

Hello everyone,

I won't be writing each week whilst we are closed, but more to touch base periodically as and when there is something of importance or a theme of interest/information that may interest you.

## Routine.

From my own perspective and from many of you I have spoken to, being thrown out of routine can be very uncomfortable or disconcerting, especially for children. We see this in school, how some children find a change to timetable really quite challenging. There is much advice out there on the web around the benefits of setting a routine.

One idea that seemed useful is to set a rough, agreed timetable together . Here is an example of one.

One absolutely unique thing about the coming weeks is how much family time there may potentially be, especially if you are not a front line worker.

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJs in laundry
9:00-10:00	Morning walk	Family walk with the dog, yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magazines, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs B- wipe all door handles, light switches, and desk tops. C- Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK (pad games, Prodigy, Educational show)
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Hd showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

## Doing things together!

I know your children have things to do for school learning - whether that be counting in different ways, reading lots, sounding words out, forming letters correctly, spelling - up to the more complex challenges year 5 & 6 have on their chromebooks. It will be important to enjoy doing things together. With this in mind, I have been searching for something active, something arty, something mathsy and something story based .

I am putting them on our Twitter feed - *Our Twitter handle to follow on twitter is @robwilkprimary* If you are not on Twitter, our feed is on our school website for everyone. <https://rwprimary.co.uk/> (You can subscribe to this too if you wish, via the link low on the bottom right hand side)

The active activity is a link to Ignite 'Sports Coaching's' challenge-a-day. When I can get my own children to take part, I will put their scores on there for you to beat! You could add your scores in the feed underneath and have challenges versus your friends.

The arty link is to an illustrator called Rob Biddulph. Every Tuesday and Thursday he produces a step by step video showing how he creates his characters. You could build up a display of them or even make up a story for each one. You might take a photo of and share them under each feed.

The maths link is to a maths website of games - <http://www.ictgames.co.uk/> There are games for most year groups and for most topics. Having a partner to puzzle through the best way to play the game, is a good idea rather than leaving your child to it!

The story based treat is a link to David Walliams' website, where at 11am each day for a month, you can access him telling a story from his 'World's Worst Children Stories' You can access it all day until it changes at 11am the next day. I can think of LOTS of our pupils who would enjoy this!

Stay safe and healthy everyone, and have some fun too in this very testing period for us all!  
Chris Evans