

Dear parents and carers

Although a change to the lockdown may be in sight, it is still at least a few weeks away, so we will be continuing to help you and your children to study at home. It is not the same as school, but we are very grateful to you for helping us so brilliantly with the tricky job of distance learning. We hope you and the children have enjoyed the new online Oak Academy lessons and videos.

We will NOT be checking up on how much work children have been doing. As we have said from the start, it is for you to decide how best to run your households.

I understand how hard it is for you to keep your children motivated to do the learning at home. Please try not to get too stressed if your children are sometimes (or even always!) reluctant to do the work. Don't forget that we are here if you want to email or call if you are having any problems. It is especially important to be kind to yourselves and others at the moment. We all inevitably have some days that are better than others. Where you can, be kind. If you feel cross or grumpy, take five or ten minutes aside. Don't be overly hard on yourself – it is not normal to be living in each other's pockets without the occasional space you would normally have. Where you can, keep in touch with friends and family. That call you make or the note you write might make their day - any form of regular contact is very important.

Keeping in touch with you

As you know, we are keeping in regular touch with you through the learning from home materials. Some of you call us to ask questions, have a chat and keep us up to date with things you think we should know. Don't forget to let us know if you change your mobile number or email address.

Learning from Home

The deputy heads continue to work from behind the scenes creating the weekly Learning from Home pages which can be found on the front page of our school website.

Last week we let you know that from Monday the 27th April we would be making some further adjustments to our provision in line with the Government's latest recommendations. To remind you, the Government has worked with schools across the country to create a set of daily lessons in English, Maths and another foundation subject. This initiative is being called the Oak National Academy. The Government is recommending that schools use these carefully planned and sequenced lessons for children's learning from home. These lessons helpfully include videos with expert teachers, and we have now uploaded some of these to our school website in Learning from Home pages. One of the strengths of these lessons is that they closely resemble a lesson in school. For example, the online teachers ask the children to repeat or rehearse a learning point or pause to write something down. The lessons also include lots of opportunities to learn new vocabulary across the subjects. In addition, the lessons are sequential and progressive which will help the children to know more and remember more as they go along. **Please also find at the end of this letter Top 10 Tips for Remote Learning for Parents.**

We have missed you all and without doubt, you have missed each other. It feels very strange and unusual to have to keep our distance from each other and the people we care about but by keeping this up all together, the sooner we'll be back in school to learn and be a community again.

Thinking of you all and sending you warm wishes

Liz Hayward

Headteacher

10 TOP TIPS

REMOTE LEARNING FOR PARENTS

Remote learning can be a great way to continue learning outside the classroom, particularly in difficult circumstances. For parents and carers, the idea of remote learning isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote learning experience.

1) Take an active interest in your child's learning

As a parent or carer, remote learning will be a new concept for your child and there are bound to be a few teething problems to start with. Take an active interest in their learning and help support them whenever they need a helping hand.



2) Monitor your child's communication and online activity

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



3) Establish a daily schedule and routine

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.



4) Encourage screen breaks away from devices

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will invariably advise on screen breaks however it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



5) Ensure your learning device is in a public space in the home

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



6) Implement safety controls and privacy restrictions on apps and software

Dependant on how your school implements remote learning, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



7) Ensure your child only uses official school communication channels

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



8) Familiarise yourself with relevant school policies

Schools should have a policy on remote learning and direction that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



9) Maintain feedback with teachers

Engage in communication with teachers where possible and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



10) Monitor your child's wellbeing and mental health

Remote learning will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as you can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends everyday might take its toll.



Contacts you may find useful

Coronavirus (COVID-19) advice and support for parents and carers (NSPCC)

The NSPCC has created a number of resources to support parents and carers during this difficult time. Topics include:

- Talking to a child worried about coronavirus
- Parents working from home
- Children staying home alone
- Lockdown and separated parents
- How to cope with tantrums and other difficult behaviour

The advice can be found on the NSPCC website here: <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

Domestic abuse awareness campaign

Is someone at home **harming you** or making you feel **afraid**? If you are worried about domestic or sexual abuse at home The Angelou Support Service is available to provide help for anyone aged 13 or above.

For help call: 020 8741 7008

Mondays to Fridays: 10.00am – 6.00pm

Translators are available.

Mentally Healthy Schools (Anna Freud Centre)

The Anna Freud Centre has published a range of resources to help support the mental health of children, young people, school staff and parents. The third toolkit in the series has just been released. You can find them here:

Coronavirus: Resources for mental health and wellbeing Toolkit 1

- videos to provide practical guidance and tips to schools, parents and carers about coronavirus (COVID-19) and mental health
- activities to ease anxiety that can be done at school or at home and other helpful advice, helplines and resources for adults and children.
- <https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing-toolkit-1/>

Toolkit 2

- resources to help children with SEND and
- responding to the unique challenges that may arise for vulnerable children

<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing-toolkit-2/>

Outdoor play provision

Are you struggling to find outdoor space for your child/ren? If so, please contact Keith Davidson who is offering one-hour play slots between 11.00am and 4.00pm Monday- Friday. **To book a slot please contact beforehand.**

Fortune Green Play Centre
Fortune Green Road
London
NW6 1DR



Tel. 020 7183 5120 Opt. 2 Ext 621

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