



SCHOOL CLOSURE- NEWSLETTER 6

01404 812599 [Friday 1st May 2020](mailto:01404.812599@west-hill-primary.devon.sch.uk). Website www.west-hill-primary.devon.sch.uk

Dear Parents,

As we enter another week of home schooling, I wanted to offer some advice and thoughts in support of all parents. Parents may feel that they are 'doing it wrong', 'not doing enough', or that others are doing it better or differently with a greater or lesser degree of success. Please do not compare yourself to other parents. Social media may be a useful tool for making connections, but it can also make you feel woefully inadequate. We are all doing the best we can! However, at this moment in time, we are all facing challenges we never knew existed or thought that we would have to deal with; and therefore within our toolbox of skills we may not yet have the right tool or skill to be able to solve the problem, meet the challenge or make progress. The challenge of teaching your child or children, perhaps with a child in each education phase (secondary and primary school), is unfamiliar and extremely testing - and for many a challenge that surpasses the skills in order to exist in a happy state of mind. I want parents to feel supported by school and yet not burdened. Staff have provided home-learning tasks and we would very much like all children to engage in the work provided - but not at the expense of the well-being of the primary care-givers in the home; this would cause more harm than any intended good.

Home schooling + working from home + anxiety about the virus + disconnection from relatives = STRESS.

A parents' main significant and ultimate responsibility right now is to protect themselves and their children. I want parents to be able to feel a degree of liberation, to spend quality time with their children and find contentment. This contentment is so valuable at any time - but particularly right now. Enjoy the time with your children, engage with the home-learning tasks as best you can and primarily keep safe. And remember that although this is week 6 of school closure, your child has only had 19 days of not being at school (when you deduct the Easter holiday and Bank Holiday.) Remember, just 19 days.

Don't turn your home into school

Learning at home does not have to look like school and probably shouldn't, says Britain's first play professor. Paul Ramchandani, The lego professor on play at Cambridge University says that "The most important thing for young children in times of stress is receiving predictable care and love from parents or carers they trust, but time to play is going to help."

<https://www.theguardian.com/education/2020/apr/21/dont-turn-your-home-into-school-lego-prof-of-play-on-lockdown-learning>



...and sometimes,
life is just hard, and
some days
are just rough...
and sometimes you just
gotta cry before you
can move forward...
(and all of that is ok)

Friday 8th May

Friday 8th May is a Bank Holiday. If any keyworkers require childcare, please e-mail admin@... as soon as possible to ensure we can arrange adequate staffing. Please ensure all children switch off from learning and enjoy the long weekend with their families.

MAY 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NCETM support for parents/carers

Our [parent support page](#) has a short introductory video, before offering support in three separate areas: learning activities and games; video tips; and Facebook Groups, all sub-divided into primary and secondary.

The two Facebook Groups, [Primary maths - teachers supporting parents](#) and [Secondary maths - teachers supporting parents](#), are for any parents/carers and teachers across the country to join. Their purpose is for parents to pose questions about the maths their children are learning, and for teachers to provide easy to understand, straightforward answers.



Daily Phonics lesson

From **Monday 27th April**, schools and parents will be able to access daily online Letters and Sounds lessons for their children at **Letters and Sounds for home and school**. The lessons have been carefully written and presented by Letters & Sounds experts and have been quality assured by the English Hubs Council Chair Gordon Askew. This resource is for use by teachers and parents who will find planning and teaching phonics challenging when schools are closed due to Covid-19. They are the only Letters and Sounds online lessons funded and approved by the Department for Education. All lessons are introduced by celebrities, including children's TV presenters, which children and parents should recognise and which adds an exciting element to this new resource. The lessons follow the DfE's Letters and Sounds (L&S) programme and are designed to cover new teaching that children would have received over the summer term had they been in school. Three sets of lessons will be available. One set for Reception and a set for Year 1, based on where children are expected to be in their learning in the summer term. A third set of lessons aims to reach the lowest 20% of children; focussing on areas children find the most challenging. For parents, a guidance film to explain the basics of Phonics and how parents can support their child is also available online. During the summer term, a new lesson will be uploaded to YouTube everyday Monday to Friday.

