



Radley CE Primary School & Foundation Stage Unit

Telephone: 01235 520814
Fax: 01235 537458
Email: office@radleyprimary.uk
Web: www.radleyprimary.uk

Church Road
Radley
Abingdon
Oxfordshire
OX14 3QF

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Dear Parents,

I write at the end of the first week of what for most families, has been a period of home-schooling their children. As a staff we are very much aware of how much you and your child are doing. We reach out to you, although currently apart geographically to thank you, and to say we are thinking of you all.

I will let you know immediately we have any news from the government regarding the re-opening of the school for all children but, in the meanwhile, our arrangements with regard to school home learning are as follows:

- **30 March – 3 April**

This coming week please can your child continue to work on suggestions made in the class letter sent you about home school learning. (The initial class letter covered the period up to the 3 April.)

- **6 April – 17 April**

We would like your child (and yourselves!) to enjoy a two week break from home school learning over what would have been their Easter holiday from school.

- **20 April onwards**

Towards the end of the Easter holiday, we will email you with suggestions for home school learning for the two week period of 20 April to 1 May. Your letter will be specific to your child's class. Subsequent fortnightly home school learning letters will be sent to you, for as long as the present situation is in place.

Below this letter are some suggestions, adapted from a fact sheet I've been sent, which I hope might be useful for the situation you currently face.

You are all very much in the thoughts of the staff – as a community we stand with you, although working separately.

Please get in touch with us through the school office at office@radleyprimary.uk should it be helpful, and in the meanwhile please keep safe.

All best wishes from all at Radley Primary School.

Grace Slater
Headteacher

Parent Fact Sheet - Suggestions to support home learning

Be realistic about what you can do

- ✘ Providing your children with some structure at home will help them to adapt, but you **need not feel you are expected to become a teacher**, and your children aren't expected to learn as they do in school.
- ✘ **Experiment** in the first week, then **take stock**. What's working and what isn't? Ask your children, involve them too.
- ✘ **Share the load if there are two parents at home, perhaps 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. Take a look at the links at the end of this fact sheet for some advice on mental health and wellbeing

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.** It's a great opportunity for them to manage their own time better and it'll give them ownership
- ✘ **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 one child at home, consider combining their timetables. For example, they might exercise and do maths together – see what works for your household**
- ✘ **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, and tick activities off throughout the day
- ✘ **Distinguish between weekdays and weekends, to separate school life and home life**

Make time for exercise and breaks throughout the day

- ✘ **You could 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 as permitted by the government (current advice is that households can be together outdoors, but 2 metres apart from others)
- ✘ Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended

Below are some other suggestions of activities to keep children engaged throughout the day, and we will also be putting up an extended list on the school website.

- ✘ **Where you have more freedom in the timetable, make time for other activities.** Add some creative time or watch a dance video from [Go Noodle](#) to get the heart-rate going
- ✘ 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** – but that you might want to agree some screen time limits

If you need to contact the school

Please email at: office@radleyprimary.uk

See guidance on supporting your mental health and that of your children:

▣ [Coronavirus and your wellbeing](#) – Mind.org

▣ [Supporting young people's mental health during this period](#) – Anna Freud Centre