



SCHOOL CLOSURE- NEWSLETTER 4

01404 812599 Friday 17th April 2020. Website www.west-hill-primary.devon.sch.uk

Dear Parents,

Here we are in week 4 of school closures, how time flies!

I hope you all had a wonderful Easter weekend and enjoyed the sunshine (even if it was from your back garden!) Hopefully you all received Monday's e-mail and have managed to get onto Google Classroom from Tuesday. We are aware of a few technical issues but thank you for being patient and bearing with us while these were resolved.

Public Health England - reinforcing the 'Stay at Home' message to children and young people

Public Health England have asked us to give their 'stay at home' messaging a real push and to share these more widely in parent communications. As part of the latest phase of their campaign they have released some new posters targeting young people, who seem to be less compliant with the social distancing rules - please see attached 2 posters.

They are asking for our help to make sure young people comply with the rules.

The key wording being used to accompany the images is **'Do not meet up with friends or family outside your household. If any family members are going out for non-essential trips please tell them to stop.'**

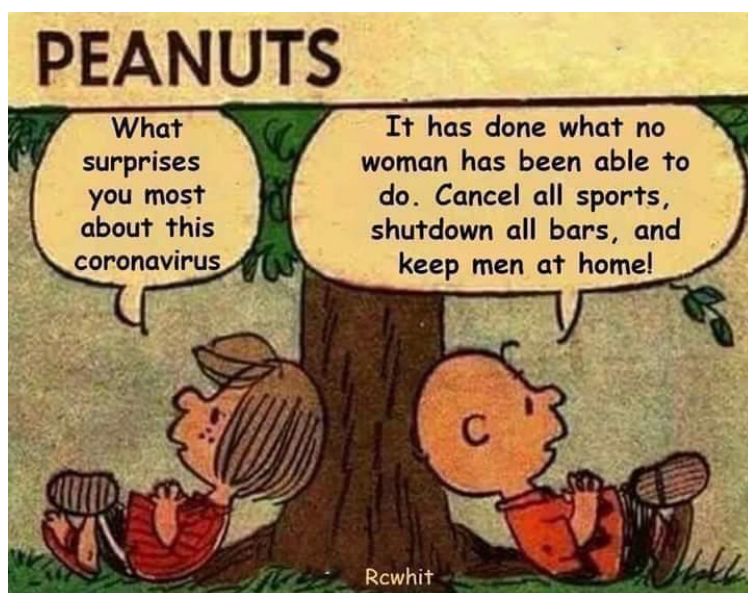
Please feel free to display a poster outside your house or in a window for others to see.

Lunch provision for pupils of key workers

I hope you can understand that it is not practical to keep our school kitchen open when the school is closed to the majority of pupils.

Instead of offering a cooked meal, we will be able to offer a packed lunch alternative (meat/veg. option) at the same cost which will be sourced from another Devon Norse provider in Exeter. This will need to be ordered by 9.15am.

Alternatively pupils of key workers can bring their own packed lunch to school if they prefer.



Message from Mrs Powley and Mrs Stevens

Hi Reception Class!

We do hope you are all well. We're missing you but are really enjoying all the pictures and videos of your learning that are on Tapestry. It's great fun to see what you are busy doing with your families. We hope you are enjoying the story time videos this week. Stay tuned for a new one next week! And get ready for some new fun challenges!

From Mrs Powley, Mrs Stevens and Mrs Adams



Our children are little heros, too.

Missing their grandparents, extended family, friends and school.

Lack of normal routines.
Loss of structure to their day.

Parents who are stressed, worried, scared and just *different*.

Overhearing talk and news without an understanding of what they hear.

NoCrySolution.com

Give your little hero more cuddles, more one-on-one playtime, and an extra dose of patience and forgiveness.

