



SCHOOL CLOSURE- NEWSLETTER 5

01404 812599 Friday 24th April 2020. Website www.west-hill-primary.devon.sch.uk

Dear Parents,

I can't believe we are now in week 5 of school closure. I hope pupils in Y1-Y6 are all enjoying accessing their learning through Google Classroom and Reception Class through Tapestry? I have really enjoyed seeing some of you around the village as I've driven into school and enjoyed a chat at a socially acceptable distance! Last week I saw a news article urging parents not to worry about children coping with coronavirus lockdown. A psychology expert has said youngsters are 'typically resilient' and the situation should not lead to any long-term problems. Read in ITV news: https://apple.news/As8gJca9LO3C9RZd4t_jrDA



Devon School Nursing Service Update- March 2020

Please see the attached newsletter from the School Nursing Service. There is now a single point of access to specialist services in Devon. Parents can self-refer and information to support this is available online or by speaking to one of the team.

#BeInspired and Virgin London Marathon 2.6 Challenge

This Sunday 26th April should have been London Marathon day so why not complete the 2.6 challenge?

There is a page full of ideas and a resource pack.

Of course they are also asking families to get involved with donations as well but this is entirely optional.

Tracy Moran (Primary Liaison PE teacher from King's) would love to hear about anything you do to help stay connected with you all 😊

Below are two links with an explanation of the event

#Be Inspired - London Marathon 2.6 Challenge

<https://uk.virginmoneygiving.com/giving/events/twopointsix/>

Resources pack for families to download

https://uk.virginmoneygiving.com/giving/assets/pdf/VMG_2point6_ActivityPack.pdf

Let's try to remember that we all process things differently.

Some people are falling apart right now, and that's OK.

Some people will hold it together until this is all over, then crumble. That's OK, too.

Some people won't know exactly how this has affected them for a long time.

It's all OK.

Everyone is different,

And we're all just doing the best we can.



MAIL A HUG

An easy way for kids to brighten the day of a friend of loved one that they don't see often!



I miss you when you're far away.
I'd love to see you every day.
But since I can't come over to play,
I'm mailing you a hug today!

So although it may be quite a sight,
Wrap my arms around you tight!
Repeat daily to keep your smile bright,
Until we get to reunite!

Mental health and well-being

The change of routine and staying at home may make this a difficult time for some children. Public Health England has published advice on how to support your children's wellbeing during the coronavirus outbreak.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Guidance is also available to help you look after your own mental health

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

New government online resources from Monday 20th April 2020

1. BBC Bitesize

The BBC launched its education package across TV and online, featuring celebrities and some of the best teachers - helping to keep children learning and supporting parents.

BBC Bitesize can be accessed here:

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

2. Oak National Academy

The sector-led Oak National Academy has today launched its online classroom and resource hub. This brand-new enterprise has been created by 40 teachers from some of the leading schools across England and offers 180 video lessons each week, across a broad range of subjects, for every year group from Reception through to Year 10. They are free to use by both teachers and young people. The Oak National Academy can be accessed here:

<https://www.thenational.academy/>

Keeping active during lockdown

- Please see attached a weekly schedule with ideas for activity at home.
- Further ideas and activity challenges can also be found via **The East Devon School Games Public Portal** which can be viewed at: <https://www.yourschoolgames.com/sgo/south-east-devon/>
- **BBC Supermovers** have a range of active learning ideas that promote classroom learning combined with physical activity: <https://bbc.co.uk/teach/supermovers>
- **Go Noodle** movement and mindfulness activities available at: <https://www.gonoodle.com>
- **Premier League Primary Stars** - Home learning resources at: <https://plprimarystars.com/home-learning>

Guidance for parents and carers on supporting their children's education during coronavirus (COVID-19)

The government have published information, guidance and support for parents and carers of children who are learning at home during the coronavirus (COVID-19) outbreak.

