



Dear Parent/ Carer

Although we are providing home learning packs, we do not expect or want you to be creating hourly schedules for your children. We know you will have high hopes of learning, including online activities, paper based tasks, science experiments and more. You may plan to limit technology until all home learning is done! But please remember...

Our children may be scared right now. They hear everything that is going on around them, their daily routine and structure is going to be very different and they feel the tension and anxiety around them. They, like us, have never experienced anything like this before. Just now, the idea of being off school for weeks sounds amazing. They are probably picturing fun times like during the summer holidays, not the possible reality of having to stay at home and not seeing their friends.

You may, over the coming weeks, see an increase in behaviour issues with your children. Whether it's anxiety or anger or protests because they can't do things normally. It may be meltdowns, tantrums or oppositional behaviour. This will happen but it is normal and expected in these circumstances.

Arguing with your children over home learning is not what anyone needs right now. What they need is to feel comforted and loved and to feel like it is all going to be ok. So cuddle up together and read, take turns reading and talk about the story. Bake cakes or cook together. Paint pictures or make creation from playdough or do some junk modelling. Play board games and watch movies. Do a science experiment together or find virtual tours of museums or watch animal cameras from the zoo. Do a puzzle. Build a den in the living room and camp out. Get out the lego and let your imagination run wild! Look at old photographs and share memories. Sometimes just snuggle up together under a blanket and do nothing.

Please don't worry about them regressing at school. Every child is in the same position and they will all be ok. When we are back, we will work with the children wherever they are. This is our job, we know what we are doing.

So use the home learning packs, create your own activities, just do what you can. Don't argue or stress over learning activities, try to have fun and spend time together as your child's mental health is more important than their academic skills. How they felt during this time will stay with them long after the memory of what they did during those weeks is long gone.

Kind regards  
Alison Sommerville  
Head Teacher