



27<sup>th</sup> April 2020

Dear Parents and Carers,

I'm wondering whether the reality of this marathon is just starting to bite for some of us, with tempers beginning to fray, anxieties rising, and exhaustion setting in..... I am humbled every day by how many of you are contacting us with messages of support – especially since I know things are extremely challenging for many of you. Equally I know we are not getting it right for everyone.



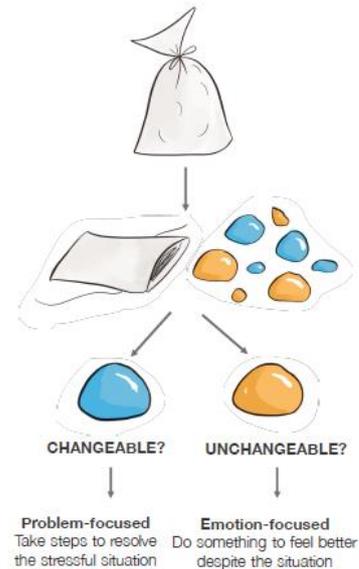
EQUALITY



EQUITY

Let's face it – though we are all in the same boat, we are not all in the same position. This image is one we have used with the children in school. We found that they were sophisticated in their understanding that some people are in tougher positions than others, for all sorts of reasons, and that if we want an equitable society that means that the fairest thing sometimes means giving some people more.

We are all experiencing increased stress at the moment – represented here by the bag. This stress is made up of **things we can change** – the blue stones. These are good ones because we can take actions – and if we are really creative sometimes we can find actions to take even if we think things are hopeless. It is also made up of things **we can't change** – the yellow ones. These are trickier because there is a danger that we can get stuck in a whirlpool of wishing they could be changed!



I am going to try to address what I anticipate are some of the top stress factors for many of you at present. In addition to health worries the extent to which you feel these stresses will be proportional to the extent to which:

- You are **time** poor - juggling job pressures with children
- You are **financially** poor – you don't have enough money to meet your needs
- You are **tech** poor – your tech resources don't match your tech needs

I'm going to try and give some pointers about things we could try – and to clarify the school position on a couple of matters which I hope will help.

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## I'm stressed because we don't have enough devices for my family to use

I have turned this one blue because it is essential that everyone takes action – we are all utterly dependent on technology for learning and social interaction at the moment:

- If you **CAN** find the money **BUY MORE TECH!** This is a link to a page run by our IT company Eduthing <http://www.eduthing.co.uk/amazon> The Chrome books will work perfectly with Google Classroom – and obviously you could source them from elsewhere. But any devices are better than none.
- If you **CAN'T** find the money **CONTACT US!** So long as all the families who CAN help themselves DO help themselves I will find the resources to help any other families who need it

## I'm stressed because: I think my child is going to fall behind/I think I will get in trouble with the school if we can't complete all the work/I feel other families are submitting more things than I can manage to do with my child/ my child can't do the work on their own and I am working/there are not enough hours in the day/

Can you see that this one is blue? This is because, very annoyingly, the thing you need to do is to try to STOP WORRYING and TALK TO US!

- We are setting a lot of activities, to give you options to engage your children with, and as a way of keeping our relationship going with the children. We don't expect them to do them all every day!
- We are going over things we have already taught them in school – to try and help them remember them. If you miss a day you are not missing new learning.
- We are carefully tracking the parts of the curriculum we have not covered so that we know which gaps to close when we get back.
- We are building into our planning for next year the need to help everyone get back up to speed. We are going to be spreading this out over the course of the year – not trying to cram the whole of the summer term into the first few weeks back!

If you are really short of time on any day/week the only thing we really want every child to do is to:

- Try and check in with us every day so that we know they are OK.
- Read something every day (even if it is only the subtitles under the screen.)
- Practice basic number skills – even if it is only some counting songs with a meal or whilst on a walk.

We want to try and support them in keeping in the 'routine' of learning, because routines help us all. The younger the child is, the more they will need your support to access what we are offering we know, but we are there and ready to do anything we can – even if it is just to lend a listening ear.

Above all if you are feeling stressed or short of time PLEASE do something that you all enjoy and makes you feel good! There is nothing more valuable you can give your child.

So deep breath; smile; get your game face on. You can do this!

Sarah Lewis

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