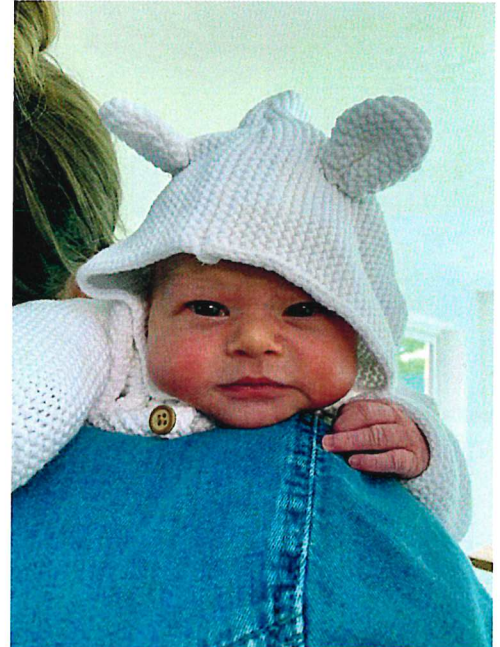


Dear Parent/Guardian

Moving forward it is my plan to send home a weekly newsletter in order to keep you as up to date as I possibly can. Please don't hesitate to contact me if you need a question answered or you are unsure about something.

I hope that you continue to keep well and that you are able to enjoy, supporting your children as they complete their Seesaw activities. We have had lots of very positive feedback but please don't allow Seesaw to become a source of stress or difficulty, touch base with the teacher or myself. Any feedback is very welcome as we continue to review and evaluate how we manage Seesaw. We are here to support and help you as you take on this difficult role of home-schooling.

- **Bank Holiday** – Friday 8 May is a bank holiday and therefore the teachers won't send home any Seesaw work. Use Friday as a day to catch up if you need to or even better as a complete day off! Having a structured timetable and making the most of days off is really important for the children, but also for you. I have included a poster from **AWARE** highlighting the importance of looking after your own mental health whilst home-schooling. School will also be closed on Friday 8 May and this will enable Mr Brown to have a day off. I really appreciate that Mr Brown has opened the school and worked every day since school closed on Friday 20 March. **THANKYOU MR BROWN!**
- **Amazing Staff** – I also want to say a huge thank you to our amazing staff, some of whom are working from home and some who are regularly in school to supervise the children of key workers who attend each day. They have also worked so hard and continue to work so hard, preparing & uploading activities for Seesaw. I know that they also spend a lot of time responding individually to the children and to you as tasks are completed. You may be aware that Tom Morton (the husband of June Morton, Y1 classroom assistant with Mrs Parkes) was very seriously ill with COVID-19. We are absolutely delighted that Tom is home and although very weak is making a slow but steady recovery. At the beginning of the school closure Mrs Graham (Y3) became very unwell and had surgery to remove her appendix as it was ruptured, the surgeon commented that she was a 'very lucky girl'. She is making a steady recovery. And finally, Ms Maguire has unfortunately fractured her ankle!!! Not quite finally, as we are delighted that Mrs Hagan gave birth to a baby girl, Olivia (isn't she just absolutely gorgeous). Mum and baby are doing very well, although Olivia's poor grandparents can't even get a cuddle yet!!
- **Other Websites** – I provide these websites to be used in addition to Seesaw activities (if you want to) but it is really important that children are not overloaded with work.



- Oak National Academy – www.thenational.academy (this website is based on the English school system so don't forget that their Reception is our Y1 and their Y1 is our Y2 etc)
- www.booktrust.org.uk/hometime (focus on reading & associated activities)

- **Sentinus** – Each week Sentinus post some STEM (Science, Technology, Engineering & Maths) activities. I have included one for the children to complete if they have a minute! This is a simple activity that will get the children (and yourself) thinking. If your child enjoys STEM activities, then Sentinus is a good place to look.
- **Nursery and Y1 Applications** - The parents of prospective Nursery & Y1 pupils will have received their acceptance letters from both the Education Authority and the school this week. I would ask parents to confirm their place by Tuesday 12 May. Please email Mrs Lowry at elowry738@c2kni.net. If you haven't received your letters and you were expecting to, please contact me. Underage Nursery children won't receive their letters until June.

