

Rothwell Schools News

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www.rothwellschools.org.uk

parents.rvis@rothwellschools.org.uk

parents.rjs@rothwellschools.org.uk



Dear Parents/Carers,

It is hard to believe a whole week has whizzed by since we closed to most pupils and all being asked to make changes to the way that we live our day-to-day lives. As a school, we have responded to these changes and we have a very small team of staff in school providing childcare provision to those children who are families whose parents are critical workers. I hope everybody else is getting use to the new routines at home and are adjusting to some learning from home at this time. I hope where possible to still send out regular updates to keep contact together as a school community through an emailed Newsletter or via our school Facebook pages with daily suggestions of activities that you might want to try with your children. We would love to read your comments on Facebook about how they are getting on.

Home Learning

We now have a new home learning section in place on the school website that can be accessed on <https://www.rothwellschools.org.uk/index.php/for-parents/home-learning-resources> where we aim to add weekly updates for you to download *on a Monday afternoon*. These updates will be organised by year groups and some suggested at the bottom for all pupils. We have place copies on there of any resources we have previously sent out.

Although we are not in a position to mark work that the children will be completing at home we are happy for you to share photographs of any exciting things you have been undertaking these can be sent to our parent email addresses parents.rvis@rothwellschools.org.uk or parents.rjs@rothwellschools.org.uk and will share these with your child's class teacher. Please make your child's name and class clear in the email so we can pass these on to the correct teacher. We hope to hold some learning celebration events on our return to school where your children will be able to share their home learning examples with others. Our KS2 pupils also have access to a number of online learning websites, please contact the school office on the email address above if you need help locating your child's login details as emails are checked periodically. If you need to contact us for anything during our closure these email address are the easiest way to get in touch.

Keyworker Childcare Provision



Mrs Barker has been in school this week with Miss Robertson, Mrs Bowskill, Mrs Civil, Miss Welch, Mrs Plowright and Mrs Wallace alongside Fiesta Sports. Mrs Barker said it is very quiet in school and we miss seeing all of the children. We have been lucky with the weather and many afternoons have been spent on the field playing Rounders and Chinese Cricket. We have been running Forest School and on Friday morning, the children toasted marshmallows. The children have enjoyed having the music on and getting involved in lots of fun sporting activities.

On Wednesday, all of the children created a stain glass window, KS2 children created rainbows. The children then took them home to put up in their bedroom windows. On Thursday KS2, children had a go at rainbow weaving and as you can see did really well!



On Thursday all the children in school made a banner that we put up on the gates at the front of the school building.

It says, **#be kind #stay home #save lives**. When we were putting it up we had the lady from the house opposite the school come and out of her front door and shouted, 'Well done, that looks lovely!' Next week the children are going to make 'suns' and more rainbows so they can be add to the gates.



Thank you to all the staff this week who have supported Key Workers to do their jobs and save lives.

Advice for Parents/Carers from the British Psychology Society

- Schools have not 'shut down' – Although most children will not be able to physically attend school you will still be able to communicate with senior leaders or, in some instances, teachers.
- Don't try to replicate a full school timetable – It won't be possible to replicate a full school timetable for a variety of reasons. Giving yourself and your children permission to accept this can be a big weight lifted.
- Expect stress – This is an uncertain and unpredictable situation, stress and anxiety are normal.
- Reassure children – Children can sometimes believe they are responsible for things that are clearly beyond their control. Reassure children that it is the adult's job to make sure things are OK and to keep them safe.
- Help children stay connected to their friends – Friendships are a key resiliency factor for children and young people. Most children see their friends nearly every day of the week and so not being in contact with them for some time might be upsetting. Is it possible for children to talk to their friends on the phone? Perhaps establish a group Skype or WhatsApp call? Perhaps they could write letters to each other.
- Normalise the experience – Normalising the experience is likely to reduce anxiety for many children. Reassure children that lots of adults and other children are in the same situation.
- Have a routine and structure – Having a plan and a predictable routine for the day can be very reassuring. As adults we like to know what is going to happen, and children like this too. A consistent routine lets everyone be secure about the plans for the day. It is often useful to involve children in creating this routine, so that they feel part of the plan, rather than the plan being imposed on them. You could display the routine using a timeline, or maybe pictures and visuals. Encourage children to develop independence by referring to their own routine/plan themselves.

- Don't worry if the routine isn't perfect – Remember, this isn't a normal situation. If you find that planning and sticking to the routine is causing more stress, friction or conflict, then it's OK to be more 'free-flow'. Perhaps be guided by the activities that children want to do.
- Avoid putting too much pressure on academic work – Most parents and carers aren't teachers and so it's OK not to be doing 'school work' for six hours a day. It might be more important to be spending time together, building relationships, enjoying shared activities and reassuring children, as opposed to replicating the school timetable.
- Try to keep work in one place – If children are doing school work or project work at home, try to keep it all in one place so that it doesn't spread out over the house. This can help to maintain a work/home boundary. We know that people live in different circumstances that might mean this isn't always possible, so perhaps there might be other ways to 'signal' the end of working e.g. putting away the work and then enjoying a favourite song or shared dance!
- Reduce access to rolling news – It is important to keep up to date with new developments and announcements, but it can be hard to switch off from the constant stream of news from media outlets and social media. Reduce the time-spent hearing, reading or watching news –at the moment it might be overwhelming for adults and children. Try to protect children from distressing media coverage.
- Supervise children with screens – It is likely that children and young people will be using screens more often over the coming weeks e.g. phones, tablets, gaming consoles and the internet. If this is the case make sure they are supervised. Ensure appropriate content filters are active – the UK Safer Internet Centre offers guidance on setting up parental control. Try to ensure all children have a balanced range of activities each day. Involve children and young people in these discussions so that they feel part of the plan.
- Provide reassurance about exams being cancelled – Young people may now be concerned about the announcement that exams later this year will not be going ahead as planned. They may feel like all their hard work has been for nothing. Reassure young people that the Prime Minister has said that all children and young people will get the qualification they worked towards, but acknowledge that the plan is a bit uncertain right now. Reassure young people that the government and Department for Education are working on a plan.
- Play – Play is fundamental to children's wellbeing and development – children of all ages! It is also a great way to reduce stress in adults.

Thank you for your continued support and please remember the message is:



Ashley Izzard-Snape
Executive Headteacher