

Newsletter

Dear Parents & Friends,

I hope you are all feeling well. I know that we seem to have settled into a routine, both in school and at home. It is difficult to maintain a structure to the day when there is nowhere to go and all the jobs that needed doing have been done! It is even more important to try to have a routine, even if only getting up and going to bed times, meal times etc. Many people I have spoken to are feeling weary of the lock down, but we must try to make the most of the precious time we have.

Children's Wellbeing

An emphasis is being placed on the mental health of children during this lockdown. Your child may be missing their friends and family, struggling to understand why they can't go out, dealing with family illness or bereavement or just climbing the walls like the rest of us! Two links have been brought to my attention by the Schools Advisory Service:

1. **Mindfulness resources for children:** <https://www.triskelelifecoaching.com/mindfulness-teacher-2>
2. **Mental Health resources:** <https://www.camhs-resources.co.uk/>

Attached is a document entitled '**No5 Parent SEND Resource Toolkit**'. This has ideas and information about children's learning at home and also how to their social, emotional and mental health. Although this document is published by the **Special Educational Needs and Disabilities** team, I believe the advice applies to all children.

Keeping active is well known to improve mental health and generally make us feel better. On the reverse of this newsletter, I have put '**5 fun ways to increase your child's activity levels**'.

The way our children are feeling is often a reflection of how we are feeling ourselves. I know that, as a teacher, if I stand in front of the children feeling wound up, the whole class gets wound up too! Please remember that you are doing a brilliant job caring for your children, even though it might not always feel like it. If you haven't been frustrated enough to snap at your child yet, then you are probably in line for a sainthood. Try to take time out for yourself, and do talk to someone about how you are feeling. We are all learning that in this time of forced isolation, it is even more important to talk. Also, although the school is 'closed', we are still here and you can always email your child's class teacher or telephone school.

School Re-Opening

There has been a great deal of work going on behind the scenes, in school and also with the Department for Education and the Local Authority, to consider under what circumstances schools could re-open. It seems that, as far as I know, the following are being mentioned:

- Schools would probably be given three weeks' notice before a re-opening date to plan how to do it.
- Social distancing would almost certainly still be in place until a vaccine is found, so we would have to think about:
 - Ensuring we have the right equipment and conditions to stay safe.
 - Not all children attending at once to enable us to space the children out in classrooms – but which children and when?
 - Staggered playtimes and lunchtimes to minimise contact.
 - Parents not being allowed to congregate on the playground or enter the school building – possibly dropping off at the school gate.
 - Staggered opening and closing times to prevent crowds gathering.
 - No assemblies or collective acts of worship.
 - No events such as discos, concerts, presentations etc.

I wanted to share these considerations with you, because I feel you need to know that there is no 'quick fix' and it seems that things will not return to 'normal' for a long time. Working together, I am sure that we can educate and care for all the children of Stubbins through this uncertain time. Thank you for your patience.

Stay Well ☺

To receive this Newsletter by email, simply contact head@stubbins.lancs.sch.uk.

Mr. J. DANSON



5 fun ways

to increase your child's activity levels
(without them even noticing)

1



Dance like no-one is watching

Turn on the music and have a disco in the kitchen. A good dance can raise the heart rate in no time and before you know it you are all having fun.

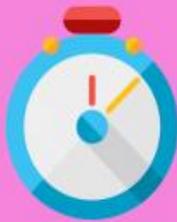
2



Balloon fun

Blow up some balloons and have a competition to see who can keep it off the floor the longest.

3



Hop-a-long

Set up a stopwatch and see how long they can hop on one foot.

4



Water bomb race

Set up an egg and spoon race but instead of an egg put a water bomb on the spoon. The winner gets to water bomb all the other participants!

5



Frog jump challenge

Set up a daily challenge of who can do the most frog jumps. Gribbet!