



23rd March 2020

1.30pm

Dear Parents,

As the Coronavirus continues to spread, I want to thank you for all the positive engagement with school since new measures have been introduced. As social distancing becomes the norm, I want to remind that this means that students **should not be out in the community** in groups - the government has asked parents to **keep their children at home at all times** wherever possible.

What can you do to help?

We are not expecting you to home school your children, unless you feel confident and have the capacity to do this.

1. Establish a routine as soon as possible.
 - Encourage getting out of bed and getting dressed at the same time each day
 - Plan which subjects are to be studied each day
 - Aim for a maximum of 4 sessions – in blocks of 45 minutes to ensure that children can maintain concentration
 - Make sure there are clear boundaries between learning and relaxing
 - Encourage resilience – keep going until the work is done
2. Check the content to be covered.
 - Teachers will set work with resources and support for students to help them to be able to complete it. If they are stuck, then they can email teachers for support but must be mindful that many teachers are parents themselves and will be with their families and therefore may not be able to reply to emails immediately
 - Use DODDLE to check the work they've been set and to help them to plan what they will do each day
 - Check on line for the updated curriculum booklets – these also contain useful web links.
3. Build in social activities.
 - Encourage your child to read for at least 30 minutes a day
 - Try to do some exercise every day. Exercise helps mental health and physical health.
 - i. Joe Wicks is running YouTube sport every day at 9.00am;
 - ii. Sport England also have suggestions <https://www.sportengland.org/news/how-stay-active-while-youre-home?fbclid=IwAR35qY1VmumhJJu0tgFu4K2MdUmv7e85yqlwuc4-1S1PWsjHdFI0VaJfo>
 - Ask your children to think outside the box - cooking is creative and usually has a positive reward to taste at the end; even reorganising a teenage bedroom can be creative!
 - Limit screen time as you would on a weekend.

There is no expectation that you will mark or correct work. But if you could encourage your children to show you what they have done, it will help them to feel that they have achieved something and to be proud of their efforts.

Finally do please keep in contact – email us either at teacher email addresses or via enquiries@coxgreen.com and we will endeavour to get back to you as soon as possible

Yours sincerely

Frances Walsh
Headteacher

Government guidance which is updated on a daily basis: <https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19/guidance-to-educational-settings-about-covid-19>