



Dear Parents,

We hope that these first two weeks at home with the children have gone well for you all. Grassington Primary continues to remain open for all critical worker children in the federation, with a reduced rota of staff. Having such a wide range of staff who are flexible, understanding and compassionate have meant that we can support our community of critical workers in these challenging times – thank you to all involved.

We will continue to open to those critical key workers over the two week Easter holidays for childcare provision. Work sent home from your child's class teacher, for home learning, will not be sent during this time. We are sure that the children have other things to focus on during this time.



Mrs Allen, our cookery teacher, has put together a pack of resources for Easter and Eid-themed cooking and baking for children to enjoy with their family. You will find these on our home learning page (see below).

After Easter we will post home learning activities on The Upper Wharfedale Federation website: <https://theupperwharfedaleprimaryfederation.co.uk/>

Please click on Home Learning section to access. There are a range of activities for the children to focus on from English and maths to history and creative projects.

New email addresses – stay connected to your child's class teacher:

Class 1 teachers: KS1@uwpf.n-yorks.sch.uk

Class 2/3 teachers: KS2@uwpf.n-yorks.sch.uk

From Monday 20th April you can contact your child's class teacher at the above email addresses. Please write your child's class teachers name in the subject bar, for example, FAO: Miss Smith. If you need help or advice then please email us and we will get back to you as soon as we can between the hours of 9am and 4pm, Monday to Friday, term-time. The teachers may not be able to get back to you on that same day, this may be because they are sick or looking after a sick family member or looking after their own children. But rest assured, they will reply as soon as they can.

How can parents look out for each other and make sure their children stay healthy and happy?

- **Maintain a routine**

It can be hard to maintain a routine for both adults and children when you face an entire day spent in the house - things quickly become unstructured. Trying to mimic a classroom environment at home just isn't going to work, but setting out roughly what you plan to do each day will really help.

Research on home schooling suggests that parents try and stick to a structure and routine of some kind. Older children can create a timetable to help them structure their days.

Claire Goodwin-Fee, a psychotherapy practitioner, says holding a family meeting where everyone can discuss the changes taking place at home is important. Children may have questions and it's important that parents take the time to explain the coronavirus outbreak in an age-appropriate way.

Ensuring that children maintain a routine throughout the coming weeks and months will be vital but Sam Cartwright-Hatton, professor of clinical child psychology at the University of Sussex, also stresses the importance of flexibility and says parents should avoid an overly top-down approach to planning.

- **Exercise and activity**

Most people know that exercise improves physical and mental health. Children need to do two types of physical activity each week in order to stay healthy, according to official NHS guidance. This includes aerobic exercise, such as running, as well as exercises to strengthen their muscles and bones.

Aim for an average of at least 60 minutes of moderate-intensity physical activity a day across the week, the advice states. "Take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones."



The guidance also asks parents to reduce the time their children spend sitting or lying down and break up long periods of not moving with some form of activity, such as walking. "Aim to spread the activity throughout the day. All activities should make you breathe faster and feel warmer", it adds.

Spending time outside is also important during this time, whether that is going for a family walk/cycle or simply playing in the garden. Kitty sent us a lovely photo of her enchanting fairy garden she made this week.

Dancing can also help children keep active. You can create music playlists together and learn routines or follow a routine by online body coach Joe Wicks.

Focused activities such as puzzles and building Lego constructions can help keep children occupied while arts and crafts help them stay creative. But remember that these methods won't work for every child. We all know our children are different and enjoy different things, try and support your children by playing to their strength.

- **Social Interaction**

Children will undoubtedly miss their friends during this time. Most households are fortunate to have technology to fill this void. There are a number of apps such as WhatsApp, Skype and Zoom which children can use to stay connected or discuss their projects.

In addition, children can email their class teachers and show them what they have been up to and ask for advice.

Whilst technology have many benefits, please ensure you keep your children safe online by setting the appropriate filters and monitoring the content. The following websites have useful guidance on this:

<https://www.thinkuknow.co.uk/parents/>

https://www.parentsprotect.co.uk/internet-safety-handouts-for-parents-and-children.htm?gclid=EAlaIQobChMIq-7a3uLJ6AIVFJzVCh0RFgYHEAAYASAAEgKY_D_BwE

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Happy Birthday



We would like to say 'Many Happy Returns on your Birthday' to:-

Alex, Blaine and Carys from Burnsall

Sylvan, Jack, Ellis and Riley from Cracoe

Aaron, Reuben and Georgia from Grassington

The children's birthdays fall between 30th March and 24th April

We would love to see and hear about what you are doing and share this on our Facebook page or newsletter. If you would like to do so then please email your school administrator.

We really miss all of the children and would be lovely to hear how they are getting on.

Please take care and stay safe,

Kind regards

Ella Besharati & Chris Boxall
Executive Headteachers
UWPF