

I would like to explain this approach so that you could use some of the strategies at home.

The Four Zones





The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions; however, you have more control when you are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

The **Green Zone** is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The **Blue Zone** is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.

All the zones are natural to experience

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Relaxed</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control</p>

THE ZONES OF REGULATION[®]

When your child is regulating, we are aiming for them to use the colours or the words to help them to explain how they feel, understand what they are feeling, and to help themselves get back to green.

We are using the Zones in school to check in with the children at register times. Instead of saying present, hello or here the children will answer with a ZORs colour to express how they feel. Teachers or TAs will give time to children if they need to discuss their colour choice in more detail, or they will give the children time to do something that helps them get back to green. E.g. reading a book in the book corner for a set amount of time. Children are aware that being in green is the aim and have begun to use some strategies to help them do this.

At home

Have a go at asking your child what zone they are? Describe how that makes them feel?

Work together with your child to make their own four zones chart. This could include pictures or photos of how they look when they are in each zone. They could write down how they feel when they are in each zone.

Check in with them each day, if they are not in green, they could use some strategies from the below chart to help get back to green. You could even make your own chart to help your child think about what helps them to get back to green?

The BLUE zone	The GREEN zone	The YELLOW zone	The RED zone
How might you feel?	How might you feel?	How might you feel?	How might you feel?
sad tired bored moving slowly	happy okay focussed ready to learn	nervous confused silly not ready to learn	angry frustrated scared out of control
What might help you?	What might help you?	What might help you?	What might help you?
Talk to someone Stretch Take a brain break Stand Take a walk Close my eyes	The goal of this exercise is to get to the GREEN zone. What can you do to be happy, calm and ready to learn?	Talk to someone Count to 20 Take deep breaths Squeeze something Draw a picture Take a brain break	Stop what I'm doing Make sensible choices Take deep breaths Ask for a break Find a safe space Ask for help

Thank you for your support,

Ms. Turnbull

TIKTOK

There are some inappropriate videos circulating on the social media platform Tik Tok. These are of an extremely violent nature. See below some useful tips and guidance around online safety and monitoring what your children are viewing online

What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION
13+

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

18

CENSORED

EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-syncing and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

W&#*!

TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become "TikTok famous". While most aspiring stars hoping to be 'the next big thing' will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.



HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but – because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.

IN-APP SPENDING

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

MAINTAIN PRIVACY SETTINGS

The default setting for all under 16s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Stitch' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside their original) features are now only available to over 16s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



NOS National Online Safety®
#WakeUpWednesday

SOURCES TikTok.com



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.11.2021

STARS OF THE WEEK

The children below have demonstrated exemplary attitudes and behaviours in school for the following reasons:

Andrews	Stoyan	<i>For writing a fantastic nonsense poem and using his phonics.</i>
Andrews	Muhammedali	<i>For making great improvements in his writing and enjoying the progress he has made.</i>
Rashmi	Fatimah	<i>For being such a superstar on returning to school and learning.</i>
Rashmi	Haseeb	<i>For fantastic fractions work in Maths.</i>
Jeffers	Harper-Rose	<i>For being a role model and working with her group to write a poem.</i>
Jeffers	Roni	<i>For always being so on task and ready to join in and complete activities in all lessons.</i>
Ringgold	Carter	<i>For becoming more confident and independent in his learning.</i>
Ringgold	Ayaz	<i>For being a kind and supportive friend in class and always helping others to make the right choices.</i>
Mian	David	<i>For not giving up and producing a lovely poem.</i>
Mian	Mian Class	<i>For always going above and beyond to help any member of the class when they need help.</i>
Dahl	Praesse	<i>For constant high aspirations , confidence and determination each week in swimming.</i>
Dahl	Lyara	<i>For having determination to overcome her worries in swimming.</i>
Kerr	Fatjon	<i>For his epic poem in English and having high aspirations.</i>
Kerr	Farhan	<i>For being an encouraging and inclusive friend in swimming.</i>
Coelho	Cyrus	<i>For an amazing poem which has come as a result of daily hardwork, focus and by adopting a growth mindset.</i>
Coelho	Amelia	<i>For an amazing poem and for giving displaying the values everyday.</i>
Magorian	Dominik	<i>For being like Hetty and Leila this week and writing a beautiful poem.</i>
Magorian	Berzan	<i>For having a fantastic attitude to all his learning this week.</i>
Blackman	Fatima	<i>For continuing to work hard in lessons.</i>
Blackman	Liam	<i>For pushing himself to participate in class challenges and challenging questions.</i>
Zephaniah	Aiden	<i>For focusing extremely well in his SATs revision lesson.</i>
Zephaniah	Abdi	<i>For focusing on his relational challenges in Maths.</i>

Digital Library

It is free to join Haringey Libraries and you only need to join once to use all of the libraries, including our Digital Library!

