



CELEBRATING GREAT WORK



The teachers have been amazed by the brilliant work that pupils have completed in recent weeks. You can take a look at some of the children's work on the school blog. Key Stage 1 pupils have been really enthused by the rainforest project and there's some fantastic written work, 3D models and collage to browse.



KEEPING IN TOUCH – A FUN FILM FOR EVERYONE



Thank you to pupils, parents and staff that have sent in photographs and messages to create a short film that we hope you enjoy. It's now available to view on the school blog. Pupils will recognise the song we have chosen. We thank Fischy Music for supporting us in using this. Please remember that you can access all of the songs made by Fischy using the login details we have shared previously.

PLANNING FOR REOPENING

We have been working carefully on plans for reopening, following the government's announcement that schools should begin this process. Please find details of our plans and arrangements in a separate letter, attached with this communiqué.

WELLBEING

We're mindful that this is an extremely challenging time for many families. Please know that the school is here to support you if required. Please find below some guidance notes that we hope are helpful.

Things to look out for

Signs that your child is finding aspects of life more challenging at the moment include:

- Regressing to behaviour they've outgrown
- Showing greater fear at being separated from you
- Trouble sleeping
- Expressing sadness, anger or fear
- Wanting to talk about coronavirus all the time or not at all
- Having trouble concentrating

Remember to take care of yourself

It's really important right now to take care of your own physical and mental health. Here are some things you can do to help keep yourself healthy:

- **Connect with others** – maintain relationships with people you care about through phone and video calls
- **Exercise** – take some time every day to move. You could go for a walk or run. You'll also find many fitness videos online for everything from yoga to dance. Find something you enjoy and that makes you feel good
- **Eat healthy meals** – try to keep a well-balanced diet and drink enough water
- **Get some sleep** – being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes

of yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly

- **Turn off the news** – it's important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is
- **Do things you enjoy**
- **Set goals** – it's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book
- **Spend time outdoors**

How to talk to your child about what's happening

Children pick up bits of information from their friends, from the news and from listening to adults talking around them – but they can misunderstand what they're hearing.

- Deal with the news head-on and talk about it openly and calmly, giving them the facts. Give them age-appropriate information – take a look at:
 - [BBC Newsround](#)
 - Coronavirus – a book for children. This is a FREE digital information book for primary school age children to help explain the coronavirus and the measures taken to control it. It answers lots of questions in a child-friendly way, and aims to both inform and reassure. Published by Nosy Crow and illustrated by Axel Scheffler, the text had expert input from Professor Graham Medley of the London School of Hygiene & Tropical Medicine, and also two headteachers and a child psychologist. We've attached a copy with this newsletter.
 - [A children's guide to coronavirus, by the Children's Commissioner.](#)
- Encourage questions
 - This will give them the confidence to reach out, if they have anything to ask
 - Be reassuring but honest when answering questions – it's okay if you don't have all the answers
 - Be ready to answer the same question over and over – children tend to repeat themselves when they're feeling uncertain or worried, so you might have to answer the same questions more than once as they seek extra reassurance
- Be a role model
 - Recognise and manage your own worries first
 - Be open about your own feelings and let them know it's normal to be concerned – for example, let them know you're also finding the news a bit worrying and what you're doing to stay calm
- Explain how our body's immune system protects us
 - It's constantly working against germs without us knowing. We can't and don't need to control this process
 - Explain that we're taking precautions against this particular germ because it's a new one which our bodies haven't come across before
 - Remind them how important it is that they eat healthy food, sleep and exercise, as this helps to fight germs
 - If it helps, reassure them that the effects of this virus on healthy young people are very mild
- Keep doing your bit to help children reduce the spread of germs
 - Remind them to maintain good hygiene like bathing daily and wearing fresh clothes
 - Encourage them to sing 'happy birthday' twice when they're washing their hands

How to make home learning work for your family

We're realistic about what pupils will be able to do during this period, and we want you to be too. You're not expected to become teachers and your children aren't expected to learn as they do in school. Simply providing them with some structure at home will really help.

The following tips are designed to help you create a positive learning environment at home. See what works best for your household.

- **Create and stick to a routine if you can.** This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!

- **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
- **Check in with your children and try to keep to the timetable, but be flexible.** If a task/activity is going well or they want more time, let it extend where possible
- If you have more than 1 child at home, **consider combining their timetables.** For example, they might exercise and do maths together – see what works for your household
- **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over
- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
- **Take stock at the end of each week.** What's working and what isn't? Ask your children, involve them too.
- **Distinguish between weekdays and weekends**, to separate school life and home life
- **Give them chores** to do so they feel more responsible about the daily routine at home
- Ask them to **help you cook and bake**
- Accept that **they'll probably watch more TV / spend time on their phone** – that's okay but you might want to set or agree some screen time limits

Please don't worry about your children getting behind with learning. Everyone's in the same boat, and when things get back to normal we'll make sure we get everyone back on track.

Where to go if you need some support

Organisation	Contact information
School – mindful that the current circumstances can be challenging, if any of you do require the support of school during the holiday, please do make contact.	School office phone 01748 884308 Headteacher phone 07956 161027 School office email admin@rg-schools.org.uk Headteacher email headteacher@rg-schools.org.uk
Compass Buzz – North Yorkshire's mental health service for children and young people	www.compass-uk.org/services/north-yorkshire-compass-buzz/
Mind – a mental health charity	www.mind.org.uk
YoungMinds – a charity dedicated to children's mental health	https://youngminds.org.uk/

HALF-TERM HOLIDAY

We hope that you all manage to enjoy what would usually have been our half-term holiday from school which starts today. The teachers won't send any home learning tasks during the week of Monday 25th May to Friday 29th May.

If there's anything that we can do to help, please do not hesitate to contact us.

With best wishes,



Gordon Stainsby
Headteacher