

Newsletter

Wednesday 1st April 2020

Dear Parents/Carers,

Well here we are, in a place that none of us could have envisaged a few months ago. Thank you for the emails, photos and videos that you've been sending to the year group emails, including all the rainbows you have been creating and putting in your windows. We can see how well most of you are adapting to the new normal!

Please remember you are not 'home schooling'; you are doing your best under a sudden and ever-changing situation. If you are all safe and home is harmonious—okay, let's be realistic, relatively harmonious(!) - you're doing a great job. Whilst a routine is important, if there is a day when you don't get the learning done, don't worry. There's always tomorrow. It is also a time to embrace art, music, dance, baking, conversation, games as well as sharing your own interests, music and stories of your childhood with your children.

So what have we been up to? Obviously, we've been putting together the continuation of learning videos and work guidance. I have to say that the teachers really have surpassed themselves in the quality of the videos and the thought that has gone into the home learning. We are not aiming to replicate the school day but trying to support you and your child/ren to continue learning. The feedback we've received from you has been very, very positive and we have been really impressed with the engagement from home. If you need any clarification, no question is too simple so please do ask.

Most of our teachers and TAs are on a rota to look after the children of key workers at school. The actual school building is open Monday to Friday and will be open during Easter. If there have been changes in your circumstances—for example you have been redeployed within the NHS or you are a key worker and your childcare situation has changed—we may be able to offer childcare Monday to Friday, 8.15am until 4.00pm. Please contact office@kingslea.org.uk, whilst remembering the government's advice is that home is the best place to be.

We have been preparing, and where needed been delivering, food packages for families who are in receipt of income-based free school meals. This tends to happen on a Thursday, with a couple of teachers dropping food parcels off using our newly incorporated 'Deliverlea' service.

Our school office is no longer staffed. The answer phone is on and we aim to check it a couple of times a day. If you need to contact the school, please use office@kingslea.org.uk

Look after yourselves,

Alexis Conway and the staff of Kingslea Primary School



Thank you to one of our parents, who is a teacher, for putting this together.

Stay positive, keep learning
5 tips for children and families learning and living through social distancing

STICK TO A ROUTINE
Keep getting up and going to bed at set times. This is **ENORMOUSLY** important for your **mental** and **physical** health.
Plan your days with time for **work** and **play**. This will help you to stay **positive**, calm and productive.

MAKE TIME TO BE CREATIVE
Paint. Write. Bake. Play. Dance. Make.
Take time to **discover** new talents, or nurture old ones.
Find out what things the adults in your home can do and learn from them, or use the internet to discover and learn new skills. The **possibilities** are endless!

LIMIT SCREEN TIME
Tablets and computers are going to play a huge part in your learning, but don't let yourself become a **screen zombie**!
Be mindful of how you use screens and try to take lots of breaks.
Here are some tips:
1. No screens an hour before bed.
2. See if your device has a focus mode or other way to shut off addictive apps.
3. Do as many things in the real world, as you do in the virtual!

GO OUTSIDE, STAY ACTIVE
Spending time in the **sunlight** is essential for wellbeing. Make time **everyday** to be outside. If you have a garden, use it. If you don't, take walks with your family wherever you can safely.
Staying **active** is also really important. **Getting moving**, little and often, will help you keep fit, boost your mood and build your strength.

TALK, SHARE, BE GRATEFUL
The next few months will be challenging, and it's normal to have some worried feelings.
Talk to family and friends. **Share** how you feel and if you are able to, listen to others too.
If you have relatives or neighbours that are isolated, arrange with a grown up to call and check in. **Stay in touch** with friends and family via post, telephone or email.
Be grateful for each other. Now more than ever.

Easter

During Easter we will be setting a project for most year groups and sending out a year group video each week, rather than daily. The project will be related to the summer term learning journey. There may also be a couple of 'special' videos. Plan out your time over the break so you are doing something each day. We will get back to daily tasks and video on Monday 20th April.

Safeguarding

Our key priority is always the care and safeguarding of children. We are in regular contact with many families and pupils but, if you have a non-urgent safeguarding issue, please email dsl@kingslea.org.uk. If something is urgent, you can contact MASH (multi-agency safeguarding hub) on 01403229900 or the police on 999.

Kingslea Community Fund

Using some school funding and through generous donations from Kingslea parents we are able to give limited support to Kingslea families where the change to the economy and the job market has meant your household has seen a sudden and significant drop in income. We are able to support families who are struggling to pay for food and other essentials, in the form of a supermarket voucher. If this would help you out, please email aconway@kingslea.org.uk and we will see what we can do. This would be in confidence.

We also have families who are able to help with shopping and other tasks. Please contact Mrs Hill if you need help.

Do you or your child need someone to talk to?

In this unusual situation you may no longer have your usual support group around you. If you, or your child, would like a friendly voice on the end of the phone, help on how to cope with the current situation, one-off crisis counselling support or a combination of all three please contact us. If you would like to access this support, please ring the office and leave a message for Mrs Barrett or email pbarrett@kingslea.org.uk