Below are some of the fantastic online access you will gain as soon as you join - and there's more to explore. Find out at haringey.gov.uk/libraries

Haringey's Adult Learning

New HALS Course Guide out now! Free online and onsite courses starting at Wood Green Library, 2nd Floor from April - July 2022.

Scan the QR code or go to <https://www.webenrol.com/hals/?page=courses>

To apply, you need sign up and submit your application online.



Regular Adult Events

Regular Groups

- **St Ann's Book Group**
2nd Thursday of month 6 to 7pm
12th May Hamnet by Maggie O'Farrell
- **Coombes Croft Knitting and Crochet** Mondays 1 to 3pm

Digital Support

Coffee and Computers - Free laptop/smart phone advice session.
Every 1st and 3rd Wednesday of the month 10.30am to 12.30pm
Café area, Hornsey Library
Bring your own device.

Advice and Support

- **Haringey Works** - employment and skills support exclusively for Haringey residents. Appointment needed, call 020 8489 2969
Tuesdays 11 to 6pm at Coombes Croft Library
Thursdays 10 to 4pm at Marcus Garvey Library
- **Thinking Space Project** - therapeutic group facilitated space looking after women's health & wellbeing. 11th and 25th April 10.30 to 12.30pm at Coombes Croft Library
- **Embrace UK** - Sexual health information, advice and guidance
Wednesdays 2 to 6pm at Marcus Garvey Library
- **ONE YOU** - Weight Management Programme by Appointment Call 02088859095
Free 12wk course to support you achieve/maintain a healthier weight at Marcus Garvey.
Monday 10 to 12pm & 4.30 to 6.30pm / Wednesday 10 to 1pm / Thursday 1.30 to 3.30pm
- **Shelter Housing Advice** - by appointment. Contact shelter.org.uk / 0300 330 1234
Mondays at Marcus Garvey Library.
- **Connected Communities** - Haringey's programme of help and support to help residents live their version of a good life. Wood Green and Marcus Garvey libraries 10 to 4pm by appointment. Contact ConnectedCommunities@haringey.gov.uk

Film Showings

Join our epic cinema experience! We show regular films throughout the month - picked from our wide catalogue of feature length films.
All showings are free but limited space - make sure to book!

Silent Cinema at Hornsey Library

- Rome, Open City (Cert 12, 1945, 103 minutes) Wednesday 4th May 10.30 am & 2pm
- Born Yesterday (Cert PG, 1950, 103 minutes) Friday 6th May 10.30am & 2pm
- Mothering Sunday (Cert 15, 2021, 104 minutes) Saturday 7th May 2pm
- Becoming Cousteau (Cert 12A, 2021, 94 minutes) Monday 9th May 10.30 & 2pm
- The Third Man (Cert PG, 1949, 104 minutes) Wednesday 11th May 10.30am & 2pm
- The Pink Panther (Cert PG, 1963, 103 minutes) Friday 13th May 10.30am
- Jungle Cruise (Cert 12, 2021, 127 minutes) Saturday 14th May 2pm
- Long Promised Road (Cert 12, 2021, 93 minutes) Monday 16th May 10.30am & 2pm
- The Wind that Shakes the Barley (Cert 15, 2006 127 mins) 18th May 10.30am & 2pm
- Sleeper (Cert PG, 1973, 89 minutes) Friday 20th May 10.30am & 2pm
- After Love (Cert 15, 2020, 89 minutes) Saturday 21st May 2pm
- The Alpinist (Cert 12, 2021, 92 minutes) Monday 23rd May 10.30am & 2pm
- The Tree of Life (Cert 12, 2011, 139 minutes) Wednesday 25th May 10.30am & 2pm
- The Darjeeling Limited (Cert 15, 2007, 91 minutes) Friday 27th May 10.30 & 2pm
- Mulan (Cert 12, 2020, 115 minutes) Saturday 28th May 2pm
- The Creepy Garden (Cert E, 2014, 81 minutes) Monday 30th May 10.30am & 2pm

Marcus Garvey Library

Dear Evan Hansen (15, 2021)
27th May, 4.30 to 6.50pm

Coombes Croft Library

Saturdays, 1 to 3pm
7th May: King Richard
14th May: Madame Bovary
21st May: Love & Friendship
28th May: Fences

*denotes term time only

Stay & Play

Drop in session for babies and toddlers to meet new friends!