Parent Survey – A research team based in the UNESCO Centre, School of Education, Ulster University would like to find out more about parents' perspectives and experiences of supporting their child's learning at home during the COVID-19 pandemic. The survey will be live for parents to complete from 20 April to 15 May and can be accessed at:

<https://www.surveymonkey.co.uk/r/primaryparentsNI>

It is hoped that the data provided by parents will yield valuable insight into these unique circumstances and, in doing so, will provide the basis for further research as management of the pandemic unfolds in the weeks and months ahead. If you have any queries regarding the survey, contact:

Dr Una O'Connor Bones, Senior Lecturer, UNESCO Centre, School of Education, Ulster University, Coleraine, BT52 1SA. Tel: 02870-124202. Email: ub.oconnor@ulster.ac.uk

If there is anything that we as a school community can do to support or help you in any way, please contact me. I am in school each Monday, Wednesday & Friday. I work from home on a Tuesday & Thursday. Please don't hesitate to contact me by phone or by email:

02893353280 or info@whiteheadps.whitehead.ni.sch.uk

Stay Safe & SHINE

Mr Loughins

Looking after your mental health whilst home-schooling



TRY NOT TO STRESS - You don't have to take on the teacher's role. Focus on activities that will help stimulate the brain but also enable you and your kids to have fun in the process like reading, puzzles and arts and crafts.



ESTABLISH A ROUTINE - Studies show young people work better when they are in a routine. Why not create a simple timetable for the week? Take regular breaks and make time for exercise even from the comfort of your living room.



EAT A BALANCED DIET - This is essential for healthy brain function so try to include a variety of healthy foods in your family's diet. Get the kids involved by making a new recipe or baking some healthy treats!



GET CREATIVE - This is a great opportunity for you and your little ones to get creative. Create a poster about your favourite book, write a poem or use those extra loo roll tubes to make an art masterpiece!!



TAKE TIME FOR YOU! - Take time to look after yourself. Lead by example by eating healthily, taking part in physical exercise and relax by doing something that makes you happy.

'Cluedo'

Mr and Mrs Green, Mr and Mrs Brown and Mr and Mrs White sit in a railway carriage.

There are three seats on each side facing each other.

No man sits next to, or opposite, his wife.

No man sits next to another man.

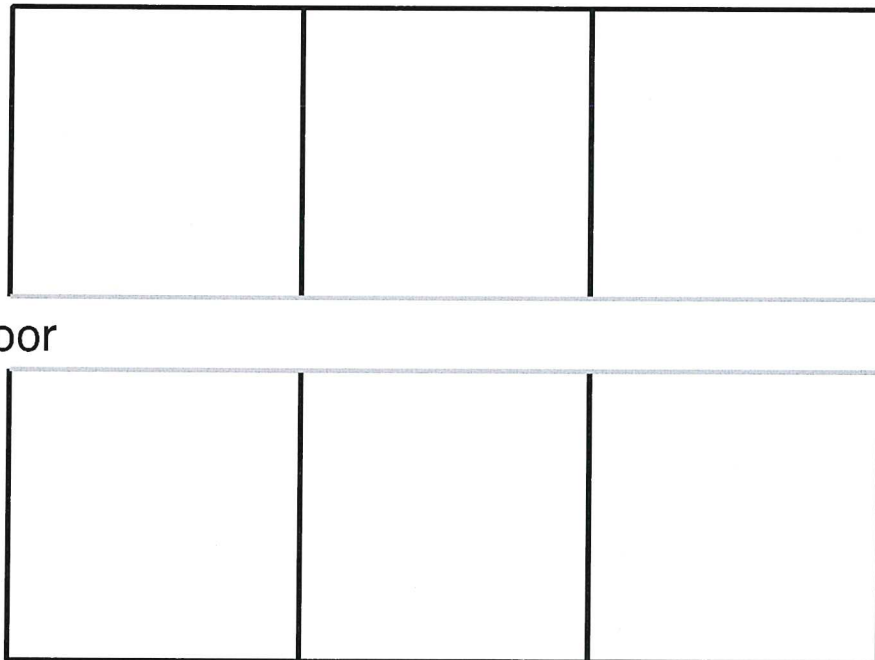
Mr Green is neither next to, nor opposite, Mrs Brown.

Mr White is not by the door.



Corridor

Door



Place the people in their correct seats.

