



April Newsletter 2020

Dear Parents/Carers,

We hope all of our families are well and managing as best as we all can be with life in lockdown. Thank you families for sending in videos and photographs of your children engaged with learning to teachers. Lots of these have been uploaded onto our school Twitter account so if you do not currently follow us, please sign up to see all of the work that the school community has been doing. I am sure you would like to join me in thanking all of our teachers who have been working tirelessly over the past two weeks to support families and children working at home remotely. This has posed challenges but as always they have shown commitment, dedication and care to children and families even in very difficult circumstances. Thank you also to staff who have been supervising children of key worker parents over the past two weeks up at Passmores and those staff working behind the scenes to ensure children and families have a safe place to talk and share worries or concerns they have at present.

With the Easter break approaching, we would like to inform you that teachers will not be setting tasks for children to complete over the next two weeks and will resume their daily emails and contact with you all on Monday 20th April. We will continue to provide supervision for the children of our wonderful key worker parents throughout the whole of the Easter break. Thank you for all your feedback about our home learning work in our recent parent survey. We have used your responses to adapt our plans going forward.

We understand that the Easter break will be very different for families compared with previous years so we have thought of some ideas that you could engage with together with your children over the two weeks whilst being at home – see below.

We wish all children and families a happy Easter and we look forward to being back in touch with you all in the new term.

Miss Smith

Easter Break Ideas

Staying in shape

Being stuck indoors is bound to have an impact on our waistlines, and children with too much energy are challenging at the best of times, so why not take part in a daily group exercise activity.

Joe Wicks, the body coach is doing [daily live workout for kids over on his youtube channel](#), but adults can join in too! These short workouts are perfect for staying in shape, and getting some of that excess energy out.

Dance with Oti: Strictly Come Dancing star Oti Mabuse is currently providing daily dance lesson for kids at 11.30am on her [Youtube](#), [Facebook](#) and [Instagram](#) accounts, so you can shake your hips and build up those appetites for lunchtime.

If you're looking for something a little bit lower energy, but that can help with mindfulness and relaxation, [why not look into Cosmic Yoga](#)? Aimed at younger kids with lots of nursery rhyme references, it could be just what you need to get your morning off to a relaxing start.

Getting creative

Now is a great time to encourage creativity in your kids, and there's no reason why you can't join in either, there's plenty of arts and craft activities taking place across the internet that you can get involved with:

Anna's Funky Art: One of Hertfordshire's Year of Culture participants, [Anna is sharing art activities on her Youtube channel which can be used to help relax.](#)

Draw with Rob: [Artist Rob Biddulph is live streaming a draw-along every Tuesday and Thursday](#) at 10am, you and your kids can follow along and even send your drawings in for Rob to see.

Myleen's Music Klass: If you or someone in your family is a budding musician, [why not get started with these free online music lessons](#) from Myleene Klass?

[Five Minute Mum on Instagram](#) has got some fun, quick games for parents to play with their younger children, and she's posting regularly during the coronavirus lockdown so there's plenty of content to enjoy.

Enjoy some culture

With plenty of time on our hands, it could be a good opportunity to get kids into interests they might not normally consider.

[The National Theatre are live streaming plays every Thursday night](#), which will be free to watch on Youtube for a week after. These plays can be fun for all the family.

Andrew Lloyd Webber will be streaming West End Shows for everyone to watch for free. Shows will be available for 48 hours on the You Tube channel 'The Shows Must Go On' This starts on Friday 3rd April beginning with 'Joseph and his Technicolour Dreamcoat.'

If you're worried about your kids spending too much time on screens, why not look into the activities you can do in your garden? You could build a bug hotel, create a cairn, make flower crowns or [a number of other fun outdoor activities](#).

Story Time

Sit down as a family, have a snack and listen to David Walliams reading one of his stories every day at 11am [worldofdavidwalliams.com](#)

Looking after your mental health and wellbeing and your family

In these very difficult times for us all, it is now even more important that we learn how to look after our own mental health. Times such as these may increase levels of anxiety amongst children and adults and we need to think about how to manage this in the best ways we can. Please take time, if you haven't done already, to download the SmilingMinds APP which gives different techniques and strategies for positive mental health for families and children. This is a free APP and the section for 'Families' and 'Kids and Youth' will give you lots of information and guidance on how to use mindfulness and other activities to support positive mental health.

For parents who are struggling to answer questions from younger children about Coronavirus, below is a link to a book which explains the virus in a friendly way for 4 – 7 year olds.

[COVID19 explained for children](#)

Free School Meals

If you are entitled to Free School Meals (not Universal free school meals) you will be contacted directly by the trust with further information shortly.