- Highgate and Muswell Hill*
Fridays 10 to 11am
- St Ann's Library
Fridays 10.30 to 11.30am

Movers & Shakers

For information and bookings
Contact: movers-and-shakers.co.uk

Hornsey Library, every Wednesday
10:15am - 10:45am (toddler session)
11am - 11.30am (babies session)

Garden Art & Craft!

Decorate a Sun catcher wind chime: Sat 14th May 10.30am

Create an Elmer the Elephant Mask: Sat 28th May 10.30am
Marcus Garvey Library

Get Creative!

Messy fun for little hands - make, stick, colour and paint.

- Muswell Hill Library*
Mondays 10 to 11am
- Stroud Green & Harringay Library*
Mondays 2 to 3pm
- Highgate Library
Mondays 4 to 5pm
- Wood Green Library*
Tuesdays 11 to 12pm
- Marcus Garvey Library
Tuesdays 10.30 to 11am
- St Ann's Library (for under 12s)
Saturdays 10.30 to 12.00pm
- Coombes Croft
Saturdays 11 to 12pm

Storytimes

Encouraging active listening and participation through stories and songs.

- Marcus Garvey Library
Mondays 10.30 to 11.25am
Wednesdays 10.30 to 11.25am
- Highgate Library
Tuesdays 10.30 to 11am
- Hornsey Library*
Tuesdays 10.30 to 11am
- Stroud Green & Harringay Library*
Tuesdays 3.45pm
- Wood Green Library*
Wednesdays 11 to 11.30am



Song & Rhyme

Join the popular sessions of traditional nursery rhymes & songs.

- Hornsey Library*
Mondays 10.30 to 11am
- Wood Green Library*
Mondays 11 to 11.30am
- Marcus Garvey Library
Mondays 10.30 to 11.25am
Wednesdays 10.30 to 11.25am
- Muswell Hill Library*
Wednesdays 10.30 to 11am
- Highgate Library
Thursdays 11 to 11.30am
- Stroud Green & Harringay Library
Wednesdays 11 to 11.30am*
Fridays 2.30 to 3pm (under 3s)*
Singing in Spanish (under 5s)
16th May 11 to 11.30am

Chatterbooks

Come along and talk about any books of your choice, your likes or your dislikes!

Monday 23rd May 2022
4.30 to 5.30pm

For Children aged 8 to 11 years

For more information please scan the QR code or visit: <https://www.haringey.gov.uk/libraries-sport-and-leisure/libraries/library-events>





Should I keep my child off school?



Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

Join Our
Virtual Parent Health Promotion Sessions

We invite you to meet your school nurses, share your concerns and gain information about how to support your child's health and well-being.

Schedule

Fortnightly sessions will run on **Monday 10am & Wednesday 4pm**
Top Tips for you and your child

May 2022 - Online Safety
Information and advice on how to best support your child so that they can use the Internet safely.
Monday 9th May - 10am
Wednesday 25th May - 4pm

June 2022 - Transitioning
Learn about how to support your child in toilet training and their transition from Primary to Secondary school.
Monday 13th June - 10am
Wednesday 29th June - 4pm

Dates to be confirmed for Autumn Term

More Information

- Sessions will last up to an hour on MS Teams
- Sessions will not run during half-term.
- Schools will send out and email with login details for sessions detailing dates.

The team would also like to hear what support might be helpful to parents

In order to accommodate all parents' schedules, two sessions will be held. Each month will be focusing on a specific topic.

Facilitated by Haringey School Nursing Team

DRAMA

8-11 yrs

10.15 - 11.45am

Saturdays

Whether your child is a budding actor or wants to build their confidence this Saturday session is a fun and inclusive space to play and learn.

Collage Voices Saturday sessions are £2 with bursaries available.

contact us:
voices@collage-arts.org
020 3988 3373

Collage Arts, 4 Coburg Road, London, N22 6UJ

COLLAGE VOICES
POWERED BY COLLAGE ARTS

JackPetchey Foundation
Inspire • Motivate • Achieve

Family Benefits Advice Service

Providing free, impartial and confidential advice to parents, carers, childcare providers and employers

employersforchildcare.org Freephone: **0800 028 3008**

Employers For Childcare

Working For Parents

Our Family Benefits Advice Service provides free, impartial and confidential advice to parents and carers to help them maximise their income and inform them of their rights and entitlements. We operate a Freephone helpline 0800 028 3008 - Monday to Friday from 8am to 5pm.

