

# The Blue Letter: 15th January 2021



Dear Parents and Carers,

Hopefully it isn't too late in January to be wishing you a Happy New Year! It has been a strange start to 2021 and I hope you are all doing well. I am now recovered enough from my operation to be back in school. Thank you for your good wishes.

I know that some of our families are poorly with coronavirus, we wish you well and hope you are feeling better soon.

Starting next Friday, 22nd January, we will have a short whole school zoom session to replace our in school achievers assembly where we can share and celebrate the brilliant work that everyone is doing.

Further details will be emailed during the week.

## **Supporting your child's wellbeing**

### **Take care of Yourself**

it's really important to take care of your own physical and mental health. Children are very perceptive, and they react to what they sense from the adults around them. Here are some things you can do to help keep yourself healthy:

**Connect with others** – maintain relationships with people you care about through phone and video calls;

**Exercise** – take some time every day to move. You could go for a walk or run. You'll also find lots of fitness videos online for everything from yoga to dance. Find something you enjoy and that makes you feel good;

**Eat healthy meals** – try to keep a well-balanced diet and drink enough water;

**Get some sleep** – being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly;

**Turn off the news** – it's important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is;

**Do things you enjoy** – now that we're all spending more time at home, we can finally take up that hobby we've always meant to learn. Try baking or gardening or learning to knit. These are also great activities we can share with our children;

**Set goals** – it's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book;

**Connect with the outdoors** – depending on where you live, it may not be possible to spend time outside. If you don't have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book;

**Talk to someone** – during this difficult time, sharing with family and friends how you're feeling and what you're doing to cope can be helpful for both you and them.

**There is a resource, which will be emailed along side the blue letter, which was produced during the first lockdown. It contains guidance, videos and practical activities to support children and families with the different effects the lockdown may be having on them.**

## **Worship Wherever You are**

I don't know about you, but this lockdown has made me think once again about the things we really need right now. One of those things is 'compassion'. Compassion means to support others as they go through difficult times; perhaps it is being there for a friend who is upset, supporting those who are going hungry by giving to a food bank or even speaking with someone who might feel lonely. Compassion is needed in different ways at the moment, both for ourselves and for others. This week's bible verse reminds Christians that God knows and shares their troubles; He provides comfort in difficult times such as this national lockdown.

This comfort from God leads many Christians to also ask, 'How can I help others who need support?' Who do you think needs compassion the most at the moment? How could you show compassion to yourself and others?

A prayer

Lord, we thank you for being with us at this time.

Thank you for the love and comfort which you give to us during this national lockdown.

Please show us ways that we can be more compassionate – to ourselves, to others, and to the world.

Amen

**Praise be to the God and Father  
of our lord Jesus Christ,  
the Father of compassion  
and the God of all comfort,  
who comforts us in all our troubles,  
so that we can comfort those in any trouble  
with the comfort we ourselves  
receive from God.**

2Corinthians 1:3-4

## **Google Classroom and learning expectations**

As you will be aware, the Government has set schools minimum standards of remote learning including:

- Set assignments so that pupils have meaningful and ambitious work each day in a number of different subjects.
- Set work that is of equivalent length to the core teaching pupils would receive in school, and as a minimum 3 hours teaching a day for key stage one and 4 hours for key stage 2.
- Provide frequent, clear explanations of new content, delivered by a teacher or through high-quality curriculum resources or videos.

If these remote education requirements are not met, Ofsted can hold the school to account.

To provide children with the very best possible education throughout this time we will:

- Post lessons at the start or throughout the day.
- Not have live lessons for now. We are mindful that many parents are working from home and may not be available at specific times and /or are sharing devices.
- Put a comment on some of their work everyday. To keep marking manageable, teachers may not be able to mark work that has been 'turned in' after the end of the school day, until the next day
- Set a deadline to help some families who would like support to structure their day.

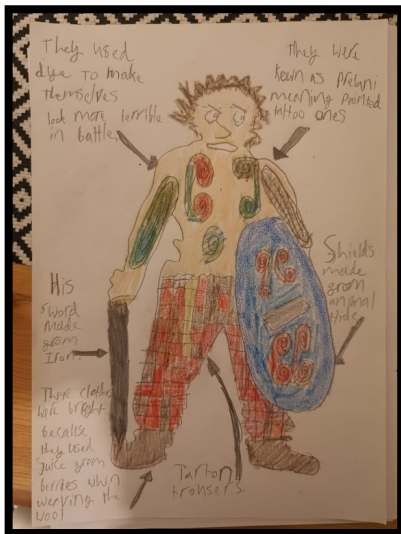
Thank you for working with us in these difficult times. We understand the challenges that home schooling brings and want to do all we can to support you and your children, whilst adhering to Government requirements. Keep submitting the fantastic work including the photos and videos so we can celebrate together.

## "Arena Active 60" home challenge

Children and young people aged between 5-18 should try to do moderate to vigorous physical activity for an average of at least 60 minutes per day across the week. This is important for both their mental and physical health.

The West Sussex West School Sports Partnership have put together a pack to help you record your activity for January. Although it is now part way through the month, you might want to join in still. The activity log will be sent alongside this week's Blue Letter.

## Google Classroom Highlights

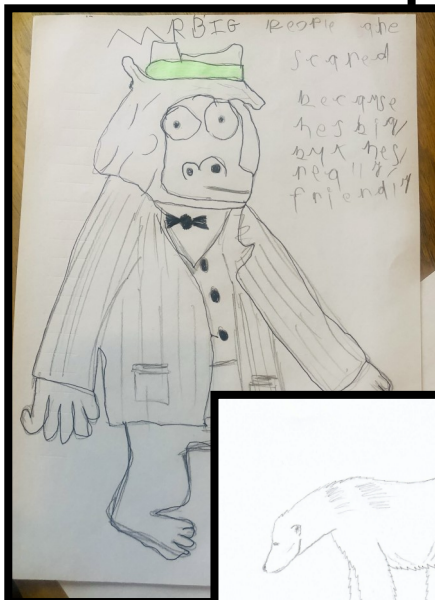


Fletcher's Celtic Warrior

Elodie in her Roman Toga

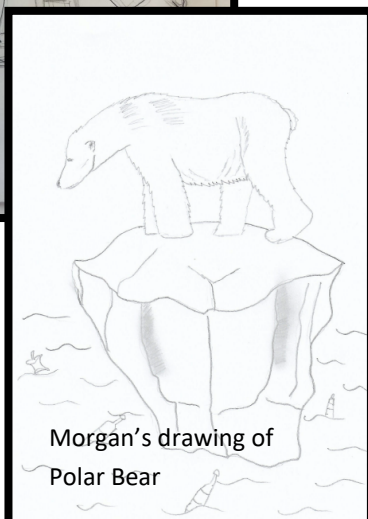


Gully's house



Isla's favourite book character

Nina's Ice experiment



Morgan's drawing of  
Polar Bear



Max's Polar Bear