

Dear Parents and Carers,

I hope that you and your family all well. During this difficult time I wanted to thank you for all the support you've shown us as we've adapted to these new circumstances, and we want to reassure you that, even though our MAT is currently closed to all but a few children, we're still here to support your child and your family in whatever way we can.

We are aware that many parents are still continuing to work, be it from their spare rooms, sofa or dining room tables, whilst others are juggling siblings, babies and toddlers often all together at the same time as well as dealing with the emotional and financial implications this uncertain period has brought. As a parent myself I know how hard it is to balance supporting the children at home with their learning, working and maintaining and running a household. The pressure to achieve everything on your list and complete every activity sent home can be overwhelming.

The most important thing during this time is to maintain our mental health and wellbeing. Despite all the above pressures, it's important to remember that every one of us is trying our best and when we return back to normal, our children will have gained so much from the opportunities made available through this experience – be it memories, stronger relationships, perseverance and the development of so many important lifelong skills. In this letter I have included some information from our school as well as the parent pack created by the Key Support services to provide you with resources to help support both you and your children during this time. We hope you find this information helpful.

We have appreciated the contact we have had with many of you over the past few weeks, but there are some families that we haven't had contact with – we are hoping it is because you are all well, happy and busy. If you haven't been in contact with a member of staff recently, please expect a brief welfare call to check in with you over the coming days. Remember if you have any concerns about how your child is coping or you need any other support from the school, please let us know by emailing us at [info@wickleaacademy.com](mailto:info@wickleaacademy.com)

We can and will get through this together.

Kind regards,

Hannah Reeve

Wicklea Academy - Assistant Head of School

## Take care of yourself

It's really important right now 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 – it's just as important for you to take time out for yourself.

Here are some 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
- **Look for the positive** – remember that this situation is only temporary. Our lives are normally so busy and we have had the chance to slow down, spend some time with our immediate family and finish painting that garden fence. Enjoy the beautiful sunshine and the flowers blossoming and look at the great way our country has come together to support each other.

## How to talk to your child about what's happening

You might be noticing signs of increasing anxiety in your child as they're spending more time indoors and outside of their normal routines. These might include:

- For younger children regressing to behaviour they've outgrown, such as thumb-sucking or bed-wetting
- Showing greater fear at being separated from you
- Trouble sleeping
- Expressing sadness, anger or fear or acting out
- Having trouble concentrating
- Distancing themselves from their friends and family
- Exhibiting intense emotions but being unable to talk about what they're feeling

This is completely normal behaviour for children, who feel uncertain and worried. Lots of opportunities for connection, love, cuddles and laughter will help them feel happy and secure.

No matter how calmly you manage the current environment, children are likely to be anxious, so it's important to talk to them about what's happening.

### For younger children

Children pick up bits of information from their friends, from the news and from listening to adults talking around them – but they can misunderstand what they're hearing.

### **Deal with the news head-on and talk about it openly and calmly, giving them the facts**

- Give them age-appropriate information – take a look at:
  - [BBC Newsround hub](#) – regularly updated with information and advice

- [Children's guide to coronavirus](#) – a download from the Children's Commissioner to help explain the situation to children
- Teach them how to know if information they find on the internet is reliable. Explain how some stories on social media may be based on rumours or inaccurate information
  - Encourage them to take breaks from listening to or reading the news – overexposure isn't helpful
- **Encourage questions**
  - This will give them the confidence to reach out, if they have anything to ask
  - Be reassuring but honest when answering questions – it's ok if you don't have all the answers
  - Be ready to answer the same question over and over – children tend to repeat themselves when they're feeling uncertain or worried, so you might have to answer the same questions more than once as they seek extra reassurance
- **Be a role model**
  - Recognise and manage your own worries first
  - Be open about your own feelings and let them know it's normal to be concerned – for example, let them know you're also finding the news a bit worrying and what you're doing to stay calm
- **Explain how our body's immune system protects us**
  - It's constantly working against germs without us knowing. We can't and don't need to control this process
  - Explain that we're taking precautions against this particular germ because it's a new one which our bodies haven't come across before
  - Remind them how important it is that they eat healthy food, sleep and exercise, as this helps to fight germs
  - If it helps, reassure them that the effects of this virus on healthy young people are very mild
- **Keep doing your bit to help children reduce the spread of germs**
  - Remind them to maintain good hygiene like bathing daily and wearing fresh clothes
  - Encourage them to sing 'happy birthday' twice when they're washing their hands

### **For older children**

Older children will have the same anxieties about their own health and that of their family and friends as younger children. But they're also likely to feel socially isolated, and worried about the result of school closures on their education and what life will be like after the pandemic is over.

In addition to the steps above:

- **Reassure them** that when more guidance comes from the school about how grades will be awarded, you'll share this with them as soon as you have it – you could also check that they understand the information you've received so far, in case there are any points of confusion or worry that the school could help to clarify
- **Encourage them to maintain social ties** – relationships are especially important for older children, so give them room to keep in touch with their friends
- **Equip them with accurate information** – for example:
  - [Mythbusters](#) from the World Health Organization
  - [Data visualisation pack](#) from Information is Beautiful (regularly updated)

- **Share tools to help them manage anxiety**

- YoungMinds: [practical steps to take if you're anxious about coronavirus](#)
- Mind: [how to take care of your wellbeing when staying home](#)

### **If your child struggles with higher levels of anxiety**

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
- If you're worried about your child's anxiety, **YoungMinds** is a charity dedicated to children's mental health. They've opened a [parents' helpline](#) for confidential, expert advice. You can reach them at 0808 802 5544

### **Helplines and websites for children and young people**

If your child would like to speak with someone confidentially, there are helplines and websites specifically for them.

