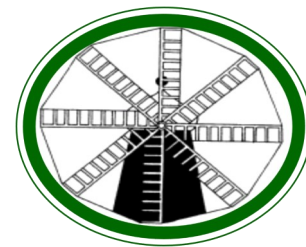


Heckington St Andrew's Church of England Primary School Newsletter



11th June 2020

Dear Parents and Carers,

We are now into our second week of opening for Reception, Year 1 and Year 6 and so far the experience, both for staff and pupils, has been a very positive one. As always, we are continuing to provide childcare for keyworker and vulnerable pupils alongside this.

I am sure you will have seen the Government's announcement yesterday that they are not planning on the wider opening of schools to pupils in Years 2, 3, 4 and 5 before September. We would like nothing more than to be able to welcome back more pupils but, following consultation with our Chair of Governors, we have taken the decision that we do not have the capacity to open up to any other years groups at this time. I do appreciate that, for many of our pupils, they have had a very long time at home now and I have no doubts that this has brought about many challenges for you. If there is any further support you feel that you need, then please do contact us at school to see if we can help.

One thing that we would like to do is to provide an opportunity to connect pupils still at home with their classmates and teachers. We will be inviting groups of children to join their teacher and classmates in a Zoom chat over the coming weeks. Whilst this is a great social opportunity for all involved, we will be putting procedures in place to ensure the safeguarding of staff and pupils alike. We will be sending home a letter which outlines more details of how this will work alongside a guidance document for using Zoom which sets out key procedures and protocols to ensure that everyone is kept safe. If you would like your child to take part in a Zoom chat, then it is important that you have read through this letter and guidance before hand.

I am regularly in contact with the Governors and the Local Authority and we will continue to review our provision moving forward. I will be in touch again as soon as I receive any additional information and am in a position to update you further.

Warmest wishes,
Mrs Bentley

Thank you!

We would like to say a big thank you to Holly in Year 3 who has very kindly made the staff some gorgeous wash bags. What a wonderfully kind gesture and a great demonstration of our school values. Holly has made over 50 of these already for the NHS and keyworkers. Great job Holly!



**“It is our attitude
at the beginning of
a difficult task
which, more than
anything else, will
affect its successful
outcome.”**

WILLIAM JAMES

Remember to take care of yourself!

As these challenging times continue, it is important that you remember to take care of your own physical and mental health. Children are very perceptive, and they react to what they sense from the adults around them.

Here is a reminder of some of the things you can do to help keep yourself healthy:

- **Connect with others** – maintain relationships with people you care about through phone and video calls
- **Exercise** – take some time every day to move. You could go for a walk or run. You'll also find lots of fitness videos online for everything from yoga to dance. Find something you enjoy and that makes you feel good
- **Eat healthy meals** – try to keep a well-balanced diet and drink enough water
- **Get some sleep** – being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly
- **Turn off the news** – it's important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is
- **Do things you enjoy** – now that we're all spending more time at home, we can finally take up that hobby we've always meant to learn. Try baking or gardening or learning to knit. These are also great activities we can share with our children
- **Set goals** – it's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book
- **Connect with the outdoors** – depending on where you live, it may not be possible to spend time outside. If you don't have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book
- **Talk to someone** – during this difficult time, sharing with family and friends how you're feeling and what you're doing to cope can be helpful for both you and them. There are also helplines you can call for support – we've included a list at the end of this pack

Some children are naturally more anxious, such as those with existing phobias or obsessive-compulsive disorders. The current situation can make those anxieties worse.

- Get them to do activities such as counting, ordering and sorting tasks which can help them calm down
- Encourage them to use relaxation techniques such as controlled breathing
- Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions

Remember, it's okay to not be okay. We all need someone to talk to sometimes and there are people you can call on for support:

ORGANISATION	CONTACT INFORMATION
Mental Health Foundation Provides information and support for anyone with mental health problems or learning disabilities	Website: www.mentalhealth.org.uk
Mind A mental health charity	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk
PAPYRUS Youth suicide prevention society	Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: www.papyrus-uk.org
Samaritans Confidential support for people experiencing feelings of distress or despair	Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk
SANE Emotional support, information and guidance for people affected by mental illness, their families and carers	Website: www.sane.org.uk/support
YoungMinds A charity dedicated to children's mental health	Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: www.youngminds.org.uk
Cruse Bereavement Care Support for grief and bereavement	Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: www.cruse.org.uk