

Hello everyone,

We hope everyone is well after the weekend. Three important messages/points of interest.

Email and information

It is good to see that many parents are using our admin.rws@ebor.academy email address for any questions or work related messages to your teacher **rather than email your teacher directly**.

This email or the slt.rws@ebor.academy are also the best addresses to use for very important or highly sensitive messages.

We would prefer you to use these email addresses, as they are monitored more regularly and protect our classroom teachers.

Some of you are taking part in our Twitter challenges too which is nice - *Our Twitter handle to follow is @robwilkprimary*

If you are not on Twitter, our feed is on our school website for everyone. <https://rwprimary.co.uk/>

Doing things together!

Mental health

Much information is coming in around supporting our own and our children's mental health in these testing times.

A useful resource that came to us yesterday was a link to The Anna Freud Centres' booklet of advice and guidance for teachers, parents/carers and children alike, with lots of helpful information. The link is here:

https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf?utm_source=newsletter&utm_medium=email&utm_campaign=coronavirus&utm_content=toolkit

Our wellbeing team will also be sharing wellbeing ideas to add to the year group materials sent out over the coming weeks.

Home Learning

We know your children have plenty of things to do for home learning!

Our teachers have planned carefully a structure to keep learning on the go and we hope it works for you all. For many pupils they are often activities or steps of learning that can be carried out independently

Please do NOT feel pressured into completing it all....just do what you feel is right for your child. After all, you are your child's primary educator; it is your choice. We do know that keeping your child busy, keeping some learning on the go and keeping some structure to their day is healthy. If it is too much, just do what you can.

So that you are aware in advance, we will be reducing homework for the Easter fortnight. We will however, provide a set of activities, more of a fun bingo style grid of things - again to help give ideas of things to do if you need them or like them. It may be that you use this time to catch up on some of the other home learning aspects that have been missed.

We are now going to break our 1 page rule..... But we think the following Questions and Answers may be useful, as they have been asked several times during the past week.

Q: My school has set lots of work, how am I supposed to get through it all?

A: You're not, do as much as you can. It's there if you need it. Some parents want a little and some want a lot - it is all optional.

Q: Someone else in my child's class has already completed everything and we haven't even started. Will my child fall behind?

A: Even if we were all equal in terms of time, support and number of children (which it's not) all children learn at different rates. In class, there's a wide range of levels in all subjects, there's different paces and there are many children working at different levels and pace. Just do what is right for you. If children could all learn new concepts without specific teaching we wouldn't need teachers. The children will cover this work again - multiple times.

Q: How can I get three lots of work done with 3 children of different ages?

A: Again, just do what you can and enjoy it! If they're old enough try to get them to do parts independently or teach each other. Otherwise try to do something they can all engage with, reading a story together, some free writing, baking etc.

Q: What's the minimum amount of work you would expect?

A: It is not an expectation, it is a guide. So, as much as you can manage, we are all in survival mode and need to prioritise staying healthy. Your child's teachers are human too, we understand the challenges. So wherever possible:

- A bit of reading everyday, either independently, reading to them or listening to an audio book.
- Some free writing every now and again.
- Number bonds, times table practice & any practical hands on maths; cooking, cleaning, games etc
- Fine motor work; lego, playdough, cutting, tidying away small toys etc
- Physical exercise everyday.
- Some art/something creative. This doesn't need to be guided.
- If old enough, start a project. Research something and present it to the rest of the family.
- If younger, lots of imaginative free play.

You are doing enough, you are loving your children and supporting them through this difficult time. Look after yourselves. Minimising stress - whilst keeping active is absolutely vital at a time like this.

We are all in this together!

Chris Evans & Team Robert Wilkinson Primary Academy