ORGANISATION	CONTACT INFORMATION
<b>Shout</b> Free, confidential support via text, available 24/7	Text SHOUT to 85258 in the UK to text with a <a href="#">trained crisis volunteer</a> who'll provide active listening and collaborative problem-solving
<b>The Mix</b> Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem	<ul style="list-style-type: none"><li>● Call 0808 808 4994 for free (11am to 11pm daily)</li><li>● Access the <a href="#">online community</a></li><li>● Email <a href="#">The Mix</a></li></ul>
<b>ChildLine</b> Confidential telephone counselling service for any child with a problem	<ul style="list-style-type: none"><li>● Call 0800 1111 any time for free</li><li>● Have an <a href="#">online chat with a counsellor</a> (9am to midnight daily)</li><li>● Check out the <a href="#">message boards</a></li></ul>

### **Useful Books**

- **What to Do When You Worry Too Much:** An interactive self-help **book** designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety
- **Muddles, Puddles and Sunshine:** Offers practical and sensitive support for bereaved children

## How to make home learning work for your family

We're realistic about what pupils will be able to do during this period, and we want you to be too.

Don't feel you need to complete everything on the list which is sent home. Where maths, reading and writing tend to be a priority, it's ok to replace some of this time with other activities. Play to yours or your children's strengths. It a great opportunity to do some baking, DIY, dance, act and make music.

You're not expected to become teachers and your children aren't expected to learn as they do in school. Simply providing them with some structure at home will help them to adapt.

The following tips are designed to help you create a positive learning environment at home. See what works best for your household.

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
- **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better; give them ownership they can tick off their activities when they have achieved them
- **Check in with your children and try to keep to the timetable, but be flexible.** If a task/activity is going well or they want more time, let it extend where possible but at the same time if a particular task is not working take a break or change it. There are many different ways to learn, not everything has to be written down and your child might have some great ideas for ways they want to learn. You know your child best.
- **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over
- **Take stock at the end of each week.** What's working and what isn't? Ask your children, involve them too
- **Distinguish between weekdays and weekends**, to separate school life and home life
- **Give them chores** to do so they feel more responsible about the daily routine at home
- Ask them to **help you cook** and bake
- Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits

Please let the teachers know if you are finding anything particularly difficult, they can offer support and tweak, amend, adapt activities and offer support.

In addition to this, please don't worry about any gaps within your children's learning. Once school begins again, we will identify these gaps and plan accordingly to move your children's learning forward.

I found this article by Matthew Syed: **Coronavirus: The good that can come out of an upside-down world** <https://www.bbc.co.uk/news/world-us-canada-52094332>

## Where to find learning resources online

There's plenty of support for parents online for everything from tools for home learning to PE:

ORGANISATION	CONTACT INFORMATION
BBC Bitesize	Website: <a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>

Online resource for learning and revision. Starting on 20 April, you'll also find daily lessons to support home learning	
<b>GoNoodle</b> Movement and mindfulness videos for primary children	Website: <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>
<b>STEM.org.uk</b> Free home learning resources for all ages in science, technology, engineering and maths	Website: <a href="https://www.stem.org.uk/home-learning">https://www.stem.org.uk/home-learning</a>
<b>Twinkl</b> This popular site for teachers is now offering free daily activities for home learning	Website: <a href="https://www.twinkl.co.uk/home-learning-hub">https://www.twinkl.co.uk/home-learning-hub</a>
<b>White Rose Home Learning</b> White Rose Maths in partnership with the BBC Bitesize Daily team has developed a 12-week learning programme for the summer term. This scheme is designed to help children be ready for their next year of school.	Website: <a href="https://whiterosemaths.com/homelearning/">https://whiterosemaths.com/homelearning/</a>
<b>Hamilton Trust Home Learning Packs</b>	Website: <a href="https://www.hamilton-trust.org.uk/blog/learning-home-packs/">https://www.hamilton-trust.org.uk/blog/learning-home-packs/</a>
<b>Hit the Button</b> Offers maths online games	Website: <a href="https://www.topmarks.co.uk/maths-games/hit-the-button">https://www.topmarks.co.uk/maths-games/hit-the-button</a>
<b>Live with Maddie Moate</b> 30 minute science topics, which include experiments they can try at home and things they can make using recyclable resources	Website: <a href="https://www.youtube.com/user/maddiemoate">https://www.youtube.com/user/maddiemoate</a>
<b>PE with Joe Wicks</b> 30 minute PE lesson everyday	Website: <a href="https://www.youtube.com/watch?v=QGYXh_G8X6A">https://www.youtube.com/watch?v=QGYXh_G8X6A</a>
<b>English National Ballet</b> Free ballet classes streamed daily	Website: <a href="https://www.youtube.com/user/enballet">https://www.youtube.com/user/enballet</a>

## Where to turn to for help

It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

### Mental health

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

## Domestic violence

ORGANISATION	CONTACT INFORMATION
<b>NSPCC</b> Child protection charity	Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline) 0800 1111 for children (ChildLine's 24-hour helpline) Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>Refuge</b> Advice on dealing with domestic violence	Phone: 0808 2000 247 (24-hour helpline) Website: <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>