

Covid-19 Newsletter

Welcome

Good afternoon,

In these strange and difficult times, I intend to send a weekly newsletter to share any updates that I have received from the government, update you on the situation at school and also support in your efforts to maintain your children's learning and also their (and yours!) health and wellbeing.

As I write this, school is only open every day to any students that fall into these two categories:

1. Students whose parents are Key Workers – this list is widely available and has been sent out. Students should only attend school if no other care is possible. Home remains the safest place.
2. Students who have been **contacted by the school** because they fall into the vulnerable category.

We are fortunate to have such a committed body of staff who, at present, are keeping fit and well and are part of a rota which is providing supervised activity to those students that come into school.

I would ask that you contact us if you intend to send your child into school because they fall into one of these two categories and they have not been coming in already. This way we will be better prepared for any students that we have.

Reception is staffed every day between 8am-3pm but we are down to a skeleton staff of one person for admin so please be patient if your call is not answered immediately.

Please feel able to email at any point if you have any queries and I will respond as quickly as I am able.

c.thomas@lhea.org.uk



Free School Meals

The government are introducing a voucher-based scheme which is planned to start next week but in the meantime, we are in the process of arranging for e-vouchers to be sent to parents who are normally in receipt of free school meals.

Any parent who does not have access to an email address should phone reception and an alternative will be arranged.

How to support home learning



Show My Homework and Remote Learning

As Lynch Hill Enterprise Academy closes for what is likely to be a lengthy period of time, it is important that your son/daughter is able to continue learning at home (remote learning).

Show My Homework (SMHW) is a simple online programme where teachers upload details of learning activities and resources that should be completed at home. All students at LHEA have an account with SMHW and are encouraged to view this site on a daily basis.

Parents/carers have also been invited to set up an account.

The mobile app and notifications ensure parents/carers always know what homework their child has and when it's due.

Once logged in, the best way to view your child's homework is to click on the "calendar" block.

Clicking on a coloured bar reveals the detailed description of the activity and when it is due.

The SMHW app is available to download from Apple and Google.

- Open the app and type in "Lynch Hill Enterprise Academy"
- Type in your email/username and password.
- You will be taken to your child's To-do List

If any parent/carer needs help with setting up accounts, or if any student has either forgotten their password or has been experiencing trouble logging in, please contact Mr Arnold using l.arnold@lhea.org.uk

Any student who is not able to access online resources from home can come into school and collect paper copies of work which are all available in reception, arranged by Year group.

Remember also not to underestimate the power of reading – especially together!

I appreciate that this will be a very strange time when it comes to keeping young people motivated and interested in school work. It will be very easy for it to feel like school has finished – but it hasn't and it is so important that they keep actively learning and working and developing their skills and knowledge.

This can be done in many ways and the following page gives some general advice that you might find helpful.

Be realistic about what you can do

- **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** will help
- **Share the load if there are 2 parents at home.** Split the day into 2-3 hour slots and take turns so you can do your own work
- **Take care of your own health and wellbeing.** This will be new for your entire household, so give it time to settle.

Keep to a timetable wherever possible

- **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.
- **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
- If you have more than 1 child at home, **consider combining their timetables.** For example, they might exercise and do maths together
- **Designate a working space if possible,** and at the end of the day have a clear cut-off to signal school time is over
- **Stick the timetable up on the wall** so everyone knows what they should be doing when
- **Distinguish between weekdays and weekends,** to separate school life and home life

Make time for exercise and breaks throughout the day

- Start each morning with a PE lesson at 9am with Joe Wicks
- If you have a garden, use it regularly. If you don't, try to get out once a day

Other activities to keep children engaged throughout the day

- Where you have more freedom in the timetable, **make time for other activities.**
- Get your children to **write postcards** to their grandparents or to pen pals
- Ask **grandparents to listen to your children read** on FaceTime (or ask grandparents to read to younger children)
- **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

How to look after your well being and that of your children

I will try and include some suggestions in every newsletter

How to introduce relaxation to your home

Squeeze

Whenever you feel tense and anxious, tighten all your muscles as tight as you can and then relax them. Notice the difference and how you feel when you relax your muscles. See if you can let your shoulders and jaw go and just relax.

Peace Breaths

Take in a deep breath and as you breathe in, feel as if you are breathing in peace. Feel your whole body filling up with this wonderful feeling of peace. Now, breathe out and send this feeling of peace into the room. Repeat this exercise 2 or 3 times. (Try this with love, gentleness, happiness, etc)

Pebble exercise

Give your child a pebble and ask him/her to put the pebble in their palm and feel it being completely aware of the pebble and nothing else. As they breathe in, feel as if they are breathing in coolness and feel as if they are breathing out coolness. Let your child see themselves as still and cool and silent as a pebble.

Calm Picture

Write the word CALM as large as possible and let your child colour in the word. They can add pictures of things that help them feel calm. Let them use calming colours – anything to create an image of calm. Tell children to stare at the picture and see how calm they can feel. Then ask them to close their eyes and make the picture very small – like a postage stamp. Children they can keep this little picture anywhere they like in their body – heart, head, and finger. Whenever they are feeling stressed and anxious, they can look at their calm picture and feel calm.

