

# Monday 1st February 2021

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*Dear Parents and Carers,*

*We write to say a big thank you to you all for your ongoing care, commitment and support during these challenging times. We have received some great feedback of how supportive our families have been, including some parents even getting involved in our live lessons!*

*As you are aware, we remain open and continue to provide care for all of our children who are vulnerable and those whose parents are critical to the Covid-19 response and cannot be safely cared for at home over the coming weeks.*

*Those pupils not eligible to attend school have had to quickly get used to a completely new way of learning and this, I understand, has been quite challenging. We have been able to support many of our families by providing laptops or access to Wi-Fi but please do get in contact with the school office, your child's class teacher or a member of the Senior Leadership Team if you need support in any other way.*

*Keeping the children busy and learning for the day can be tricky, we do understand! Firstly, they are bound to feel anxious at a time like this, so I want to share the following tips with you:*

- 1. Keep in a routine.** Pupils have been encouraged to follow their normal school timetables as much as possible. Routines help them through the day.*
- 2. Make sure they get some exercise.** If they can get out, get them out! If they can't, exercise inside can provide a break from study.*
- 3. Don't let them get too stuck.** It's good that children find work challenging because that's when learning happens but stop them before it reaches the point of frustration. Remember that we're here to help – you and your children.*
- 4. Not everything has to be done on a screen.** We all need a break from staring at the screen all day so ensure children take time to read, handwrite some answers, draw and get a little creative!*

**5. Be careful that your anxiety doesn't rub off on them.** *If the worry of having to learn to be a teacher in a matter of days is starting to get you frazzled, take a break yourself. Remember that we're here to help.*

**6. Switch off.** *Once children have completed their daily sessions, it's time to switch off the devices! Dust off the board games, teach them how to weed the garden, play hide and seek, get them to help cook the dinner (or wash the dishes!), basically, anything to give them a rest from the screen!*

**The key thing is this:** *you are not on your own. We will get through this! This is a situation like no other that we have ever had to face and myself and the rest of the school staff genuinely appreciate your support and recognition of the job we are trying to do in continuing to educate, support and care for our pupils.*

*Yours sincerely*

Zoe McIntyre

Julie Stevens

*Executive Headteacher*

*Head of School*

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