



Dear Parents/Carers,

Friday, 27th March 2020

Firstly, and most importantly, we hope all of our families are keeping themselves safe. These are very unusual times and we all have a lot of adjusting to do. Thank you to all those parents who shared kind words and messages with us over the last few days; everything was a step into the unknown but we will make it through! I know lots of you are working hard at home as I have now logged onto ClassDojo and have seen some of your fantastic work. If your class teacher uses ClassDojo please take a photo or video of your work and upload it on to Portfolio for your teacher to see. If it's particularly impressive I will award a 'virtual' headteacher sticker!

In these unprecedented times you may find the following guidelines 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 at home will help them to adapt.
- Use the tips below to help you make this work for your household:
- Experiment in the first week, then take stock. What's working and what isn't? Ask your children, involve them to
- 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. 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 1 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
- 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

Other activities to keep children engaged throughout the day

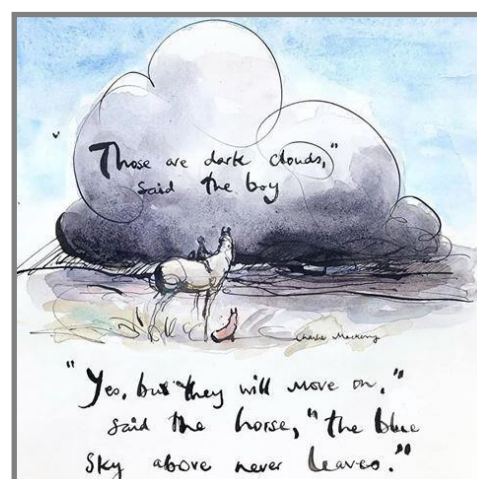
- Where you have more freedom in the timetable, make time for other activities. Add some creative time or watch a dance video from Go Noodle to get the heart-rate going
- Get your children to write postcards to their grandparents or to pen pals
- Ask grandparents to listen to your children read on FaceTime (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/spend time on their phone – that's ok but you might want to set/agree some screen time limits

The school has been soulless the last couple of days without the underlying hustle and bustle of staff and children who bring this place to life, and I know I am not alone in yearning for a return to normality as soon as is safely possible. Until that point I will do everything possible to support you and the children and community of Bearbrook. Finally, we extend our upmost thanks to all the parents who are Key Workers at this time for the support and protection they are providing for our families and communities.

I have been reading 'The Boy, the mole, the fox and the horse' by Charlie Mackesy – which is full of life affirming and positive thoughts. The one below seems quite apt at this point

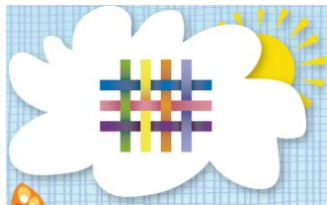
Thank you for your continued support.

Mr Faulkner





## Foundation



Please can you ensure you check you emails and junk folders as those that have not accessed Tapestry will be receiving a new activation email. If you did activate your account please ensure you have the app and log on regularly as staff will be setting tasks and would love you to share photos of activities you are doing at home - baking, gardening, home learning packs - anything. Please keep sharing with us, it has been lovely to see some of you working hard on your reading, baking and completing number tasks.

## Year 1

Dear Year 1, we hope you are reading every day, practicing your phonics everyday and also helping your families with jobs around the house. But most importantly we hope you are doing the very important job you have been given and are being "stay at home super-hero's." The teachers think about you every day, we laugh at the funny things you have done, wonder if you have got better at your handwriting and think about all the books you are reading. Please be safe and look after each other. When we return to school we will be reading some books by Eric Carle. If you have any books written by him you could retell them in your own words, make puppets for one of his stories, create a story map, write a story in your own words or do a research project about him. We miss you very much. From Mrs Hearn, Miss Jansen, Mrs Harley, Mrs Akhtar, Mrs Qazi, Mrs Parks, Mrs Richie and Mrs Roberts.



## Year 2

If Parents have any questions please feel free to contact use through class dojos. Don't forget to keep practicing your times tables on TT Rockstars as well as Bug Club.



## Year 3

The week has been very strange but I have loved being in contact with all three classes and seeing what they've been up to. We have had many rainbows painted, drawn and made from lego. Children have posted pictures of them exercising with Joe Wicks, playing on TT rockstars, completing some of their packs, learning Japanese, learning to play the guitar and keeping me updated on what they're up to. We have had children gardening, cooking and baking - really spending quality family time together! For next week, the children should have enough in their packs alongside all of the other bits and pieces like TT Rockstars, Maths Frame, maths with Carol Vorderman! I have set up a competition between 3G and 3P - 3S can then join and compete against the winning team.

Writing wise - my girls are writing to their Great Grandparents as we don't know when we will see them again. Can the children, write to a family member who they won't see for a while? Can the children, write to a family member who they won't see for a while?

