

Lincoln Gardens Primary School

Weekly News Update
Friday 08 May 2020



Dear Parents and Guardians

We have now completed seven weeks of lock down. It was a situation that we found ourselves in with very little prior warning and it has taken time to adjust to this new way of living. I, like yourselves, am trying to retain a level of 'normality' by continuing to work, whilst ensuring my own children are safe, happy and engaging with home learning activities. It is a very difficult balancing act and the key message that I want to convey today is '**don't be too hard on yourself**'. We are in uncharted waters, doing the best that we can and that is all that we can do. I believe engaging your child with a variety of learning opportunities and adopting the 'little and often' approach is key.

Below are some useful tips that you might find useful to support positive home learning during lockdown:

SET A SCHEDULE.

You need to set some time parameters. When you are engaging your children in home learning activities, they need a schedule and so do you (remember home learning is about making memories, as well as working on different subjects). Have a schedule for meals so everyone knows the plan. The good news is that as families we are more likely to have meals together and get to spend some time together. That is certainly a positive in my household.

SET UP YOUR WORKSPACE

Find a 'best place to work'. You will need to set up space for you to work and for your children to engage in their learning.

ESTABLISH GROUND RULES IN THE FAMILY

For playing music, having the TV on, and any other distractions.

MAKE SURE YOU AND THE CHILDREN TAKE BREAKS DURING THE DAY.

You all need a break from the screen and from standing or sitting all day. Get up and go outside if you can. Short breaks are helpful and can keep you motivated and thinking creatively throughout the day.

GET PLENTY OF EXERCISE.

Now that you are at home, you may not be walking as much as you normally did at work or school. Take more time to exercise and 'get your steps in'. Exercise is good for both the body and mind.

GET PLENTY OF SLEEP.

At the start of lockdown you may have been having later nights due to the different way of living. While we all may have done that the first few days of this quarantine, we can't keep doing it. It is now time to create a 'new normal' so make sure you have a routine and your children are getting plenty of sleep. Quality sleep is one of the most important ingredients to staying healthy.

BUILD IN SOME FUN EACH DAY.

What's the thing that you and your family love doing that you can still do while practising physical distancing from others? Walking your dogs, eating lunch in your garden, reading a book, painting, riding a bike, cooking etc. Build it into your schedule and continue making some amazing memories with your child(ren).

I would like to take this opportunity to remind you of the online learning that you can access via Padlet (more detailed infor-

mation can be found on last week's newsletter). Here you will find work for your child to engage with that has been set by their teacher.

Year 6: <http://tiny.cc/488jlz>

Year 5: <http://tiny.cc/r98jlz>

Year 4: <http://tiny.cc/898jlz>

Year 3: <http://tiny.cc/cb9jlz>

Year 2: <http://tiny.cc/jc9jlz>

Year 1: <http://tiny.cc/7c9jlz>

Year R: <http://tiny.cc/yd9jlz>

Year N: <http://tiny.cc/wdttlz>

National Oak academy and BBC Bitesize are two other good on-line learning resources.

<https://www.thenational.academy/online-classroom>

<https://www.bbc.co.uk/bitesize/dailylessons>

On Sunday the Prime Minister will be announcing the 'road map' that he intends to follow to continue dealing with the COVID-19 pandemic. Hopefully, after this we will have a clearer idea of what the coming weeks will possibly look like for us moving forward. Until then, what's really important, is that we continue to strictly follow the governments guidelines because staying at home and social distancing is saving lives.

Finally, I think it is very important that today, 8 May 2020, VE Day (Victory in Europe Day) marks the anniversary of the end of World War II in Europe. We remember our war veterans, past and present for the sacrifices that they made.

'When you go home, tell them of us and say: for your tomorrow we gave our today'.

(John Maxwell Edmonds 1916)

As always, if there is anything we can do to support and help you during this challenging time, please do not hesitate in getting in touch.

Enjoy the sunshine and stay safe

Miss Nuttall
Headteacher