Guidance on helping primary school aged children learn at home:

<https://www.gov.uk/guidance/help-primary-school-children-continue-their-education-during-coronavirus-covid-19>

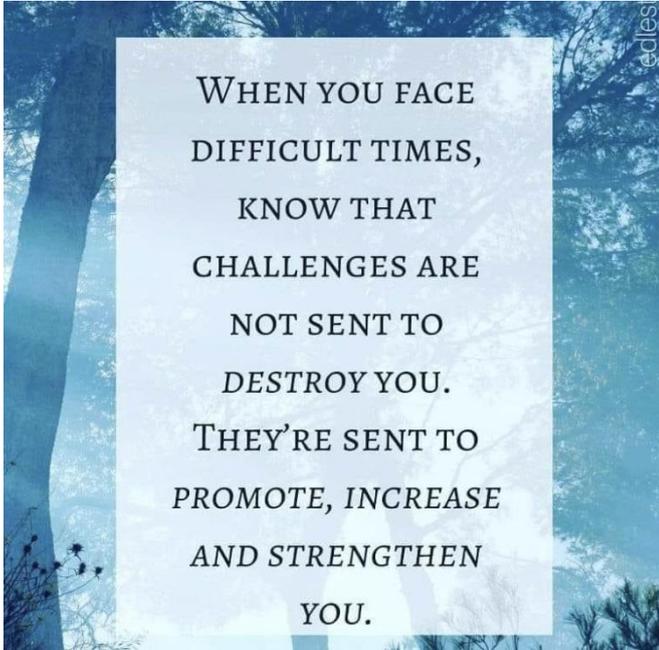
Guidance on helping children with special educational needs and disabilities learn at home:

<https://www.gov.uk/guidance/help-children-with-send-continue-their-education-during-coronavirus-covid-19>

Family night ideas

- ♥ Movie night
- ♥ Formal dinner
- ♥ Make your own pizza
- ♥ Family photoshoot
- ♥ Ice cream Sunday bar
- ♥ Lego night
- ♥ Hide and seek in the dark
- ♥ Bingo night
- ♥ Backyard camping
- ♥ Old photo albums
- ♥ Stargazing
- ♥ Theme night
- ♥ Scavenger hunt
- ♥ Vision board
- ♥ Family nature walk
- ♥ Play card games
- ♥ Dance party
- ♥ Family walk
- ♥ Family video
- ♥ Family dinner at the restaurant
- ♥ Creative night
- ♥ Go to a sports game
- ♥ Watch old family videos
- ♥ Family book club
- ♥ Play charades
- ♥ Surprise family night
- ♥ Time capsule
- ♥ Bike ride
- ♥ Talent show
- ♥ Family interview
- ♥ Board game night
- ♥ Children's choice
- ♥ Chalk art
- ♥ Planning time
- ♥ Puzzle time
- ♥ Museum night
- ♥ Family art night
- ♥ Innovation night
- ♥ Truth or dare
- ♥ Night in the living room

Make every moment count!



WHEN YOU FACE
DIFFICULT TIMES,
KNOW THAT
CHALLENGES ARE
NOT SENT TO
DESTROY YOU.
THEY'RE SENT TO
PROMOTE, INCREASE
AND STRENGTHEN
YOU.

Government guidance on supporting your child's education and development

New guidance was published on Sunday 19th April for parents on how best to support their child's education and development.

<https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19>

Contacting school

We appreciate that some of you are trying to contact school for various reasons and having no success. Although the school is still open to pupils of key workers and vulnerable pupils, we have had some days when there has been no demand from parents and the school has been closed.

With this in mind, please avoid phoning the school as there may be no-one to take your call. Instead please e-mail admin@... which is checked throughout the day by the office staff who are working from home. Your e-mail will be forwarded to the appropriate person. Thank you.

Key workers

Please remember that school is still open for pupils of key workers (if you are unable to keep your child safe at home). Please continue to e-mail admin@... by 6pm if you require childcare for the following day. This helps us to ensure adequate staffing is arranged and ensures that staff do not make unnecessary travel. Thank you.

Dear Parents,

Don't stress about schoolwork. In September, I will get your children back on track. I am a teacher and that's my superpower. What I can't fix is social-emotional trauma that prevents the brain from learning. So right now, I just need you to share your calm, share your strength, and share your laughter with your children. No kids are ahead. No kids are behind. Your children are exactly where they need to be.

With love,
All the teachers on planet Earth