



Moorlands Primary School

High Expectations, High Achievements, Challenge and Enjoyment for All

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Dear Parents/Carers,

We are now nearing the end of our first week of school closures. We have seen some amazing displays of 'home schooling' in posts on social media but we wanted to write to you to reiterate that we don't expect you to set up your homes like classrooms and sometimes, especially in uncertain times, children will just need cuddles, reassurances and time. We are also very conscious that some parents will be working from home and it is difficult to give your children your full attention. And that is ok too.

We have put some top tips below to help and guide you – but please remember, this is a very unusual time for us all and there is certainly no judgement from us!

Top Tips for Surviving School Closures

Be realistic about what you can do

- **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household
- **Experiment** in the first weeks, then **take stock**. What's working and what isn't? Ask your children, involve them too
- **Share the load if there are 2 parents at home**. Split the day into 2-3 hour slots and take turns so you can do your own work. If you are on your own with the children, we understand it can be even harder. Try to connect with others if you're on your own. Twitter could provide a platform to know people are around
- **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle. Look at the links we send out, as well as the website and Twitter.

Keep to a timetable wherever possible

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
- **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
- **Check in with your children and try to keep to the timetable but be flexible**. If a task/activity is going well or they want more time, let it extend where possible
- If you have more than 1 child at home, **consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household
- **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over



- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
- **Distinguish between weekdays, weekends and holidays** to separate school life and home life. This may need to alter around your working patterns, and this is ok too

Make time for exercise and breaks throughout the day

- **Start each morning with a PE lesson** at 9am with Joe Wicks - <https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTI>
- If you have a **garden, use it regularly**. If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others)
- Get your children to **write a diary of what they did each day** – this can be a clear sign that the 'school day' has ended

Other activities to keep children engaged throughout the day

- Where you have more freedom in the timetable, **make time for other activities**. Add some creative time or watch a dance video from Go Noodle to get the heart-rate going <https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>
- Get your children to **write postcards** to their grandparents or to pen pals
- Ask **grandparents to listen to your children read** on FaceTime (or ask grandparents to read to younger children)
- **Give them chores** to do so they feel more responsible about the daily routine at home
- Ask them to **help you cook** and bake
- Accept that **they'll probably watch more TV/spend time on their phone/tablet** – that's ok but you might want to set/agree some screen time limits

Talking to children about the Corona Virus

- Kirklees have put together some useful tips and hints to help parents and carers talk to children about coronavirus. The information is taken from a range of trusted sources.

<https://kirkleestogether.co.uk/2020/03/26/talking-to-children-about-covid-19-we-can-help/>

- Here is a lovely little story to help younger children understand social distancing. https://www.youtube.com/watch?v=DA_SsZFYwOw&feature=share&app=desktop

A message from Kirklees Libraries

- In order to help and support people with having to stay at home, we've made it easier to join Kirklees Libraries. You don't have to visit a library! All you need to do is join online and you'll get a library card number and PIN. Then you'll be able to access over 20,000 free audio and e-books with new titles being added every day.
- Become a new library member at: [https://kir.ent.sirsidynix.net.uk/client/en_GB/default/search/registration/\\$N?pc=SYMWS](https://kir.ent.sirsidynix.net.uk/client/en_GB/default/search/registration/$N?pc=SYMWS)
- Then find out how to start borrowing free e-books: <https://www.overdrive.com/apps/libby/>
- If you've already got a library card there's no need to re-join. If you don't know your PIN or have can't find your card, please telephone us on 01484 414868 and we'll do our best to help.

Your child's class teacher will email you if you want to contact them, so feel free to interact there. We are building up a bank of resources on the website, but don't feel you have to complete everything. We also have a Well-Being section on the website and don't forget to connect with us on Twitter.

Best wishes to you all.

Everyone at Moorlands