



A message from Miss Woodward

Dear families

I hope that this week has gone as well as possible for you as we start our new program of learning at home. I do appreciate that it is not easy and that many families have a number of children at home and people logging on for work. We know that some parents and carers have said they are struggling with remote learning. This is perfectly understandable and please don't worry if you have an off day with this. We do appreciate that some days you might find it all too much so please feel free to add in or take away from the timetable.

Try to remember these guidelines:

- Be realistic about what you can do
- Make times for breaks and exercise throughout the day
- Keep to the timetable where possible.

These first few weeks will be a learning curve for us all but I do want to say a huge thank you to the whole school community. Thank you to all the children who have already produced some lovely work at home. Thank you to all of our families for taking the time to support your children's learning and learning how to do the Maths and English work.

Teachers will be monitoring which children are managing to complete their remote learning but please be reassured this is only so that we can contact any of you who are having difficulties and may need any support.

Working at home yourself and trying to guide remote learning is very difficult. Please just do what you can and do not worry what anyone else is doing. We know you will all be doing your best and our priority is for the children to be kept safe and healthy.

Take care and do remember that you can email or ring the school if you want to talk anything through.

Take care and stay safe
Miss Woodward



NEVER ALONE

NSPCC 0808 800 5000 (24hrs)	National Domestic Abuse Helpline 0808 2000 247 (24hrs free)
Mind 0300 123 3393 (Mon-Fri 9-6)	Victim Support 0808 168 9111 (24hrs)
Cruse Bereavement 0800 808 1677 (Mon-Fri 9-5)	ChildLine 0800 1111 (24hrs)
Action on Elder Abuse 0808 808 8141 (Mon-Fri 9-5)	Respect - Men's Advice Line 0808 801 0327 (Mon-Fri 9-5or8pm)
Samaritans 116 123 (24hrs free)	National Centre for Domestic Violence 0207 186 8270

Laughing

Laughing feels good, boosts our immune system and helps us keep things in perspective. Laughing with others strengthens relationships and, because laughter is contagious, we laugh more with each other.

- Share jokes at home and online
- Watch funny clips and films
- Try laughter yoga; there are plenty of examples on YouTube.

There is some research evidence that even fake or forced laughter can improve mood and wellbeing.

"Sometimes," said the horse.
"Sometimes what?" asked the boy.
"Sometimes just getting up
and carrying on is
brave and magnificent."

