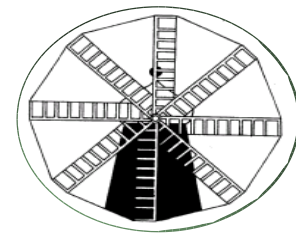


Heckington St Andrew's Church of England Primary School Newsletter



26th March 2020

Dear Parents / Carers,

Although we are not physically together as a school community, I thought it would be lovely to continue our regular newsletters so that we can keep in touch.

I am aware that there are dozens of posts on social media about home learning spaces, routines and timetables and we want to reassure you all; take your time to settle into our new daily life. Please give yourselves and the children time to adjust and don't put yourselves under too much pressure initially. The change for all of us is huge and we aren't going to get it right overnight.

I saw something this morning that struck a cord:

In 2030 College Student: "In history class, we learned that the COVID-19 Pandemic in 2020 was really bad. What was it like?"

Parent: "Well, everything was shut down in an attempt to kill the virus, but not everyone followed the order to quarantine for 15 days, so it lasted longer than anyone expected. Many people died who shouldn't have. Grocery stores were out of everything because people were hoarding as much as they could. We were scared for the economic failure of our country and for ourselves because we couldn't work. Don't you remember? You were 8".

College Student: "All I remember was the school closing and being home schooled. I remember doing scavenger hunts in our garden. I remember eating meals as a family for a change. I remember getting great sleep because I wasn't up late for homework or getting up early for school. I remember board games as a family. I remember watching our vicar on the laptop. Honestly, it was the happiest time of my childhood."

Each child and family is different. Give yourselves time and get it right for you. Focus on building great memories and helping your child deal with such change by allowing yourselves to grow into the situation. Routines and work will come. Happy settled children, make happy settled adults for the future.

Be kind to yourselves and do what you can; build a memorable time for your children and trust your instincts for your child. You know them best. Be safe; be strong, be true to the needs of your family.

You've got this.

Warm blessings to you all,
Mrs Bentley

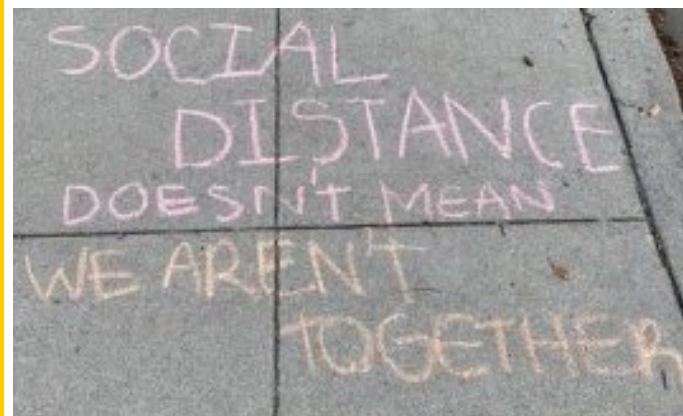
To all our amazing children at our School

We know that school has been a little different this last week for all of us and whilst you have gone home to spend time with your families, we are busy preparing to open the doors on Monday to some of our pupils whose parents need to continue working.

We are incredibly proud to be your teachers and school governors and look forward to the day that we can be back together as a whole school in our school.

Take care of yourselves and your families and we will see you soon.

Dr Amanda Grant
Chair of Governors
St Andrews Heckington C of E Primary School



There may be many questions that your children have about the current situation especially as their structure and routine of day to day activities has now changed dramatically. During this time, children may feel a sense of anxiousness due to these changes and have lots of questions. Please therefore see below some website links which you may find useful to ensure your child receives the facts about the virus at an age appropriate level as well as helping you to answer any potentially difficult questions:

Young Minds: this offers tips on how to talk to your child about the virus.

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

UNICEF

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Newsround: age appropriate news where children can be given key facts

<https://www.bbc.co.uk/newsround>

This will hopefully be useful for both you and your children as a way of understanding key facts in a way to reduce any worry.

With school being shut, normal routines and structure will not be in place and for some children this can be a particularly difficult time. It will be important for adults and children alike to focus some time on their wellbeing as this is a priority for all. The NHS have a wellbeing guide (<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>) which you may find useful during this period. Evidence suggests that there are 5 steps you can take to improve your mental health and wellbeing. There are 5 key points:

- Connect
- Be active
- Learn new skills
- Give to others
- Mindfulness

Trying these things may help everyone feel more positive. Below, there are some suggested some activities which fit into all the categories to help. Try to pick something from each of the coloured sections linked to wellbeing and to provide a variety for the week.

Read a new book	Have an inside picnic	Learn a new song and perform it	Design a new school uniform	Write a diary of your day
Build with Lego	Make a den	Play shops	Gardening	Joe Wicks workout
Go outside and write what you see, hear, feel, touch and smell	Play with Playdoh	Play a board game	Help with a job in the house for your parents	Learn some vocabulary from a new language
Make a 3D model	Cosmic Kids Yoga	Make a paper aeroplane	Play with a ball or balloon	Cook or bake for the family
Sketching	Make up a new dance	Sewing/knitting	Try some origami	Learn a magic trick
Call a close family member for a chat	Fix something that is broken	Have a meal around the table with the family	Colouring	Create a treasure hunt for someone to follow
Write an acrostic poem	Make a joke book	Create an obstacle course	Make a card for someone to make them smile	Write a thank you letter

Connect – Red
Active – Green
Learn – Blue
Give to others – Orange
Mindfulness - Yellow

Mindfulness:

Link to Cosmic Kids Yoga. This has a range of relaxation, mindfulness and yoga practices which are great for feeling grounded and positive: <https://www.cosmickids.com/category/watch/>.