

Good morning Parents/Carers.

I would just like to take a few moments to tell you all that you are doing a great job supporting your children at home. At this time, children will be aware of everything that is going on around them, they may be anxious and scared. Although the initial idea of being off school for weeks may have sounded great, the reality of being in the home and not seeing their friends is potentially now showing in their behaviour. This could be anxiety, anger, reluctance to work and even loss of confidence in their own academic abilities. This is normal and expected under these circumstances. Continue to show them comfort, share the book attached and reassure them that it is going to be okay. Play board games, draw pictures, start a book and snuggle up and watch a good movie or do nothing at all when you feel like it. I would really like to stress that I do not expect your child to complete all the work I post on here. Pick and choose the tasks that your child would like to do.

Your child's mental health and wellbeing are more important than their academic skills. How they have felt during this time will stay with them long after the memory of what they did during these weeks. The following guidance from the NSPCC and Gov.uk may be of help to you all. It gives information, guidance and support for parents and carers of children who are learning at home.

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19?utm_source=cab989cd-0d5a-4ac7-9145-6445159c785f&utm_medium=email&utm_campaign=govuk-notifications&utm_content=daily

https://www.gov.uk/guidance/help-primary-school-children-continue-their-education-during-coronavirus-covid-19?utm_source=b0838257-848b-4d77-b72f-37767d087fd1&utm_medium=email&utm_campaign=govuk-notifications&utm_content=daily