



Brampton Village Primary School

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Newsletter

10th April 2020



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www.brampton.cambs.sch.uk

Dear Parents/Carers,

I hope that this finds you all well. It may not be term time but I wanted to write to keep in touch with you all and to share a number of letters and resources that have been sent to schools.

Booking Child-Care at School

We have remained open to provide care for those children of critical Key Workers and we are remaining open all through the Easter break as well. Again I am grateful to all the staff who have been able to support the children and I also know that there are many staff who are having to stay home as well – we continue to wish them all the best. Please can we ask that all bookings are made through our online booking system <https://bramptonvillage.parenteveningsystem.co.uk> as this enables us to plan the staff rota and will ensure that we have the right support in place. Parents of children in Brambles will need to email closure@brampton.cambs.sch.uk to book a place.

Free School Meals

The current crisis has had a significant impact on the financial circumstances of many families. As a result many more will now be eligible for free school meals and so schools and Local Authorities should continue to accept free school meal applications. A separate letter has been sent out with more information.

Special Educational Needs

A separate letter has been sent out with further information.

Support for Children of Single Parent Families Where the Parent has Themselves Fallen Ill

The NSPCC is available to support single parent families who are worried about the impact of the coronavirus, on their families. Go to <https://www.nspcc.org.uk/search/?query=CORONAVIRUS> for general advice. Families can also find a wide range of support in leaflets and contacts [here](#). 'Gingerbread – single parents, equal families' also has advice and helplines for parents to use. <https://www.gingerbread.org.uk/coronavirus/>.

Home Learning

We will update you with more information about home learning materials when they become available. Please remember that when contacting teachers through either Starz or email that they will respond as soon as they can unless it is during a weekend or a period of leave. They may also be unwell themselves or looking after relatives.

I wish you all a happy Easter. If there are any concerns or any other issues, please email closure@brampton.cambs.sch.uk.

Take care and stay safe.

Mr Peter Allen
Headteacher
Brampton Village Primary School



Resources and Information

We know there remains uncertainty for everyone over the current situation and we hope sending this information out helps support you. There is a lot so please do not feel that you have to look at all of it.

1. **Setting up a successful home learning environment and creating a routine** can be challenging. Here you can find an article written by teachers, sharing their tips about creating a timetable for learning at home: www.theschoolrun.com/home-learning-timetables-for-coronavirus-school-closures
2. **Anna Freud National Centre for Children and Families** has a wealth of resources to support parents and children with self-care, including advice about [goal-setting](#), [stress release](#), [distraction techniques](#), [self-talk](#) and many more things you can do if you're feeling worried, low or anxious.
3. **Exercise for Adults**
If you find online videos helpful for exercising at home, why not visit <https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/> as a starting point.
If you have limited mobility, or if you are new to home exercise, you could consider using one of these chair-based exercises here: <https://www.nhs.uk/live-well/exercise/sitting-exercises/>
4. **Further support for parents online**
Here are some more websites that you might find helpful for supporting children when schools are closed:
<https://www.nspcc.org.uk/>
<http://www.safeguardingcambspeterborough.org.uk/children-board/parents-carers/>
<https://www.keep-your-head.com/cyp>
<https://www.thinkuknow.co.uk/parents/>
<https://www.womensaid.org.uk/>
<https://www.minded.org.uk/>
5. For information about **Internet Safety**, click here <https://www.cambslearntogether.co.uk/home-learning/computing>
6. **Resources to Support Wellbeing at Home**
 - **Strengthening Minds** - [Strengthening Minds](#), a London-based organisation that supports the wellbeing of children and their families has created an excellent resource called **The Strengthening Minds Guide to Staying Home... In Style**. This free, downloadable activity pack contains information, games and activities, for families, children, teenagers and there's a section on mindfulness and wellbeing. It's definitely worth checking out. Download it from the [Strengthening Minds website](#) or from the resources section below.
 - **Nuffield Health** - **Keeping a journal and doing daily exercise** can help us to look after our wellbeing. You can download a free **Wellbeing Journal** and take part in some 15-minute exercises, created by Nuffield Health here www.nuffieldhealth.com/kidswellbeing
 - **Spread the Happiness** - **Singing and dancing** are also a great way to help us feel happy. **Spread The Happiness** have shared their Nursery Rhymes and Dough Disco videos for free, here: <https://www.spreadthehappiness.co.uk/free-tv-happy-links/>
 - **Cosmic Kids** - **Yoga and Meditation** can help children to relax and stay calm. [Cosmic Kids Yoga](#) channel on YouTube has free videos aimed at children aged 3+.
7. **PSHE Activities**
Cambridgeshire PSHE Service have created some PSHE challenges, here: <https://www.cambslearntogether.co.uk/home-learning/challenges> which you can use as conversation starters as a family when talking about how the coronavirus has impacted our lives in different ways and how it will be remembered in the future.
The PSHE Association has created a guide for parents and carers who are educating children at home. You can download the pack here: <https://www.pshe-association.org.uk/guide-parents-and-carers-educating-children-home>
Their website also contains a 'coronavirus hub' which they are adding content to regularly. <https://www.pshe-association.org.uk/content/coronavirus-hub>