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Weekly information for Parents and Carers – Easter Holidays Overview

Dear families,

Happy Easter! We hope this week sees you well and healthy and you have settled into a new routine.

For the next two weeks we have altered our home learning to fit in with the Easter break. Rather than having individual year group weekly overviews we have created some whole school ‘egg-citing’ things for you to play, do and make as a family! Please see the additional attachments to pick and choose the activities that your children like; work together and enjoy the different types of activities for the whole family. If you would like any further guidance please do let your children’s class teachers know during the “keeping in touch” calls, they make and/or via your child’s class email.

Competitions

There are some competitions to take part in so please get creative and have fun, please see the additional “Hassocks Infant School – Easter Competition – WC 6.4.20” document.

Competitions at Hassocks Infant School are follows:

- Plant a sunflower seed
- Easter Bonnets
- Reading challenge

Staying Active - PE

Stay active and have fun over the holidays! See our PE Home Learning page on our website for some activities to develop fine and gross motor skills and test your quick feet, throwing and coordination with ideas for games to play with all the family. Look out for the videos from our fab PE specialists, Abi and Jenny, to stay moving and keep your bodies and brains happy and healthy - keep egg-ercising!

The videos and resources can be found here:

<https://www.hassocks.w-sussex.sch.uk/page/?title=PE+Home+learning&pid=126>

Twitter

We would love you to upload your learning to our Twitter feed @HassocksInfant or email using the class email addresses below.

Please visit our twitter page by following the below link: <https://twitter.com/hassocksinfant?lang=en>

Top Tips for Families

We understand that this is a completely unknown for many of you and want to reassure and support you however we can. Teachers will continue phoning and feel free to email with any queries or questions or just for a chat whenever you need.

Below are some simple tips to help support you and your family at this challenging time -

- Keep it simple – little and often works much better than expecting your child to sit and concentrate for longer times.
- Follow your child's interests – let them lead you in their learning.
- If your child seems worried, it may be good to distract them with something that takes their mind off their worries. You might also want to set aside 10-15 minutes each day for them to talk about any worries, and for you to reassure them. Zen den and cosmic kids Yoga are useful sites to help find some calm.
- Don't underestimate the power of play! Do nice things together and keep active. Do some exercise together or do other things that you know most of you like.
- Try to have a routine. Plan out roughly what you will do each day and try to stick to it. Timetable time for breaks, creative time and relaxation. Routines in everyday life provide security and stability. Find a good balance between time together, screen time and time to just relax.
- Keep in contact with family and friends (Try Facetime, Skype WhatsApp, Zoom) This will help children connect with others and reassure them that others are well.
- You may need to talk to your children and answer their questions about what is happening. Remember to keep things positive and give children hope. For example, tell children that now many people are working to make this better and that even though it is serious, everyone is doing their best to help people. Remind them that this won't last forever.
- Make a note everyday of something your child has enjoyed or something positive that happened. Make a note of it and pop it in a pot - at the end of the week read all the positive things that have happened during the week.

Supporting Mental Health

The Department for Education (DfE) has published advice focusing on ways to support the mental health and wellbeing of children and young people. Please follow the link to find out more:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

More support and guidance for families can be found on our school website. There are attached documents in the "Top Tips for learning/parents" area which suggest a range of resources to support your children's understanding of coronavirus and the current changes in a child friendly way. Please follow the link and see the attachments at the bottom of the page:

<https://www.hassocks.w-sussex.sch.uk/page/?title=Top+tips+for+learning&pid=127>

A Farewell to Mrs Marshall

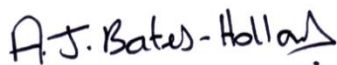
Some of you may be aware that Mrs Marshall is leaving us at the end of this term. We were hoping to saying goodbye to Mrs Marshall and to thank her for her 16 years of support for the school. Mrs Marshall has supported many children and families during her time at Hassocks Infant School and she will be missed by all of the children, staff and families. She has also inspired and nurtured many young musicians through her ukulele teaching. I'm sure you will all join us in wishing Jill the very best for her future. When we return to school, we will organise an opportunity to say goodbye properly.

“Keeping in Touch” calls

Please be aware that when the staff are making their “Keeping in Touch” calls to families, they will be from a withheld number.

Finally remember that people react differently to significant events, so take time to talk to each other, as a parent you may be concerned yourself. Take care of yourself and make sure you have breaks, time to relax, and please remember we are here if you need help, support or just a chat.

Best wishes,

A handwritten signature in black ink that reads "A.J. Bates-Holland" with a stylized flourish at the end.

Adrian Bates-Holland

Headteacher