Dear Children,

We wanted to say how very proud we are of you and how you are coping with all the changes that are happening at the moment. We don't know if we will have to learn from home again or not, but if we do, we want to be more ready than we were last time.

We have put together some information to help you with learning at home. Even if you can't go to school, we want to make sure that you can keep learning.

Mrs Pinnington and Mrs Byrne will send some work for you to do on Tapestry each day.

You can take pictures of the work and send it back for your teachers to see the wonderful activities you are doing at home.

Whilst you are learning at home, we would like you to:

- ✓ Complete the tasks set by your class teacher each day
- ✓ Tell your parents if you need help with a task
- ✓ Send in any work you have completed at the end of each day

Whilst you are learning at home, remember to:

- Take regular breaks from schoolwork. Playing is important too!
- Set some small goals for the day.
- Keep a 'school routine' – you could start and finish at a certain time every day.
- Turn off the TV when you are learning.
- Remember to ask if you find the work tricky.

Learning from home can be difficult for everyone. We are all finding things a little bit different at the moment and having to change how we would normally do things.

We really are very proud of you all and we are looking forward to seeing the work you complete whilst learning at home. Keep working hard, keep being kind and keep smiling.

Suckley School Staff

Top Tips for staying Healthy and Safe whilst Learning from Home.



How to stay well

It is important to make sure you look after your physical and mental health whilst learning at home.

If you ever feel unwell or unable to complete the work set, you should tell your parents and make sure you let your class teacher know as soon as possible.

You must also look after your wellbeing while you are at home. Try some of these ideas:

- Set yourself some achievable tasks – you could try a new recipe you've been wanting to try for ages!
- Talk regularly with your friends or extended family
- Recognise and reflect on your feelings
- Stay active – try getting out for a walk every day with your family
- Try practising breathing techniques – the charity Mind has lots of helpful information here: https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/
- Use the time to develop a new skill – you could start painting, learn a language or learn how to bake!
- Don't do your schoolwork in the evenings or weekends – you need to balance your home life and school life
- Talk to someone if you have any worries or concerns

Staying safe online

If you are spending all day at home, you will likely be spending more time online. Whilst there are many positive aspects of using the internet you must also remember to use it sensibly.

- Try having tech-free mealtimes
- Before contacting any friends using a device, ensure you have asked your parents or carers
- Make sure you have the right settings applied to the apps and websites you use
- Make sure you know how to report anything on the apps you use – most of the popular apps have a reporting function. If you need help with this, please ask your parents or carers
- Tell your parents if you are worried about anything you have seen online



What to do if you're worried

There may be times when you're feeling worried or concerned about something. You should always tell someone if you feel this way – even if it doesn't seem like an important thing. There are lots of different people you can talk to whilst you're at home, including:

- Parents, carers or someone else in your family
- Teachers or members of school staff
- Doctors, nurses or online counsellors
- Anyone you trust

We will stay in touch with you whilst you are learning from home, this will be via your Purple Mash email account. If there's something that's worrying you, or you want to talk to a specific member of staff who you feel more comfortable with, you can discuss this– remember, every worry is relevant, whether it is big or small.

If you are worrying about something relating to a friend, this is also a very relevant concern. You should always tell a member of staff in this case and we will do what we can to help. We will always let you know if we need to share what you tell us with anyone.

