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Dear Parents and Carers,

Update from school

I do hope that you're all keeping safe and well. As we settle into a new way of working, learning and just being, I thought you might appreciate some guidance on how you can support home learning for your children at this unusual and difficult time. Please see the information below, as well as some links to organisations and other information that you might find useful.

Follow this guidance to create a positive learning environment at home

Be realistic about what you can do

- **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply providing your children with some structure at home will help them to adapt. Use the tips below to help you make this work for your household
- **Experiment** in this first week, then **take stock**. What's working and what isn't? Ask your children, involve them too
- **Share the load if there are 2 parents/carers at home. Split the day into 2-3 hour slots and take turns so you can do your own work**
- **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this letter for some advice on mental health and wellbeing

Keep to a timetable wherever possible

- **Create and stick to a routine if you can. This is what children are used to**. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
- **Involve your children in setting the timetable where possible**. It's a great opportunity for them to manage their own time better and it'll give them ownership
- **Check in with your children and try to keep to the timetable but be flexible**. If a task/activity is going well or they want more time, let it extend where possible
- **If you have more than 1 child at home, consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household
- **Designate a working space if possible and at the end of the day have a clear cut-off to signal school time is over**
- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
- **Distinguish between weekdays and weekends or holidays, to separate school life and home life**

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Make time for exercise and breaks throughout the day

- **Start each morning with a PE lesson** at 9am with Joe Wicks (available on YouTube)
- If you have a **garden, use it as permitted**. If you don't, try to get out **once a day** as permitted by the government and follow the rules on social distancing
- Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended

Other activities to keep children engaged throughout the day

- **Where you have more freedom in the timetable, make time for other activities**. Add some creative time or watch a dance video from [Go Noodle](#) to get the heart rate going
- Get your children to **write e-postcards** to their grandparents or other family members
- Ask **grandparents to listen to your children read** on FaceTime or a similar app (or ask grandparents to read to younger children)
- **Give them chores** to do so they feel more responsible about the daily routine at home
- Ask them to **help you cook** and bake
- Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits

If you need to contact the school

Please email office@berewoodprimary.co.uk

While the school is closed for almost all pupil, we remain available to support and provide advice and guidance for all our pupils. Please do remember you can get in touch if you need to. It's best to email as with fewer staff on site the telephones are not always answered immediately.

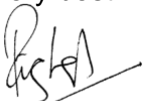
I will be in touch again next week with more details of how teachers will help to support learning at home. I will also confirm how and when teachers will be available to answer queries you may have regarding your child's learning.

See government information for parents and carers on school closure: <https://bit.ly/2QIGjxS>

See guidance on supporting your mental health and that of your children:

- **Coronavirus and your wellbeing (information from Mind)** – <https://bit.ly/2WMpm9A>
- **Supporting young people's mental health during this period (information from the Anna Freud Centre)** – <https://bit.ly/2UGJhUI>

Very best wishes and please keep safe,



Ricky Leigh
Headteacher