

Hello everyone

All of the staff at Priory Woods know what a tricky time we now face, regrettably having to stop them from coming in to school to keep them, and your families, as safe and healthy as possible.

We know looking after children all day can be a challenge. Even we find it hard sometimes and there are more of us and lots of coffee!

To try to help you at this tricky and challenging time we have put together a little activity pack for you to give to your child and even work on with them. It is not a requirement that they complete this pack but they should feel free to bring it back to school with them when we return to show us, and their classmates, all that they have been doing.

The biggest rule of all with this pack is to use it as and how you feel fit to do so. As parents you need to look after yourselves primarily so that you have the energy, patience and emotional resilience to be able to help your little people.

A schedule and a structure to the day is what your children are used to at school. The structure alone helps children to feel safe and secure, knowing when they are getting breaks, leisure time and food is always important to them and this should be brought into life at home where possible. We have included a possible schedule for you to use with your child - or even better, negotiate your own with them - that should be fun!

There are hundreds of resources to use on line. Please check the Priory Woods School website for useful links, ideas and activities.

The main bit of advice that we could give you is to use this unexpected break to your advantage. Take the time to teach children lessons they may not learn in school....bake with them, build dens with them, teach them about gardening....all of this is learning. The biggest resource for your child is you. The relationship that you have with them is what will keep them emotionally healthy and happy. Look after yourselves

too....allow yourselves a break. Allow your young people some time on screens if that is what they want but limit this. Ideally one to two hours every day is the maximum that is recommended for children. The levels of dopamine induced by screens can negatively affect their systems so make sure if they are on screens have equal time in creative play or time outside to balance this out. Play, love and learn - be as creative as you can, use Lego, playdough, face paints, paints.... You might even enjoy it yourselves!

Possible share your ideas on XXXXXX

We as a staff aim to be here for you as much as possible.

We will be keeping you in our thoughts and will be trying to keep in contact with your children as much as we can. Please remember that not coming to school may feel like a loss to our children and so please reassure them that they will be coming back to school and we will be waiting for them with great big smiles on our faces.

Thank you and we will see you all soon.