***After upload, each lesson will then be available to watch at any time during the summer term.**

https://www.youtube.com/channel/UCP_FbjYUP_UtIdV2K_-niWw



When the dust settles,
we will realise how
very little we need, how
very much we actually
have, and the true
value of human
connection.

silversurfers

shared by silversurfers.com

Fitter Future

We have signed up to Fitter Future again so that the children can access two programmes Be Active and Be Mindful.

To login go

to <https://app.fitterfuture.com/student/auth>

Username: westhill

Password: westhill

Please note that you must not change the password or user name. Use the above only and use the links on the left hand side of the page when you open it up.

Mindfulness activities for children

Mindfulness is a great way to introduce a little stillness into children's days. Even the most basic techniques can help to improve their concentration and self-awareness and empower them to better manage their emotions.

Here are 5 fun and simple activities you could try with your children at

home: <https://www.cosmickids.com/mindfulness-activities-kids/>



Message from Ottery St Mary library

We have a range of free resources that all library members can access online:

- Download and stream free eBooks, eAudioBooks and eMagazines, with more than 3,500 titles on [Overdrive](#) (eBooks and eAudiobooks), including a range of 'beginner reads' for children in the early stages of learning to read, and 1,000 unlimited use eAudiobooks through [RB Digital Devon](#) or [RB Digital Torbay](#)
- A selection of eMagazines are available on [RB Digital Devon](#) or [RB Digital Torbay](#)
- A range of eAudiobooks via [BorrowBox](#)
- Online reference resources at [Devon](#) and [Torbay](#) Libraries including AncestryUK
- Fun online content and live streaming events via social media. Check out individual library Facebook pages for more information

Activity at home Primary resources V2.ppt

We have been made aware that one of the activity links in the 'Activity at home Primary resources V2.ppt' sent out last week to support families and children with home physical activity during the Covid19 school closure period contains inappropriate language in one of the backing tracks.

The East Devon School Games Organiser sends his sincere apologies for not picking up on the inappropriate language contained in the video link. The Little Sports YouTube Channel had been widely circulated locally and nationally amongst the School Games and School Sport Partnership network as a video resource with simple to follow physical activity routines that were child focussed. Whilst the link was checked to look at appropriate exercises and titles, the issue on the background track had not been noted and it had clearly not been identified in Little Sport's checking process either.

This has now been reported to YouTube via their 'report facility'. As 'Little Sports' is a child-centred channel, YouTube's policy (since January 2020) has been to mute notifications, unfortunately this means that it is not possible to post comments on the page and forewarn other users, or indeed be warned.

Please accept our apologies for this.

	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1	Little Sports 12 minute kids workout	Little Sports 12 minute kids workout	Little Sports 12 minute kids workout	Zumba Kids - I Like to Move it	Kids workout with Maurice
Activity idea(s) 2	Boogie Beebies or The Daily Mile at home	Boogie Beebies or The Daily Mile at home	Boogie Beebies or The Daily Mile at home	Boogie Beebies or The Daily Mile at home	Boogie Beebies or The Daily Mile at home
Activity idea 3 (Well-Being)	Yoga for kids				
Activity idea 4 (Physical skills)	In the box	Physical Activity Bingo	60 sec challenge Record sheet	Basketball PE at Home	60 sec challenge Try 2 New 60 second challenges
Activity idea 5 (Personal & Family Challenges)	Climb the ladder	Golf Rolling	Race to 100	Battleships	Treasure Chest
		Sock-la		Battleships 2	

Short meditation for families

A charity called Mind Up (run by the actress Goldie Hawn) includes a short meditation for families called 'The Brain Break'. The Brain Break helps children develop attention and self-regulation. Practiced three times per day, this focused breathing exercise gives children a tool to help them manage stress and emotions by regulating their physiology and activating the attentional regions of the brain.

<https://mindup.org/brain-break/>

MIND UP

Do you need a hug today?
I hope so, because I'm sending you a gigantic, caring hug right now.