Many people don't realise that even if they are working, they may still be entitled to financial help. Whether it's a first-time parent wanting to know what support is available or someone considering altering their hours of work, our team of experts will be happy to work out what's best for each individual.

How we can help

We provide information and advice on a wide range of childcare and work-related issues including:

- Tax-Free Childcare
- Universal Credit
- Tax Credits
- Childcare Vouchers
- Disability Benefits
- Social Security Benefits
- Maternity/Paternity Leave and Pay
- Shared Parental Leave
- Flexible Working
- School Uniform Allowance
- Free School Meals

Information we may need

To help us identify the support someone may be entitled to, it can be useful to have the following information to hand when calling:

- P60 income for previous tax year
- Estimated earnings and weekly working hours for this tax year
- Childcare costs
- Any disability or sickness benefits in payment
- Housing costs including rates
- Details of Maternity Leave and Pay
- Immigration status (if applicable)

Help towards childcare costs

If working and paying for registered childcare parents may be entitled to help through:

- Universal Credit
- Tax-Free Childcare
- Tax Credits

Parents currently using Childcare Vouchers can continue to do so, while they remain with their current employer and their youngest child is under 16 (17 if registered disabled).

Our advisors can calculate which form of support is best suited to each household's circumstances. We also work directly with employers and childcare providers, to give advice and guidance.

For further information please contact us:
hello@employersforchildcare.org
Freephone: 0800 028 3008
or visit our website:
employersforchildcare.org

Helplines Network NI
listen. support. inform.

Employers For Childcare is a registered charity.
Charity number 101176.

Families could get a £150 council tax energy rebate

Most Haringey households in properties with council tax bands A to D will receive a one-off council tax energy rebate payment of £150 to help with rising energy costs.

It is quicker and easier for residents to receive their £150 payment if they pay their council tax by direct debit.

We will make the £150 payment to the bank account they use to pay their council tax once we have received their first direct debit payment in April 2022.

If they don't pay by direct debit, they will need to wait until we write to them and invite them to claim their £150 payment online. To get their payment easily, they can [sign up to pay their council tax by direct debit using Haringey My Account](#).

Find out more on our website: [Council Tax Energy Rebate](#).

Save money on your childcare bills with Tax-Free Childcare

If you're a working parent or carer, you can get up to £500 every three months (up to £2,000 a year per child) to help with the costs of childcare. If your child has a disability, you can get up to £1,000 every three months (up to £4,000 a year per child).

You can use it to pay for childcare including:

- childminders, nurseries and nannies
- playschemes, before and after school clubs, and holiday clubs

Check with your provider to see if they're signed up.



Childcare
Choices


HM Government

How it works

You set up an online childcare account for your child. For every £8 you pay into this account, the government will pay in £2, up to a maximum of £2,000 a year (or £4,000 if your child has a disability). You can then use the money to pay your childcare provider.

You need to reconfirm your eligibility for Tax-Free Childcare every three months. You'll get a text reminder and it's easy to do through your online childcare account.

Am I eligible?

To get Tax-Free Childcare, you need to be working at least 16 hours a week, earning at least the National Minimum Wage or National Living Wage. This includes being:

- self-employed
- on maternity or parental leave
- on sick leave or annual leave. Your child is eligible until the September after their 11th birthday, or until their 17th birthday if they have a disability.

Each parent or carer can earn up to £100,000 per year and still be eligible for Tax-Free Childcare. Your eligibility doesn't depend on how much tax you pay, so it won't affect your income tax liability or any other tax, like VAT.

You can't claim Tax-Free Childcare at the same time as Working Tax Credit, Child Tax Credit or Universal Credit.

If you live in Northern Ireland

If you live and pay tax in Northern Ireland but use a childcare provider in the Republic of Ireland, please call 0300 123 4097 to check your eligibility.

If you live in Northern Ireland but work in the Republic of Ireland, you're eligible for Tax-Free Childcare if you or your partner pay UK tax and complete an annual Self-Assessment tax return and foreign income page.

Find out more

To find out how much you could get towards your childcare costs and check whether you're eligible, visit www.childcarechoices.gov.uk

