



Well-being

Whilst we know that parents will be doing their best to support their children whilst they remain at home, this extended period away from school may be affecting your child or your wider family beyond their academic needs.

Every Friday afternoon, Mrs Allen has some dedicated time to liaise with children and their families to discuss any concerns they may have, in her role as a learning mentor and family liaison/support.

If you would like to discuss any concerns with Mrs Allen, then please contact the school office and she will arrange a phone call with you.

Our teachers are also available to speak to over the phone, but please bear in mind that they have their teaching commitments, both to the families at home and to those whose children are still in school. Despite this, we will try to respond to you as quickly as possible.

Each family is unique, so will have differing demands on their time each day, in addition to the home learning. It is important that you strike a balance that is right for you and your family, so I wanted to remind families that the Government has recommended 3 – 5 hours (3 hours for Class 1, may be more for the older children) of learning per day. This figure includes the 1 hour/1.5 hours your child attends the online Zoom sessions with their teacher. That would leave them with approximately 2 hours of working at home – if you can manage this, that would be great.

I am aware that a few children seem to be working beyond the Government expectations, to the point where they complete work set the following day prior to the sessions with the teacher. We feel strongly that it is more effective if your child completes the work set, once they have had the teacher's input.

If you are keen to provide additional work for your child, once they have completed their daily tasks from school, then I would recommend either the BBC resources or the Oak Academy.

Lastly, you may have noticed that our teachers are regularly checking whether the children who are at home are attending our Zoom sessions (this includes Critical Worker children on days they are not at school). This is part of our strategy to check the welfare and engagement of all of our pupils. If the teacher has any concerns, we will follow this up with a phone call to you to discuss why we are worried.



Road Safety

Hopefully you are getting opportunities to go for a walk with your child/children. The Essex Road Safety team have sent us some links to resources to share with parents. Road Rangers is aimed at children in Class 1, whilst Safer Steps is for Class 2 and 3:

<https://theroadrangers.co.uk/>

<https://safersteps.co.uk/>

Both resources require a username and password, which is the same for everyone:

Username: **essex**

Password: **saferroads4all**



Free physical activity sessions

If you are looking for ideas on how to keep your children physically active during this current lockdown, the following resources might prove useful.

Premier Education are doing live sessions via Facebook (@PremEducationUK) each week.

On Thursdays they are holding a session each week called 'Funky Thursday' between 3:30 – 4:00 pm, where the children will take part in learning Street Dance moves. You can sign up by clicking [here](#).

Also, on Wednesday between 11:00 – 11:40 am, they have a session called 'Wellbeing Wednesday'. The children will learn about where their energy comes from. You can sign up [here](#).

The Gymnastics Experience are putting on Zoom sessions for FREE too. These sessions cover basic gymnastics skills and take place from 4 – 4:30 pm.

There is no need to book and all sessions will be led by an experienced coach (with enhanced DBS check). However, for safeguarding purposes, they require an adult to be present/in sight of your child throughout the session.

To access these gymnastics sessions, use the following Zoom meeting information:

Link: <https://us02web.zoom.us/j/87326663539?pwd=OWkxcDhkNWMzemtSUDNmWXI3QIR0Zz09>

Meeting ID: 873 2666 3539

Passcode: 921899



Lambing

Children can help their parents in many ways, but for one family this means helping to complete a job that most of us have never experienced.

Marcus has recently been busy helping his mum outside of school with lambing. So far, 8 lambs have been born, with another 3 expected on the way!

