Dear Parent/Carer,

Website Update

Claire Goodwin-Fee, a psychotherapy practitioner, stated that

“Trying to mimic a classroom environment at home just isn’t going to work, but setting out roughly what you plan to do each day will really help,” she adds. “I suggest that parents try and stick to a structure and routine of some kind.”

Older children can create a timetable to help them structure the days. Children may have questions, and parents/carers must take the time to explain the coronavirus outbreak in an age-appropriate way. Ms Jayakumar and Mr Witham found PDF books that you could use to help you explain Coronavirus to your children. It is called Coronavirus-A Book For Children and Dave the Dog is worried about Coronavirus. I have attached it to this email, and you can also access the books on our school website on our My Homework page.

Everyone knows that exercise improves physical health. But perhaps what is less known is the impact it can have on our mental health.

Children and young people need to do two types of physical activity each week to stay healthy, according to officials NHS guidance. The guidance also asks parents to reduce the time their children spend sitting or lying down and break up long periods of not moving with some form of activity. All activities should make you breathe faster and feel warmer.

Dancing can also help children keep active. You can ask your children to create a music playlist that they can move to or follow a routine online. My Homework page on our school website has a list of websites you can visit and a Yoga session lead by Ms Liddell.

If you would like to trial the real PE lessons at home, you need to type in the following details once you have logged into the website:

Email: parent@norburyman-1.com
Password: norburyman
It really depends on what your child enjoys doing but focused on activities such as puzzles and building Lego can help keep children occupied while arts and crafts help them stay creative. On our, My Homework page on our school website the following links have been added

- BBC Bitesize. This site includes an educational program to help parents staying home with children
- A range of free virtual tours including castles, space, museums and zoos
- BBC activities which include arts, crafts, recipes and food projects
- Video on tips for learning at home
- Activity packs that can be downloaded and completed at home. This includes practical ideas, English and Mathematic activities. The guidance notes include the answers.

Remember that the teachers will still be setting homework via My Homework and guidance on how to access and complete the task set can also be found on our My Homework page. You can log on to the pupils My Homework site at the top of the My Homework page or by clicking here.

From Monday 27th April, teachers will continue to respond to pupils’ comments via the homework platform.

And remember: if you or your child feels ill and you want to know what to do next, please use NHS 111 online

Thank you again for your continued support, and we will be in touch with more information when we can.

Yours truly,
Sonia Potter
Headteacher