Project - Learn some more Japanese [https://www.youtube.com/watch?v=VAuRn\\_mw3Zs](https://www.youtube.com/watch?v=VAuRn_mw3Zs)

Try some origami Stay active - Joe Wicks at 9am.  
<https://plprimarystars.com/news/home-learning-activities-school-closures>

Cosmic Kids yoga

Go Noodle

Just Dance

The Book People are closing down and have some brilliant offers on. <https://www.thebookpeople.co.uk/>





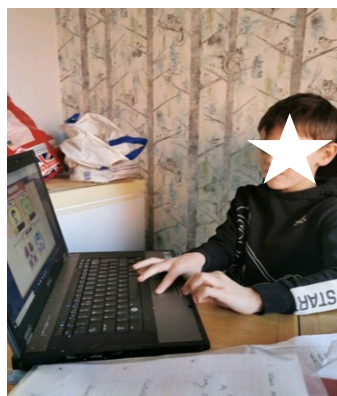


## Year 4

We have absolutely loved seeing and hearing what you've been up to on Class Dojo, and would be thrilled if we could get the whole class involved. At the minute, we have 16 families who have joined, but it would be awesome if everyone could connect and take part. On our Class Story and Portfolios, you'll find suggestions of fun stuff to do and a few activities I've created.

Parents, if you can't find your email invite, please contact the school office with your up to date email address so I can send out another invitation to join.

Sending you all my very best wishes, you're all doing an amazing job! With love from Mrs Burgess and Mrs Pullen



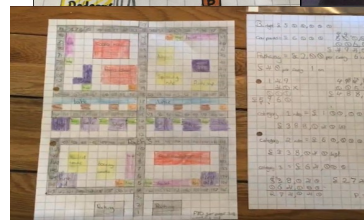
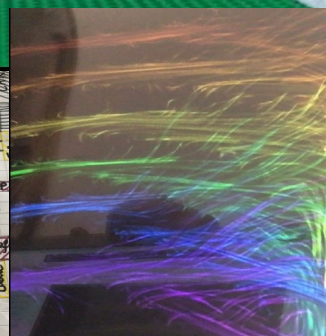
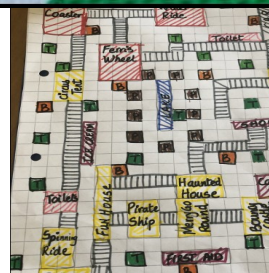
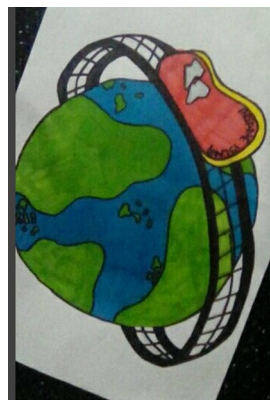
## Year 5

Well done to Y5 for working hard on their packs which were sent home. We would love to continue receiving work via Dojo so that we can see how the children are getting on. This is work inspired by the space artist 'Peter Thorpe'. The children might like to create their own to share with us.



## Year 6

The year 6s have been absolutely amazing at turning in some great pieces of work! We are so proud of them all.





If you are looking for advice on any of the subjects below some of the sites below may be useful.

### Family Information services

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/parent.page?parentchannel=24>

### Healthy Minds

<https://www.oxfordhealth.nhs.uk/healthyminds/>

### Food Service

<http://fareshare.org.uk/>

<https://www.tlg.org.uk/>

<https://www.trusselltrust.org/>

<https://aylesburyvineyard.church/>

<https://aylesbury.foodbank.org.uk/>

<http://www.wendoverfreechurch.org.uk/>

<http://mkfoodbank.org.uk/about-the-food-bank/>

[https://www.bpchurch.uk/Groups/149163/Buckingham\\_Parish\\_Church/Church\\_Life/Community/Community.aspx](https://www.bpchurch.uk/Groups/149163/Buckingham_Parish_Church/Church_Life/Community/Community.aspx)

### Money and Budget Advice

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/family.page?familychannel=3>

<https://quidsinmagazine.com/>

<https://www.moneyadvice.service.org.uk/en>

<https://www.moneysavingexpert.com/news/2011/04/free-money-advice-service-launches/>

<http://www.billhelp.uk/>

### Support and General Advice

<https://www.citizensadvice.org.uk/>

<https://www.relate.org.uk/>

<https://england.shelter.org.uk/>

<https://www.samaritans.org/>

[http://www.barnardos.org.uk/what\\_we\\_do/our\\_work/servicesearch.htm](http://www.barnardos.org.uk/what_we_do/our_work/servicesearch.htm)

<https://www.myrtwellbeing.org.uk/>

### Wellbeing

<https://www.buckscc.gov.uk/services/care-for-adults/advice-for-vulnerable-adults/>

<https://www.buckscc.gov.uk/services/health-and-wellbeing/public-health/>

<https://www.mind.org.uk/information-support/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

<https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support>

<https://www.aylesburyspace.co.uk/>