10 ways that nature can help you stay healthy and happy during lockdown

Did you know there's happy bacterium outdoors? These 10 tips will help make the most of the wellbeing that nature provides, even if you're isolated indoors.

www.gatheroutdoors.co.uk



Exercise
is the most potent
and underutilized
antidepressant
and it's free.



The importance of sleep

As we adhere to the expert advice of social distancing, we can utilise this time to improve our sleep schedule, which impacts overall well-being for you and your children. Here are some helpful tips to find a regular sleep-wake cycle

<https://www.childmind.org/coronavirus>

SUPPORTING FAMILIES DURING COVID-19

Get Consistent Sleep

Consistent sleep is tied to improved cognitive performance and memory — as well as better mood, self-regulation and resilience. Here are some tips for promoting good sleep habits during this time, for you and your kids:

- ▶ Remind your family that it's still a school/work week, even though you're all at home
- ▶ Turn off devices at least an hour before bed
- ▶ Try old-fashioned alternatives like reading

Families with adopted children

The Secretary of State for Education has announced that up to £8 million will be available for therapeutic support for families whose adopted children may have already suffered trauma and may be made more anxious owing to the uncertainty of the effects of the virus. Adoptive families will be offered emergency support including online counselling and couples therapy as the government expands the scope of the Adoption Support Fund to meet needs arising from the outbreak of coronavirus (COVID-19).

Further details of this scheme can be found here:

<https://www.gov.uk/government/news/covid-19-adoption-support-fund-scheme-to-help-vulnerable-families>

A big event can make it feel
Like the World is falling APART



But there are millions of tiny acts
of KINDNESS still holding
it TOGETHER ❤️

@twisteddoodles

LET YOURSELF REST

If you're exhausted, rest.

If you don't feel like starting a new project, don't.

If you don't feel the urge to make something new,
just rest in the beauty of the old, the familiar, the known.

If you don't feel like talking, stay silent.

If you're fed up with the news, turn it off.

If you want to postpone something until tomorrow, do it.

If you want to do nothing, let yourself do nothing today.

Feel the fullness of the emptiness, the vastness of the
silence, the sheer life in your unproductive moments.

Time does not always need to be filled.

You are enough, simply in your being.

Jeff Foster



NOT EVERYTHING IS CANCELLED

sunshine is not cancelled
spring is not cancelled
love is not cancelled
relationships are not cancelled
reading is not cancelled
naps are not cancelled
devotion is not cancelled
music is not cancelled
dancing is not cancelled
imagination is not cancelled
kindness is not cancelled
conversations are not cancelled
hope is not cancelled



#keeplookingup
SimpleStencils.com

Contacting staff

If you need to contact a member of staff or the Head Teacher, please send an e-mail to them via admin@... and it will be forwarded to them for a response.

Thank you.



Calling any Alfie Boe fans

Alfie Boe performed from his bedroom on Easter Sunday for a 30 minute concert. If you didn't see it, go to www.royalalberthall.com

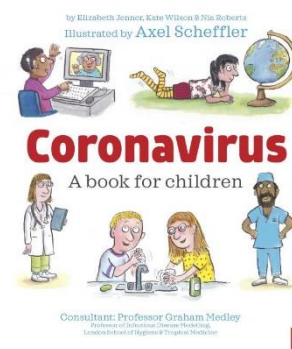


Information book explaining Coronavirus to children

Axel Scheffler has illustrated a digital book for primary school age children, free for anyone to read on screen or print out, about the Coronavirus and the measures taken to control it. It answers lots of questions in a child-friendly way, and aims to both inform and reassure.

Download it from:

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler>



Additional reading material

- Collins Big Cat reading scheme
<https://connect.collins.co.uk/school/Portal.aspx>
click on the teacher portal and enter
username: parents@harpercollins.co.uk
password: Parents20!
- Oxford Owl reading scheme
<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>
- 30 days access to 40,000 ebooks
<https://www.getepic.com/>
- Free e-books currently until 30th April.
<https://www.worldbook.com/wblog/covidsupport>

