

WFH - May 6th - ideas, advice and guidance.

Hello all,

I hope this finds you safe and well and are coping. Comprehensive Curriculum Updates are available on the school website under 'Children' then 'class pages' then 'working from home.' You may also be using the Oak National Academy resources or BBC Bitesize or you may have found a resource that suits you and your child.

I have attached a document from our [psychology service](#) to help parents/carers to make some sense of what is happening at this unusual time.

I saw a great quote recently - 'It is important to remember that you are having a **NORMAL** reaction to an **ABNORMAL** event.' It came from the following document and attachment.

“Helping each other to cope with the stress of the COVID-19 Pandemic”

The Covid-19 pandemic is proving very stressful to all of us. This is an unprecedented situation which is fuelled by uncertainty, resulting in fear and anxiety. This can be overwhelming and can cause strong emotions.

We all react differently to stressful situations. How you will be responding to the pandemic will be dependent upon a variety of factors and we need to be mindful at all times that despite us all being in the same situation, we are all facing different challenges that are personal to each of us.

In particular, you are likely to have fear and worry about your own health and the health of your loved ones. You may also be feeling anxious about possible financial implications in the short and longer term.

You may be experiencing the following:

- Changes in sleeping or eating patterns
- Difficulty concentrating
- Worsening of chronic health problems
- Psychosomatic symptoms – fear that any symptom may signal that you have COVID-19

Taking good care of yourself, your friends and your family can help you cope.

- There is a lot of work and resources available to you and your child. You will not be able to do everything and your children are not at school, they are being schooled

by you in an unusual environment in an unusual way. Some may thrive, some may not, some won't want to do it, some will one day and not the next, some will say 'we do it this way at school', and you will say 'but this is the way I was taught !' There is no right or wrong answer and you can only do your best.

You may have noticed how the National Curriculum expectations for year groups have changed and become more challenging (Year 6 are now expected to do maths work that Year 10s are also working on !) and this can present challenges for you in terms of subject knowledge and 'helping your child' - the White Rose Maths provides some demonstration activities and a 'step by step' guide to learning. If it gets too much stop and don't try to 'battle' through it !

Do things you enjoy together and, if you get the opportunity and you have the confidence, extract some other learning from it. Don't compare yourself to anyone else as they aren't you and everyone struggles with home learning (even qualified teachers !!). Patterns of life have changed (the average time for log on to the school website is 10 am) and these are unusual times (when was the last time that you travelled in a car, it now feels strange !) so keep a routine that suits your family, exercise the brain and the body and spend time together.

Do your best, enjoy your time with your child before the pace of life takes over again and don't compare yourself to others.

Your children 'won't fall behind' unless you compare them to others and they will bounce back with support, guidance and care. We are already planning for that whatever happens and whenever we return to school.

Thank you to all those sharing their learning, taking on the challenges and doing their best. Hopefully I haven't 'gone on' too much but just wanted to reassure you in these strange times. I have attached a piece of artwork demonstrated by Mrs Delahoy, could I invite your family to do one together for each of you (I can already hear a teenage response to that suggestion !).

Kind regards

Mr Batstone

Attachments

[The Pandemic Toolkit Parents Need.docx](#)

[I am .jpg](#)