

Beck Row Primary Academy Newsletter



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During the period of the lockdown due to the COVID 19 pandemic, I know many of you have been working hard with the children, to keep up to date with the home learning we are setting up weekly. Thank you to all of the parents and pupils who have been sharing this learning with the staff. I know I speak on behalf of all the staff here, to say that we are missing working with your children each day and are enjoying seeing all the exciting things they have been up to. Please therefore keep the updates coming in via the emails to each Key Stage or for those of you in Early Years via Tapestry. We are updating the Home Learning activities on the website on a weekly basis, with new learning going onto the website each Friday afternoon for the next week. Please remember that we do not expect that every child has completed all of their work each week, work at your child's pace, and remember that should you find your child is really struggling, the teachers are checking the email addresses and will do what they can to help. Most of all, I hope in these very uncertain times, you and your families are able to enjoy some family time, and that you all stay safe and look after each other. We look forward to a time, whenever that may be, when we will be able to see you all, safe and sound, back at the academy.

Mrs R. King

Email addresses for the teaching staff:

Early Years – EYFS@beckrow.attrust.org.uk

Key Stage 1 (Years 1 and 2) – keystage1@beckrow.attrust.org.uk

Lower Key Stage 2 (Years 3 and 4) – year3and4@beckrow.attrust.org.uk

Upper Key Stage 2 (Years 5 and 6) – year5and6@beckrow.attrust.org.uk

Mrs C. Harmsworth's Wellbeing Tips

During these uncertain times, it's so important to take time to look after your own wellbeing in order to support your children's wellbeing too – easier said than done though when juggling work, parenting and home learning, I know!! Thankfully, there are so many wonderful resources available to support parents and children during the lockdown. Here are just a few that you might find helpful and fun:

· Five Ways to Wellbeing – to care for our wellbeing we need to understand it.

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

· Tips for managing family life in isolation: <https://youngminds.org.uk/blog/a-parents-tips-for-managing-family-life-in-isolation/>

· A wellbeing calendar for May lists different simple activities to do each day to boost wellbeing: <https://www.elsa-support.co.uk/elsa-support-may-wellbeing-calendar/>

· Here's a 4 minute tutorial on how to paint "dandelion clocks" with everyday household items – if you do get the chance to do one with your child, think about some wishes (for either now or after lockdown) and add them to your paintings too: <https://youtu.be/FpVlOpciq2Y>

Remember, you can still email me for support and I will do my best to help. Take care of yourselves and stay safe.

Claire Harmsworth

Pastoral Support Officer (claire.harmsworth@beckrow.attrust.org.uk)