



April 2020

Dear Parents, Carers, Children & Staff

Happy Easter! I hope you are all staying safe and well.

At this difficult time, I wanted to write to you all to offer some suggestions of additional activities to help support the “Health & Wellbeing” of our children (and us all). This would have been our PSHE (Personal, Social, Health & Economic education) theme this term had we been in school and I think it is especially important during these uncertain times to focus on developing resilience and looking after our mental well-being.

The attached “Anti-Baddies” resource has different activities for the children to complete that supports this. As the children complete an activity they earn points towards a super hero badge and can share their progress when school opens again. Don’t forget to share photos of your progress on our School Facebook page (I love seeing all your photos even if I’m not able to comment on them)!

Additionally, **Jigsaw PSHE** are offering parents and children two original stories from the Jigsaw Families Programme. These are well-being stories with activities:

1. Fowley’s Wings (Fowley follows his dreams)
2. The Switch Watch (A family and their crazy dog called Bongo work out how to enjoy each other’s company).

I hope you enjoy the stories, discussions and activities with your children. I also encourage you to take a few minutes of mindfulness and complete the '**Calm Me Time**' relaxation exercises. I think this is especially useful during the challenging times we are facing.

Please follow the link below to access the stories, discussions, ‘Calm Me’ exercises and activities with your children:

<https://www.jigsawpshe.com/learning-at-home/>

You will also find a link there where you can join in with many other families and take part in the **Jigsaw Big Sing**. This is another fun project where you can share in some additional educational activities with your children.

It may be a novelty for our children to be at home now, but in the coming weeks you may see a change in their behaviour as they adapt to the restrictions placed on them and we all must re-negotiate our daily routines. Some families may benefit from having a daily routine and schedule, whilst others will prefer a more relaxed approach. There is no right way to do it; the most important thing is finding an approach that works for your family.

Even though we have set home learning activities, we also value the importance of our children’s mental health. During this very difficult time it is important that both children and adults find time to think about their well-being.

So if you find your child showing signs of anxiety or anger and they resist their home schooling, do not let the anger build inside you or worry about them regressing in their learning, instead focus on creating an environment where everyone feels calm, comforted and loved.

Use this extra time with your children to make precious memories that neither of you will forget, doing things that you perhaps never get time to do together.

Use the links provided for ideas and website links to activities that can help everyone in your home to stay positive and calm in this uncertain time.

<https://www.bbc.co.uk/teach/supermovers/ks1-collection/zbr4scw>

As the days and weeks progress, children may begin to realise just how the virus is affecting their lives as they are told they cannot do all the fun things they would usually do, including holidays they were supposed to be going on or people they were supposed to be visiting.

I have found this lovely idea on the Internet and thought it could be a wonderful way to transform this 'missing out' feeling during our Lockdown into an exciting future for post-Covid-19 fun!

The idea is that every time you wish you could do something, go somewhere, treat ourselves, see someone we love, visit a new place or invite people to visit us, you should write it down on a piece of paper/post-it note and put it in a jar. When all of this is over, this jar becomes your family bucket list and you can work your way through it, completing all the activities that are in it.

This can also be adapted to become a mind-map/brainstorm of ideas that can be stuck to your wall or fridge either as a family or for each individual family member and then added to as and when you think of something new to do.

Not only does it distract the feelings of missing out, you will all become more grateful for all the little and lovely things you do and perhaps have taken for granted before. So for now, rather than focus on what you can't do, watch it fill up with magical moments of things that you can do and look forward to.

The Future Fun Jar!



Have fun and stay safe.

Very best wishes

Miss Huddleston
PSHE Coordinator