



Upper Beeding Primary School

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Website: <https://upper-beeding.eschools.co.uk/web>

Headteacher: Mrs R Linford

Friday 17th April 2020

Dear Parents/Carers

I hope that, despite these challenging circumstances, you have managed to stay safe and enjoy the Easter holiday break. School has been open for childcare over the last two weeks and will continue to be over the coming weeks as directed by the Government. I would like to thank everyone for their support and communications over the last few weeks and we all really appreciate the children and parents getting in touch with us.

Home Learning

The VLE class pages will have more home learning activities, ideas and links for your children from **Tuesday 21st April**.



- We hope that children will continue to access the learning materials regularly throughout the working week and complete tasks suggested over a period of time. These are being regularly updated and checked.
- Children can send work to their class teacher **electronically** if possible and we will be tweeting some of the work sent in.
- If you need to contact your class teacher or you need any help with the activities being set, please send them a message on the VLE or email the Office. They will respond as soon as they can.
- **Can all children send their class teacher a message on the VLE this week, just so we know they are able to access the materials on the class page and that they are safe and well.**

Upper Beeding Primary School Website

We have added a new section under [Parents](#) called [Home Learning](#). This has a variety of suggestions for you about how to support both your child's and your own well-being with ideas on structuring your day for home learning once term time starts.

We also have a lovely new short video capturing some of the wonderful comments from our Parent Survey. Thank you to everyone for the many positive comments we received. We really value them.

VLE

If you are still having problems accessing the VLE as you have lost or forgotten your password, please email the Office at office@upperbeeding.w-sussex.sch.uk and we will do our best to help you with logins and passwords.

FSM Vouchers

Thank you for your patience with the Government led voucher scheme. We are aware that there have been significant time delays in you receiving your voucher and/or redeeming it. The Government are aware of this and have advised us the company managing the website and scheme are working on it! *Please be aware, if your child is in school for childcare, you will not receive a voucher for that week as they will be provided with a free lunch.*



Childcare

If at any point your family circumstances change and you fall into one of the Key Worker categories where it is essential you have childcare, please communicate this information by emailing the Office with the completed form that was sent out to all parents on Tuesday 14th April. If you are unable to send us an email, please telephone us on **01903 812288** to let us know when you can collect a form. Please leave a message if necessary.

It is really helpful for us to have this information as soon as possible so we can ensure we have enough staff in school to meet the needs of the children we have in our care and ensure we follow Covid-19 guidelines.



Latest guidance from the Government regarding Covid-19 is:

1. Stay at home
2. Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
3. Stay 2 metres (6ft) away from other people
4. Wash your hands as soon as you get home

Safeguarding: Stay in touch if you have concerns

- As you are at home you may witness things/hear safeguarding issues in your street (children or adults) - you are responsible to report this. Email: MASH@westsussex.gov.uk or telephone: 01403 229900/0330 222 6664
- If we believe a child to be at risk we will contact the Multi Agencies Hub referral (MASH) and they will deal with it (contacts above). If you are unsure and want some advice contact email: ds1@upperbeeding.w-sussex.sch.uk and we will get back to you.
- You need to monitor and support your child's health. Decide when they should do school work, what work they should do, and respond to signs of anxiety or stress by lowering your expectations or focussing on wellbeing pursuits (reading, puzzles, skipping, colouring/drawing, board games, obstacle courses etc....).
- We are looking after our staff and their families with the same advice.
- With children spending potentially more time online during the lockdown and accessing the school VLE again from next week, we would like to remind you of how important it is to have guidelines and online safety in place at home. Please follow this link for information on online safety at home: <https://www.thinkuknow.co.uk/parents/support-tools/home-activityworksheets> and check out the school website for more links and information to support you.

Stay positive, keep learning

5 tips for children and families learning and living through social distancing

STICK TO A ROUTINE

Keep getting up and going to bed at set times. This is **ENORMOUSLY** important for your **mental and physical** health.

Plan your days with time for **work and play**. This will help you to stay **positive**, calm and productive.

MAKE TIME TO BE CREATIVE

Paint. Write. Bake. Play. Dance. Make.

Take time to **discover** new talents, or nurture old ones.

Find out what things the adults in your home can do and learn from them, or use the internet to discover and learn new skills. The **possibilities** are endless!

LIMIT SCREEN TIME

Tablets and computers are going to play a huge part in your learning, but don't let yourself become a **screen zombie**!

Be mindful of how you use screens and try to take lots of breaks.

Here are some tips:

1. No screens an hour before bed.
2. See if your device has a focus mode or other way to shut off addictive apps.
3. Do as many things in the real world, as you do in the virtual!

GO OUTSIDE, STAY ACTIVE

Spending time in the **sunlight** is essential for wellbeing. Make time **everyday** to be outside. If you have a garden, use it. If you don't, take walks with your family wherever you can safely.

Staying **active** is also really important. **Getting moving**, little and often, will help you keep fit, boost your mood and build your strength.

TALK, SHARE, BE GRATEFUL

The next few months will be challenging, and it's normal to have some worried feelings.

Talk to family and friends. **Share** how you feel and if you are able to, listen to others too.

If you have relatives or neighbours that are isolated, arrange with a grown up to call and check in. **Stay in touch** with friends and family via post, telephone or email.

Be grateful for each other. Now more than ever.

Thank you again for your continued support in these unprecedented times. The whole school community hopes that you and your family stay safe and well.

Best wishes

Becky Linford, Headteacher

