

Recreation Road Infant School



Newsletter



7 April 2020

Looking after ourselves and our families

Life has taken an unexpected turn for all of us during the past few weeks and I think that many of us are still adjusting to our new realities. We've all had to adjust to living and learning in a different way and, at least in my experience, change can be challenging. The top priority for all of us at the moment has to be staying safe, and this is the main focus of this newsletter.

Professional advice

While, rightly, there has been a focus on physical safety, our emotional health and safety is equally if not more important. The Norfolk and Suffolk Under 14s Child and Family Mental Health Service has provided some excellent guidance for promoting good physical and emotional health during these challenging times and they make seven key recommendations, which I've drawn upon and embellished below:

- 1. Maintain a routine.** Our bodies appreciate it and our minds can be calmed by the predictability of it.
- 2. Eat well.** Being at home more means easier access to 'treats'. These can make mood and energy levels fluctuate. Try to maintain a family eating routine and choose nourishing food. See www.nhs.uk/change4life for tips and ideas.
- 3. Sleep well.** Good sleep promotes good physical and emotional wellbeing. Again, having a routine helps. If you or your family are finding sleep difficult see www.youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems for tips and advice.
- 4. Keep active.** Meaningful activity is important for mental health. You can use the learning activities provided by the school as a guide and make sure you get some physical activity too.
- 5. Keep learning.** Learning is good for confidence and can reduce boredom. The school will continue to provide some learning activity ideas after Easter to support learning at home, but feel free to follow your family's specific learning needs and interests as well. Please remember: it's important that learning remains relevant and fun – what the school provides is only guidance. Also please bear in mind that home learning can be very intense, for you and for children. When it all gets too much, give them and yourselves a break (literally and metaphorically!).
- 6. Keep in touch.** There are many ways to communicate safely while social distancing, and remember that members of the school team are available every day through Easter and beyond if you need help or support. You can email us at office@recreationroad.norfolk.sch.uk or interact with us through twitter (@RecRoadInfants and @RecRoadRadio). It's great for us to see and hear what you're getting up to.

Also, please look out for our regular Rec Road Radio podcasts, with interactive quizzes and activities featuring different members of the school team. More information can be found here:

<http://rrisdigitalleaders.primaryblogger.co.uk/rec-road-radio/>

Some young children can find audio and video calls challenging, so please don't read too much into it if they don't want to keep in contact with friends and family using these media.

- 7. Stay informed, not overwhelmed.** While it's important to keep updated, notice any urges to keep checking what's going on. If you're feeling overwhelmed, perhaps restrict your access to social media / news updates and encourage alternative conversations with friends and family.

For further advice on maintaining your family's wellbeing, please visit <http://www.recreationroad.com/wellbeing/> and please take care of yourselves.

Online safety at home

ThinkuKnow has created a special area to support parents during COVID-19 and the closure of schools. Every fortnight, they will be releasing new home activity packs with two simple 15 minute activities you can do with your child to support their online safety. Packs are available for children from 4 to 14+. You can download your packs here:

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

Internet privacy: advice for parents

This article contains advice about improving your privacy online:

<https://www.saferinternet.org.uk/blog/improve-your-privacy-online-advice-parents-and-professionals>

The Digital Family Pledge

Vodafone has developed a free online tool to set good digital habits. It is aimed at families with children aged 5-13. Please see below:

www.vodafone.co.uk/familypledge

Looking for age appropriate online content?

The school is maintaining a collection of online learning links:

<http://www.draggo.com/recroadinfants>

Also the 'Good Play Guide' helps you to find age appropriate apps and filter by app type, price and device. It's really useful.

www.goodplayguide.com/good-app-guide

Finally - thank you!

I'd like to express our heartfelt thanks to you all for the wonderful goodwill and support that we've received during this challenging time. Your cards and messages have been very much appreciated as we too get our heads around this new reality. You're such a lovely bunch and we miss you all!