

Dear Parents and Carers,

Following the Prime Minister's announcement that schools will not be returning to full face-to-face education until at least Monday 8th March, we are getting more and more requests from parents for their children to come into school. We know that this is partly because it is not always easy to support your children with their learning at home.

In the meantime I cannot stress enough to parents that you can only do the best you can. This is not 'home schooling' it is not a choice; your children are 'learning remotely' with our teachers doing their very best to support you along the way.



Remember over time anything you can do to help your child will help us, there will be days over the next few weeks when it's hard, it's ok- teachers have hard days too! If things are hard, go out for some fresh air and step away from the computer. It matters more that your child remains happy and safe and feels supported. As I have said before, this will pass...and when it does we will get back on with the business of educating your children face to face.

We do not yet know what reopening will look like, the Government have said that they will release more information on 22nd February, but they have made it clear that plans will only be put into place, if the infection rates begin to slow further and hospital admissions fall; we will be watching the news very carefully over the next few weeks.

We desperately want all of the children to be able to return to school but for the time being, the situation remains the same, we are only open to some vulnerable children and to the children of parents who are critical workers. As always, we will inform you of any developments when we have more information.

Half term

We will close for half term at 3.10pm on Friday 12th February and will reopen on Monday 22nd February. No remote learning work will be set during this period.

Remote Learning Feedback from Parents

Thank you to all those parents who completed the recent parent survey about Remote Learning, we really do value your feedback. We received completed questionnaires from 65 families; it was pleasing to see that parents were overwhelmingly positive about the school's work, thank you all so much for the kind and supportive messages- I have passed these on to the teachers.

Overall:

Really struggling: 3%
Finding aspects difficult: 46%
Coping: 38%
Enjoying the challenge: 12%

Overall Communication:

Excellent: 60%
Good: 31%
Fair: 9%
Could be better: 0%

Parents identified some areas where we can further improve our offer, these were mainly:

- Parents loved the pre-recorded lessons/voice messages from the class teacher and asked that we do more of these
- Parents commented that they would like one document rather than many different ones as this enables the children to work a little more independently
- That we make documents easier to edit- Word docs rather than PDF docs
- Many parents appreciate work being sent the day before so that they can as one parent said 'set up in the evenings ready for the manic mornings'
- Parents would be grateful if we could send out a list of equipment the children may need for the week to give parents a chance to prepare a little for the week ahead

Parents said that their children seem to enjoy the wide variety of learning activities that are being set and I was pleased to see that only 18% of parents who responded to the survey, wanted 'live' lessons. It is reassuring to know that we are getting things right for the majority of our families!

These comments along with others, have been shared with class teachers who will be thinking about how we can further improve moving forwards.

Wellbeing Zoom Sessions

Staff and children have really enjoyed the wellbeing Zoom sessions this week. During the last lock down, feedback from families told us that one of the things that the children missed the most about not being in school was having contact with the rest of the children in their class and they have really enjoyed seeing each other. Each session will be at the same time each week and they will continue until school reopens to all pupils.

Contact Home

Staff will now not be calling home each week; this will swap to every other week from now on. Remember that if your child is regularly in school we will not call home, if you would like to speak to the teacher, please email the class email address and they will contact you at the next available opportunity.

Healthy Minds

This week is Children's Mental Health Week, we know that some of our children (and parents) are really struggling at the moment. Below are some suggestions on how to support the development of Healthy Minds during Lockdown.



Structure

- Try to maintain routines as much as possible. Try and imitate a structure similar to your child's usual day (get up, get dressed, do work in a specific place, have lunch at a similar time). Write it down put it on display.
- If you are unhappy with your current routine, this might be a chance to do things differently.
- Think about how to replace the things you normally do with 'socially distancing' equivalents.



Attunement

- Talk to children in an age-appropriate way. Give clear and simple messages and expect to repeat these when children ask again.
- Identify and name the difficulty that uncertainty brings. Acknowledge and normalise concerns and worry.
- Respond in an open and supportive way; children are likely to need extra love and attention during this time.

Emotional regulation

- Children are sensitive to emotion and will often reflect the emotions of adults— have calm conversations and be mindful of your own stress levels.



- Do things that help to relax. Be aware of your breathing and body tension; use deep breathing and muscle relaxation to help lower stress. Change your focus and immerse yourself in a favourite activity (if rules allow)
- Maintain healthy sleep patterns. Keep up exercise in your day and try to get outdoors, in line with local guidance about social contact.
- Stay connected to people—use technology to help stay in touch with friends and family.

Turn off the Screen - Well-being Day

On Friday 12th February staff will be setting 'screen free' activities for both the children at home and at school. There will be no expectation to upload completed work/activities to Seesaw, however children are more than welcome to if they would like to share what they have been doing with us. Your child's class teacher will share more information about the activities with you next week.

Covid-19

If your child is currently learning in school remember that if there is a positive case of Covid in the bubble with a child or a member of staff, the group will need to isolate for 10 days, and they will all receive remote learning.

Remember if your child is displaying ANY of the three main Covid symptoms:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **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've noticed you cannot smell or taste anything, or things smell or taste different to normal

You **MUST** request a COVID test immediately. <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Thank you once again for your ongoing support. As always, if you need any help or support please contact school.

Regards,



Sylvie Newman
Executive Headteacher