



Measham C of E News

Friday 5th February 2021



Dear Parents and Carers,

Following the Prime Minister's announcement that schools will not be returning to full face-to-face education until at least Monday 8th March, we are getting more and more requests from parents for their children to come into school. We know that this is partly because it is not always easy to support your children with their learning at home. If your child is in school and your circumstances change, meaning that you can keep your child at home, please contact the school to release your child's place.

In the meantime, I cannot stress enough to parents that you can only do the best you can. This is not 'home schooling' it is not a choice; your children are 'learning remotely' with our teachers doing their very best to support you along the way.

Remember over time anything you can do to help your child will help us, there will be days over the next few weeks when it's hard, its ok- teachers have hard days too! If things are hard, go out for some fresh air and step away from the computer. It matters more that your child remains happy and safe and feels supported. As I have said before, this will pass...and when it does we will get back on with the business of educating your children face to face.

We do not yet know what reopening will look like, the Government have said that they will release more information on 22nd February, but they have made it clear that plans will only be put into place, if the infection rates begin to slow further and hospital admissions fall; we will be watching the news very carefully over the next few weeks.

We desperately want all of the children to be able to return to school but for the time being, the situation remains the same, we are only open to some vulnerable children and to the children of parents who are critical workers. As always, we will inform you of any developments when we have more information.

Half term

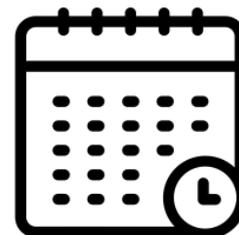
We will close for half term on Friday 12th February and will reopen on Monday 22nd February. No remote learning work will be set during this period.

Wellbeing Zoom Sessions

Staff and children are really enjoying the weekly wellbeing Zoom sessions, we have had some lovely positive feedback about the difference it is making to the children, thank you so much for your lovely messages!

Healthy Minds

This week is Children's Mental Health Week, we know that some of our children (and parents) are really struggling at the moment. Below are some suggestions on how to support the development of Healthy Minds during Lockdown.



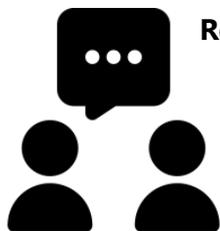
We aim to be a school where our Christian ethos provides the foundation for all we do.

Thankfulness Hope Love Peace Respect Forgiveness



Structure

- Try to maintain routines as much as possible. Try and imitate a structure similar to your child's usual day (get up, get dressed, do work in a specific place, have lunch at a similar time). Write it down put it on display.
- If you are unhappy with your current routine, this might be a chance to do things differently.
- Think about how to replace the things you normally do with 'socially distancing' equivalents.



Relationships

- Talk to children in an age-appropriate way. Give clear and simple messages and expect to repeat these when children ask again.
- Identify and name the difficulty that uncertainty brings. Acknowledge and normalise concerns and worry.
- Respond in an open and supportive way; children are likely to need extra love and attention during this time.

Emotional regulation

- Children are sensitive to emotion and will often reflect the emotions of adults—have calm conversations and be mindful of your own stress levels.
- Do things that help to relax. Be aware of your breathing and body tension; use deep breathing and muscle relaxation to help lower stress. Change your focus and immerse yourself in a favourite activity (if rules allow)
- Maintain healthy sleep patterns. Keep up exercise in your day and try to get outdoors, in line with local guidance about social contact.
- Stay connected to people—use technology to help stay in touch with friends and family.



Covid-19

If your child is currently learning in school remember that if there is a positive case of Covid in the bubble with a child or a member of staff, the group will need to isolate for 10 days, and they will all receive remote learning.

Remember if your child is displaying ANY of the three main Covid symptoms:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

You **MUST** request a COVID test immediately. <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Thank you again for your ongoing support. As always, if you need any help or support please call school.

Regards,

A handwritten signature in cursive script that reads "Sylvie Newman".

Sylvie Newman
Executive Headteacher

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