



# Wellbeing for All



## Remote Learning

After several immensely difficult weeks for our children and families, I want to start off by saying an enormous thank you to you all. It is clear to see from the responses to our survey that families have so many different struggles that they are facing and that levels of anxiety are high in the community.

Here are two things to bear in mind...

**Firstly, the first and most important outcome is that we all survive this pandemic, both mentally and physically.**

**The wellbeing of every child supports their development just as much as the academic knowledge that they gain.**

These statements are not an excuse for all of us not to help children to do their best to keep up with their school work but for those that are finding things difficult at the moment, please do keep them at the forefront of your mind.

Remote learning is there to support you and your children at home whilst, as a whole nation, we work on getting this virus under control. If you do not log onto every live session or they do not fit into your work schedule, then please do not stress. If you need the children to engage with the CBBC TV sessions for a whole morning and to keep themselves occupied with lego creations in the afternoon, then that is ok.

However, we do not want them to do this every day as some daily learning will really help them to progress. This might only be completing one of the tasks that we have set but that will make a difference and that is really important.

We are setting tasks for your children every day which can be used as a menu of activities. For some children, the tasks may be too easy and you may want to supplement with your own work. This is absolutely fine! For some children, the tasks we set may be too hard and you might not want them to complete them. This is also absolutely fine. Please let us know either way and we can support you in your way forward. When setting tasks, we have to be mindful that children are experiencing vastly different levels of support at home. We are not able to teach in the way that we would do in school and children are not learning in the same way either. Do what is needed for your children, without guilt.

This lockdown is about balance. Balance the work we set at school with exercise, with screen-free time, with art and craft activities and with your own work and household demands. Do not feel guilty about what you can and can't complete with your children. We know that every family situation is different and that each household has a different capacity for completing remote learning. When we are back together again, we will work with your children and help them to catch up and fill in any gaps that they might have. Educationally, we will work together and make it okay again in the end.

## Places in School

Last weekend we had a positive case of COVID reported and we know from the local data that cases in the community are high. We **must and want to have** in school the children of critical workers to enable those parents and carers to continue with their essential work. These children need to be in the smallest possible groups to minimise the risk of them having covid and passing this on to those critical workers and also to reduce the risk in the whole community. Therefore, I ask you to review again whether your child **needs** to be in school.

**The government advice is clear—keep your child(ren) home if you can and when you can.**

Therefore, please let us know that you no longer need the place or if you can keep your child at home on some days. We appreciate that your circumstances may have changed and you might now be furloughed from your job or your working hours have changed. If that is the case, your child, other children in school, our school staff and our wider community will be safer if your child stays at home when they can.

You will see from the Remote Learning message above, that we recognise the challenges and want to support our families where learning is done at home. It is important that, as a school, we provide a sliding scale of remote learning but we know that this is not practicably possible for many children and families and we will support every child to reach their potential again when we all return to school together.

# 100 Things to do indoors

[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)



1. Make non-cook playdough, then have a Dough Disco
2. Paint our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga [www.robertrivest.com](http://www.robertrivest.com)
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a scrunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mather Brown



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



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