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Head Teacher: Ms L. Von Buchenroder

*Nurturing &  
growing together*

Dear Parents and Carers

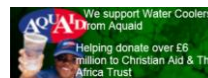
### Weekly Update: 1<sup>st</sup> April 2020

I hope that reading this weekly update, you are all managing to keep safe and well. I have heard a few cases from our Star Community where families have lost loved ones due to the current coronavirus outbreak.

I would like to extend my sincere condolences to any of our families who have been affected. I am sure that watching the news each night, you will be very concerned and anxious about the situation. I want to reassure you that we are all in the same boat and all facing the same fears at this very difficult time. I know that like myself, many of you have families in other countries and that you are worried about their safety as well.

It is very important that we try and stay positive during these times, especially in front of our children. This is what I mainly want to address during this update. I know that having your child at home might have seemed like a bit of an early holiday at first. But home schooling can be extremely challenging and I know through my own experiences with my son, that children do not take too kindly to the parent also being the teacher. They see these roles very differently and resist any attempt to combine the two things. I want to remind you to be kind to yourself and your child. These are unprecedented times and no-one has ever experienced anything like this before. The work that we are setting for your child to do at home is a guideline to help you structure the day. Some days will be better than others. As difficult as things may seem, it is crucial to remember that the advice is to **Stay at Home**. This is the best chance that we have of reducing the amount of cases. Staff are doing everything they can to help children to continue learning at home, but these are just guidelines. Hopefully you will find the following points useful:

- Try and keep to a routine. If you let your child stay up late playing games and watching TV, they will be very tired and not in the right mind-set to do home learning. Try and start at the same time every day.
- Give regular breaks. Your child cannot be working for hours on end. They should, depending on their age, work for a period of time and then have a learning break. Don't let the break last too long (15 minutes in the morning and an hour for lunch).
- Try and avoid distractions during this time. TV's switched off and games/phones not available.
- Be patient...They will sometimes get frustrated which is normal. If you then get frustrated it raises the anxiety for everyone. If something cannot be done, it is not the end of the world. You can adapt things to make it easier or more challenging for your child.





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**Easter Break: Your child will not be set home schooling during this time.** We are going to upload a **Stay at Home Wellbeing timetable** to help you manage this two week period. Staff **will not be available** to check or respond to work on the google drive and the school helpdesk will be closed during this period.

It is really important that parents try and adapt the usual holiday activities under these current conditions. Try and make sure your child continues to get some physical exercise each day. Allow them more freedom during this period. I often arrange indoor Easter egg hunts for rainy days. If you are lucky enough to have a garden, get them involved in gardening in some way.

We are working very hard to get the voucher system that the government has promised up and running for our FSM families. We are hoping to have our voucher code available to share over parent mail. Please note that you are only eligible if you have applied on the Newham website for Free School Meals.

Staff are in regular contact with certain families, but please do let us know via the school info email if you require any further assistance. **We will upload the week 3 home learning timetable on the 17<sup>th</sup> April.**

Best Wishes and despite the unfortunate circumstances, Happy Easter.

Ms Von

