



2nd April 2020

Dear Parent/Carer,

Covid-19

The COVID-19 pandemic and social distancing measures have brought about huge changes to our daily lives over the last few weeks and for children this can be very unsettling. INEQE Safeguarding Group have produced some resources to help explain the virus to children in order to help to reduce their levels of anxiety and tackle misinformation. The resources, which include a short animation and a story book, are available from <https://ineqe.com/2020/03/20/animation>. Copy the link and it will take you directly there.



The numbers of children attending school this week have dropped dramatically and continue to remain low. We are very grateful to parents for responding to the government's **strong advice** to keep children at home if you possibly can. It is essential that all children stay at home if it is possible for them to do so in order to minimise the risks of transmitting the virus. Children can transmit the virus from home to school, to each other, to the staff looking after them and, in turn, back home to you and your wider family and work contacts. This is why home is the safest place for all children *and their families* at the moment. School is only intended to be used when there is absolutely no other option. If your child has an EHCP, while the government guidance

says that they can attend school, there is no requirement for them to do so. If you are able to care for them at home, you should do so. We continue to urge you to consider carefully whether this would be the best option for them. The fewer children who come to school, the lower the infection risk to these often very vulnerable children, to our staff and to all our children and their families. Sadly, a 13 year old boy has died this week. This is the reality.

As the second week of 'Lockdown' begins, I wanted to send a possible timetable for you to mull over in the Easter holiday which begins tomorrow.

After Easter, staff will post a weekly timetable of activities that your child can complete. However, there is no expectation that all activities are completed. As, I said last week this time at home should not be pressured time. We are all struggling to get used to a new temporary way of life.

All the time you spend at home should be quality time. It is a great opportunity to practice essential life skills, as well as having opportunity to share in your child's learning. Please be mindful of the mental health and well-being of your child/children at this challenging time and make time for meditation and yoga activities too. I have added a child's mental health section onto the school website. Please take a look.

I have had some lovely emails from parents this week showing the fun activities that their children have been involved in and it has been lovely to see their happy, smiley faces. It would be lovely to receive some more via office@stmarys.leics.sch.uk. If you give permission we could post some of these on the school website.

Below is a suggested timetable which might help to add some structure to the day.

Suggested Home Learning Timetable

To ensure continuity for your child and to minimise the educational impact of the school closure, it is important the parents and carers ensure that the children have some structure to their day. Obviously, every family will be different as there may be limited access to resources, but we strongly believe that children need routine.

We suggest that you involve your children in deciding the routine and try to stick to it, if it does not work, change it. For example, your child might work better in the morning. Below is just one suggestion of what this might look like:

By 9.00am	Wake up	Eat breakfast, make bed, get dressed, brush teeth
9.00am to 9.45am	Morning Exercise	This could be throwing and catching a ball in the garden, skipping, hula hooping, going for a walk (if current guidelines allow) You Tube dance/exercise clips
9.45am to 10.45am	Academic Time	Complete some of the activities that teachers have set- we suggest you try to work at a table and turn off the TV and other distractions
10.45am to 11.00am	Break Time	Have a snack and drink
11.00am to 12.00am	Creative Time	This could be drawing, Lego, music, craft, cooking or baking
12.00am to 1.00pm	Lunch	
1.00pm to 1.15pm	Jobs	Help with washing up Help with folding/putting away laundry Other jobs around the house
1.15pm to 2.00pm	Quiet Reading Time	Reading
2.00pm to 3.00pm	Academic Time	Complete some of the activities that teachers have set- we suggest you try to work at a table and turn off the TV and other distractions
3.00pm to 4.00pm	Fresh Air	Bikes, going for a walk (if current guidelines allow)
4.00pm onwards	Free Choice	Electronic devices allowed!

PE

I am sure that all of you know who Joe Wicks is by now. Some of you will love him. Others of you will hate him, if only for the aches and pains he has inflicted upon you this week!

To further support physical well-being during the pandemic, I have signed school up to a website called **Real PE**. Perhaps your child would like to try this as an alternative to Joe Wicks.

The website address is: home.jasmineactive.com

Parent email:parent@stmarysc-25.com

Password: stmaryscof

I hope your child enjoys some of the activities on here.

Easter

Easter is one of the most important times of the Christian Year and one that we all enjoy celebrating together at the end of the spring term. The togetherness of our school family is already greatly missed even though it is only two weeks since we were last together. If you would like to share the Easter message with your child/children, there are some activity sheets on the website showing the build up to Easter and some important Easter messages. They contain some fun family activities that you may enjoy doing together. They can be found in the section entitled Easter.

May, I take this opportunity to wish you all a very Happy and healthy Easter.

Above all, take care and stay safe!

Kind Regards



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