



**Sutton in Craven C.E (V.C) Primary School**

**Headteacher: Mrs O Gibbons**

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Dear Parents/Carers,

Well it really doesn't seem real that this is the first day of the Summer Term. School has been open over the Easter holidays to support children of key/critical workers and vulnerable children. I would like to say a massive thank you to the staff for being so dedicated, strong and willing to do what is best, in what is a very difficult and stressful time and I would also like to thank you, our parents and carers, all for your continued support with this.

We would also like to take this opportunity for your continued support and effort with Home Learning and we do love to hear all about what the children have been getting up to. Again there is no expectation to send evidence of everything but it does raise our spirits to see what the children are doing. It also allows us to feedback and celebrate all their achievements during their time at home.

"Recreating the school environment is really tricky," says Helena Gillespie, professor of learning and teaching in higher education at UEA.

But there are things she suggests you can do to make the experience relatively rewarding and stress-free:

- Set a routine - if possible, have children dressed and breakfasted by 08:30 on weekdays - this will help them adjust when schools reopen
- Identify a set time of day when you will help children with projects, and other times when they can do things by themselves.
- To avoid children losing academic skills they don't practise, including reading, writing and maths, make these the most important daily sessions
- Remember it is more important to get a successful hour of learning than struggle through for three hours. Chunk learning in between other tasks, down time or life skills.

We know that 'home learning' is not expected to replace teaching, the teachers and the learning that children would get at school but it is there to support children in continuing to have a degree of normality, of routine and maintain a link to learning that would have happened at school.

Apart from missing lessons, it is important to remember that school has a social function for children. As with adults, children's relationships with their friends are heavily restricted by lockdown regulations.

Keep in touch and communicate with school, whether this is through your child's/children's class email or directly to me. Encourage children to keep in contact with their friends as much as possible - something with which younger children may need more encouragement and support.

Try also using this time to help children acquire life skills - such as hanging out the washing or stacking the dishwasher., making a sandwich for everyone for lunch, changing the duvet cover (that's always a good one



that could last a while!) Make the most of the opportunity to talk to each other more, for example by trying to have lunch or dinner, go for a walk together every day.

I know that you as parents and carers are trying exceptionally hard to keep calm and maintain a safe stress free environment for your children but in these unprecedented times that can be very difficult and you also need to look after yourselves and be kind to yourselves.

I have included below many links of support for both home learning and maintaining a healthy mind and body for all. Please do take the time to look through some of them. They may support you and your child/children at this time.

### **Home learning**

Please find below some helpful hints, tips, guidance and resources to support with learning at home.

<https://www.gov.uk/guidance/help-primary-school-children-continue-their-education-during-coronavirus-covid-19> - some really useful hints and tips for keeping a routine and structure at home to support our new 'normal' for the current time.

<https://www.bbc.co.uk/bitesize> - the BBC have released a new part of their website with daily online lessons for each year group. Please check them out – particularly for with wider curriculum subjects.

<https://www.bbc.co.uk/bitesize/articles/znbnschw> - this is where you will find the daily lesson schedules for each year group. So what is on, what time and what day. There are also weekly schedules.

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education> - this is a list of other online resources available from the government which you may also find useful to support home learning.

### **Mental Health and Wellbeing**

Please find below some guidance, tips, links and resources to support keeping a healthy mind and well-being through this really difficult time.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak> - a useful guide on how to support your own mental health and how to support your children to cope with this stressful time

<https://www.nhs.uk/change4life> - ideas and activities for diet and exercise (indoors and outdoors)  
[www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus](http://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus) - NSPCC guide to coronavirus and supporting tools if children and young people are worried

[www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus](http://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus) - Children's Commissioner's guide to coronavirus for children and young people.

[www.recoverycollegeonline.co.uk/young-people/for-parents-and-carers](http://www.recoverycollegeonline.co.uk/young-people/for-parents-and-carers) - Recovery College Online

[www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk) provides a range of online information to people who might be struggling with mental health issues. There is a section for under 12's, following the link above.

[www.nhs.uk/apps-library/category/mental-health](http://www.nhs.uk/apps-library/category/mental-health) - Key stage 2 pupils may benefit from a NHS-suggested apps to support mental health. This would need a parent / carer approval.



The Go To Website, for 11 years upwards

<https://www.thegoto.org.uk> is a North Yorkshire-specific website that signposts young people, families and professionals to the right information and services available for mental health and wellbeing across North Yorkshire. The website has been developed in conjunction with young people, professionals and parents and carers.

Compass Buzz offers a confidential text messaging service to young people aged 11-18 across North Yorkshire. By texting the service on 07520 631168, the young person will be able to receive confidential advice, support and signposting from a wellbeing worker via text, within one working day.

### **Other resources**

I have attached some other really useful additional resources from **Compass Buzz**. These are practical and engaging tasks and activities to do with your child/children to support a healthy mind and body through this tricky time. Please do have a look and have a go, our and our children's mental health is hugely important.

**Sutton CE School Facebook Page** – please look out for:

- **Mindful Monsters** - these are tasks, activities and strategies to boost creativity, improve concentration, inspire positivity and aid relaxation.
- **Meditation cards** – these explain different tasks to support meditation. They can be used to help reduce anxiety or stress.

We are here to support, to help, listen where we can and we endeavour to do our best. If you have any questions or queries please do not hesitate to get in touch with us at school.

In the meantime, I do hope that you are finding a balance, a routine and a structure but most of all, hope that you and your families are keeping well and staying safe.

With very best wishes,

Mrs Orla Gibbons  
Headteacher

