

# Offwell C of E Primary School

Our Core Values: Honesty, Loyalty, Caring, Sharing and Forgiveness.



Dear Families and Friends,

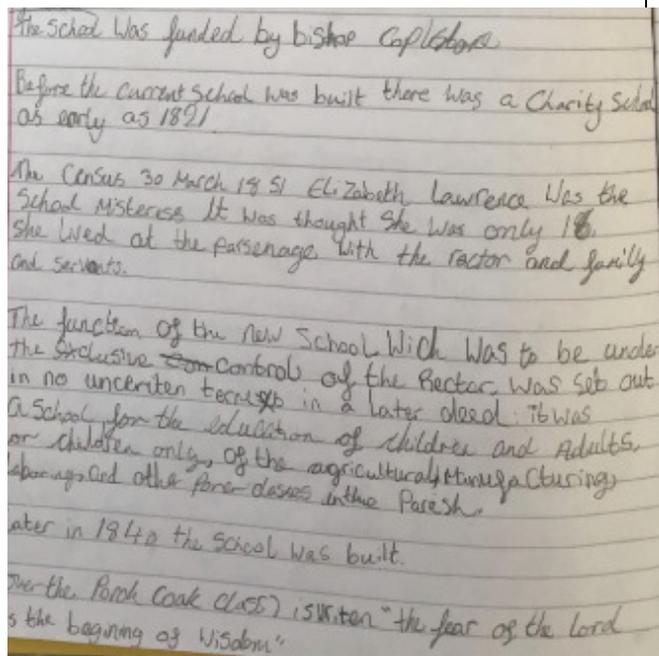
Welcome back to you all. I know most of us are not back at school after Easter, but we are still here for you, even though you need to be at home for now. I hope that you were able to enjoy some sun and some chocolate over Easter (although we all know that can be a messy combination!). In some ways, it feels good to return to some semblance of our normal school routine, even if we are apart.

Lent has passed - a period when we give things up, symbolically preparing for the challenge of Easter – and I don't know about you, but I have become very aware of the little things I realise I had taken for granted. Simple walks around the garden have become really important (as have loo rolls, oddly!). Up to now, I have been blessed to have something to get up for in the morning that I feel is worthwhile; I have also been lucky to have been able to go to the beach, or walk in the fields and woods if I please; and to hug my family whenever they were close: I realise these are the greatest gifts anyone can have. I have been trying to accept they are not things I can do now, for a very important reason, but I promise to cherish them, when I can again.

What do you miss most?  
What will you really try to appreciate when things return to normal? I'd like to know what your wish list would be...

Some of you have shared your brilliant creativity and activity – thank you – it is great to see what you have been doing! Many of our Reception children have made beautiful, colourful rainbows to share with us. Because a rainbow is formed by the Sun, shining through the rain (at exactly 42 degrees!), they form symbols of hope and renewal, which we can all appreciate.

Chloe has found out fascinating facts about our school's history! I wonder how many of you noticed the phrase written over our door...and Tilly has been busy too!



Jessica has found that reading to her puppies makes everyone happy; it certainly made me smile!

**We will continue to post our Home Learning Projects each week.** Please do not feel your child must be working every hour! They, like us, will be needing to adjust to learning differently – a basic routine will be beneficial for when we return, but make it fit your family. For example, each session of learning activity, can be broken up with other activities, such as games, play, drawing; life is all about learning! For any support with home learning, work you would like to share, or any questions or suggestions, please contact us via [admin@offwell-primary.devon.sch.uk](mailto:admin@offwell-primary.devon.sch.uk).

**Next week, we will be sending out information about our extended offer, while school is closed for the next few weeks, to allow for better two-way communication between teachers and their classes, so please look out for an extra, important email, as we need you to respond.** Please leave a message on our answerphone (we are in each week) if you have any email issues.



# Offwell C of E Primary School

Our Core Values: Honesty, Loyalty, Caring, Sharing and Forgiveness.



## Resources to help us **Be Well**; **Learn Well** and **Live Well**:

**Parent Hub** – support for parents, to help you with the everyday challenges of being a parent, and all that entails! In case you missed it in the last newsletter, the flyer is attached to this email and will be linked on our website.

**Expanded Wellbeing Toolkit** – some great ideas in this accessible pack, full of mental health support, sent as an attachment/on our website. This will also be available via our website.

**Free access to support Parents:** Pearson Primary are offering free access to a range of teaching and learning resources on their Activelearn Primary platform. To access this free resource, you will need to complete the online request form: Primary Support

**Devon Information and Advice Service for parents/ DIAS:** FAQs on [DIAS website](#) to help answer the common questions parents have about helping their child with additional needs while at home.

**Coronavirus confusion?** Attached is a clear, brilliantly illustrated book – **Coronavirus; a book for Children** - also available on our website, which helps explain the virus and why we are all staying safely away from each other. There is also some new information on [Coronus support and resources](#) which includes information for children and young people, managing anxiety, managing the days at home, learning resources and support for parents.

**Support for parents and learners - Nature Detectives:** An opportunity for children and young people to become Nature Detectives. There are a number of organisations and websites who provide a variety of safe nature discovery activities. Providing children with fun activities to undertake whilst on their daily walk. <https://exeter.anglican.org/schools/coronavirus-resources/>

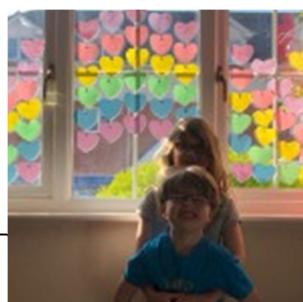
**Family Fun Cooking:** Encouraging families to cook healthy meals together and tackle food poverty. <https://exeter.anglican.org/new-family-fun-cooking-club-launched-to-help-families-eat-well-and-cooktogether/>

**Online safety:** Now, when we are asking parents to supervise the work we have set, our children may be spending more time online than usual – especially when we are unable to visit places in the 'real world'. Here are a few resources to support you and your child in developing a good e-safety approach to the online world.

Whether your children are younger or in their teens, the Family Link app lets you set digital ground rules to help guide them as they learn, play, and explore online. <https://families.google.com/familylink/>

*'Be healthy in body and strong in spirit and may all go well with you..'*

Lorna Legg



## General Well-being Tips:

- Stress and anxiety in such an unusual and unpredictable situation is normal.
- Children can sometimes believe that they are responsible for events that are beyond their control – reassure them that it is the adults' job to keep them safe.
- Friendships are key to maintaining resilience for children, so help them to maintain these relationships through phone calls, online communication, and writing letters.
- Having a routine and structure helps children to feel secure in uncertain times.
- Restrict access to rolling news coverage – good advice for us all!
- Play is fundamental to the wellbeing and development of children of all ages, and a great way to reduce stress in adults 😊

