

Children can ask for help too:



Coco welcomes the children back!

Although Coco has been busy with the key worker children during lockdown, she certainly enjoyed everyone back this week.



Dear Parents and Carers,

The Importance of Well being It has been lovely to see all of our children back in school this week but we are all fully of what a hugely disrupted year this has been for everyone and it is likely to take time for children to settle back into their old routines - and that's quite normal. The children have been working in a very different environment at home; they've been used to going at their own pace, having you available on a 1-1 basis for support, not having to navigate the complexities of social interactions, not having to focus for a whole day and having more time to do what they want. Many of them are also worried about whether they have fallen behind their peers during lockdown. We know there will be ups and downs whilst they settle back into school and we are here to help you. Try your best to support, comfort and reassure your child that most of their worries are quite normal their without putting pressure on yourself to make it better.

If your child is experiencing difficulties, please contact us so that we can all work together. There are also some really helpful websites which offer useful tips and guidance to help you support your child's mental health and well being:

NHS Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

Mental Health Foundation

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

COMIC RELIEF

Red Nose Day - Friday 19th March is Red Nose Day and the children are invited to wear something red or wear 'what they like' in exchange for a £1.00 contribution for the charity.



Parents' Evenings We are still planning to hold a parents' evening in the final week of this term but the meetings will be held virtually via Zoom. We will be informing you of how well your child has settled back into school following lockdown and will be looking forward to hearing how it has been from your perspective too. It would be helpful to have an initial discussion, without your child present and then, if they want to, your child could join the conversation towards the end of the meeting. There will not be a written termly report as it is so difficult to give a judgement about whether a child is on track or not at this present time. We will also not be sending books home due to Covid.

Road Map out of Lockdown As you are aware, the government has outlined their plans for the country to get out of lockdown, If, like me, you find it difficult to remember what is happening when, I thought you might appreciate this clear visual aid:

Self-Isolating

Although we are following all the controls to ensure the safety of everyone in school, it is still imperative that anyone who tests positive, or who displays any Covid symptoms, self-isolates immediately and does not enter the school grounds.

Please ensure that you keep your child at home for 10 days if anyone in your household catches the virus. If a child needs to self-isolate, we will once again provide educational support remotely.

STEP 1: 8 March


Schools and colleges are open for all students. Practical Higher Education Courses.


Recreation or exercise outdoors with household or one other person. No household mixing indoors.


Wraparound childcare.


Stay at home.


Funerals (30), wakes and weddings (6).

29 March


Rule of 6 or two households outdoors. No household mixing indoors.


Outdoor sport and leisure facilities.


Organised outdoor sport allowed (children and adults).


Minimise travel. No holidays.


Outdoor parent & child groups (up to 15 parents).

STEP 2

At least five weeks after Step 1, no earlier than 12 April.


Indoor leisure (including gyms) open for use individually or within household groups.


Rule of 6 or two households outdoors. No household mixing indoors.


Outdoor attractions, such as zoos, theme parks and drive-in cinemas.


Libraries and community centres.


Personal care premises.


All retail.


Outdoor hospitality.


All children's activities, indoor parent & child groups (up to 15 parents).


Domestic overnight stays (household only).


Self-contained accommodation (household only).


Funerals (30), wakes, weddings, receptions (15).


Minimise travel. No international holidays.


Event pilots begin.

STEP 3

At least five weeks after Step 2, no earlier than 17 May.


Indoor entertainment and attractions.


30 person limit outdoors. Rule of 6 or two households indoors (subject to review).


Domestic overnight stays.


Organised indoor adult sport.


Most significant life events (30).


Remaining outdoor entertainment (including performances).


Remaining accommodation.


Some large events (except for pilots) - capacity limits apply.
Indoor events: 1,000 or 50%.
Outdoor other events: 4,000 or 50%.
Outdoor seated events: 10,000 or 25%.


International travel - subject to review.

STEP 4

At least five weeks after Step 3, no earlier than 21 June.
By Step 4, the Government hopes to be able to introduce the following (subject to review):


No legal limits on social contact.


Nightclubs.


Larger events.


No legal limit on all life events.

I hope you all have a lovely weekend.

Best wishes

Debbie Main