

Bramley Sunnyside Infant School
Newsletter 27 Spring Term

3rd April 2020



All the following information can be found on the following:

 @bramleyinfant  www.bramleysunnysideinfant.co.uk



For many of you, the last two weeks will have been very challenging. I want to thank you sincerely for all you are doing to fight the COVID-19 outbreak, whether that be as a key worker, a volunteer helping those less vulnerable or by staying at home and looking after family while social distancing. You are making a huge difference!

Social Distancing

It is crucial as parents/carers you ensure the safety and protection of your children against the spread of Coronavirus (Covid-19).

Where possible all children and young people should stay at home.

It is important your children know how to socially distance themselves from other children/young people so we can protect them and the most vulnerable in society.

Why social distancing matters?



This picture demonstrates how just socially distancing yourself and others can have a dramatic effect in stopping the spread and protecting others. It has been suggested that given we do not yet have a vaccine and we need to slow the spread of the virus, maintaining a physical distance is effectively the next best thing in helping break the person to person infection.

Children/young people will pester to go out and socialise with their friends, they are kids and will want to do what kids do in their normal daily lives. However, over the coming weeks you need to make sure that the only physical social contact they have is with immediate family.

Local Authority / DFE / Government Updates

Government Announcement regarding Free School Meal Vouchers

During these challenging times, the government wants to ensure that pupils eligible for a benefit related free school meal can continue to access support if they are not in school. In the first instance, schools are asked to provide a lunch through their current school meal provider. We have notified all parents of eligible children that 'grab bag' lunches are available for collection at school each day.

However, the uptake has been very low and we are aware that many families may self-isolating or social distancing as much as possible and therefore not able to come and collect them.

This Thursday, we were able to register via the Government's online portal. We understand that an e-code will then be issued which we will E Mail to families. Parents or adults with caring responsibilities for the eligible child will then go on line to redeem the eCode against a choice of gift cards (a digital gift card delivered via email) which currently includes the following food retailers:

Morrisons

Tesco

Sainsbury's

Asda

Waitrose

M&S food

We will contact eligible families as soon as we have this information.

Fond Farewell

Today is official leaving day for Miss Mather who has taught class 7 this year. We thank her for everything that she has done for the children, families and colleagues. We wish her all the very best in her move to York (when she can).

Supporting Children's Well being

It's really important that you think about your own stress levels as you address this with your children and choose a good time to talk it through with them when you are both feeling calm and rational.

It is likely that children of all ages will need to revisit the discussion time and time again as they try to understand the message. It's important that you recognise this is normal, it's the way they process information. Continue to connect with them, listen to their worries and concerns. These might at times seem small compared to other worries going on in your family, but are very important to them. If they have their worries acknowledged, (even if you can't fix them) and a young person feels heard, it will help them to move on and help them to understand what they need to do and why.

It is a time where as a country we need to do all we can to maintain our health, our wellbeing and ensure the resilience in our NHS to be able to cope with the unprecedented demand it will face in saving lives and caring for the many people who will need hospital care as a result of the virus.

We have tried to provide you with information that hopefully can be easily understood by children and young people.

Try talking to your children about the virus for example;

'There is a virus called Covid19 that makes some people poorly, most people are fine but some can get very poorly and need to go into hospital. Children can carry Covid-19 but not know they have it. We can't visit Nana for a little while in case we give her the virus. The good thing is that we can talk to her and (where possible) see her via our mobile phone'.

You can also help stop your friends from getting ill by being a 'Super Hero' and protecting them, this is how;

- If you have to go to school as your mummy/daddy/carer is also a 'Super Hero' then make sure you stay 2 metres away (show this distance by using a ball game with them, stand them 2m away and throw the ball) listen to the staff & teachers in school they know how to keep you safe.
- If you are in school you will find that things are different as there will be less children and young people and you will be doing different activities. You will get the chance to make new friends but it might feel a bit strange to start off with
- You can't play with your friends how you used to, this includes holding hands, giving each other piggy backs, sharing food, drinks or sharing secrets! You can however talk to your friends on the phone or video call them
- Always stay 2m away from anyone who does not live in your home. Imagine your super hero cape is very long or you have an imaginary force shield around you; you can't possibly walk around safely if people are too close! Check out our new characters 2 Metre Rita and 6 Feet Pete. Look out for them on Facebook.com/oursheff
- You can go on your bike, walk the dog, go outside but at the moment you can't do this with your friends. If you do see other people whilst you are out then wave and shout to them but remember the 2m 'Superhero' rule
- Try to show children how they are helping others by their actions. You are showing them how to protect their friends and family but also being kind to them by keeping in touch.

Supporting Parent's Well-being.

**Healthy Minds
Covid-19 advice****Structure**

Try to maintain routines as much as possible. If you find yourself at home more than usual then try and imitate a structure similar to your child's usual day (get up, get dressed, do work in a specific place, have lunch at a similar time). Write it down put it on display.



If you aren't happy with your current routine, this might be a chance to do things differently.

Be mindful of how you engage with news. Rather than constantly checking, get updates at one or two points in the day. Avoid constant news feeds. Monitor the effect that news has on your mood and worry. Remember that news creates a focusing illusion and there are a huge number of positive stories out there that are not reported.

Think about how to replace the things you normally do with 'socially distancing' equivalents.

**Attunement**

Talk to children in an age-appropriate way. Give clear and simple messages and expect to repeat these when children ask again.

Identify and name the difficulty that uncertainty brings. Acknowledge and normalise concerns and worry.

Respond in an open and supportive way; children are likely to need extra love and attention during this time.

Emotional regulation

Children are sensitive to emotion and will often reflect the emotions of adults—have calm conversations and be mindful of your own stress levels.

Do things that help relax. Be aware of your breathing and bodily tension; use deep breathing and muscle relaxation to help lower stress. Change your focus and immerse yourself in a favourite activity

Maintain healthy sleep patterns. Keep up exercise in your day and try to get outdoors, in line with local guidance about social contact.

Stay connected to people—use technology to help stay in touch with friends and family.

**Home learning**

Thank you for all you have done so far to support your child's learning at home.

When we return from Easter we will be sending ideas for home learning each week in manageable chunks. Attached to this newsletter are some challenges that you can complete when out for your daily exercise. PLEASE REMEMBER TO SOCIAL DISTANCE WHEN DOING SO.

Take Care and Have a lovely Easter

The Staff at Bramley Sunnyside Infant School

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