



24th March 2020

Dear Parents,

Thank you for your help, support and kind messages over the past few days. The current circumstances are extremely challenging and our thoughts are with those of you who are most affected which, increasingly, is all of us! There are daily concerns and worries for us to adjust to and we are all doing our best to keep up.

As you are aware, each teacher is setting activities via Class DoJo but please don't add to an already stressful situation by expecting your child to complete these, especially if you have several children with you, whilst you are also trying to work from home. We understand the pressure that many of you are under and are sending them to you as suggestions and hope that they are helpful in providing some sort of structure during these uncertain times. If you would prefer not to do them, have other things you would like to do or just can't manage it that day, we completely understand. These are unprecedented times for all of us and our main priority is to keep ourselves, families and the wider community as safe as possible by reducing the risk of the virus spreading.

Here are some other suggestions to help keep you going:

<p>Routine can help!</p> 	<p>Enjoy fresh air and outdoor spaces when you can.</p> 	<p>Be flexible. If the weather is sunny, make the most of it.</p> 	<p>Exercise is really important. Try to be active for 60 minutes each day.</p> 
<p>Working on a 1:1 basis can be more intensive than that in a class.</p> <p>Learning sessions do not need to last a specific length of time.</p>	<p>Contact your child's teacher via Class DoJo if you need help with learning tasks.</p> 	<p>Eat well and stay hydrated.</p> 	<p>Less is sometimes more.</p> <p>Don't worry if you can't get everything done. In fact, don't worry if you don't get ANYTHING done!</p>
<p>Keep in touch digitally with friends and family.</p> 	<p>Find ways to relax and be creative. Make time for things that you enjoy.</p> 		<p>Have fun if you can.</p> 

On a positive note, some of the clothes have arrived in Sierra Leone and here is a picture of one year old Isaac wearing a Liverpool shirt! We will be sending out more clothes as soon as we can.



We are accessible via Class DoJo and are checking emails regularly so please don't feel that you are on your own. There will be good and bad days ahead for all of us and we are here if you need us.

Our thoughts are with all critical workers across our community, both near and far.

Take care

With best wishes,

Sarah Beveridge