



*We aim to be the school of choice at the heart of our community.*

*Through living our Christian values, all children and adults at WCEJS have the opportunity to flourish as individuals.*

*We nurture the curiosity to learn, the courage to lead and the compassion to care.*

## **Supporting Parents & Children**

Dear parents and carers,

Even though our school is currently closed to all but a few children, we are still here to support your child and your family in whatever way we can.

You might be noticing increased anxiety in your child as they are spending more time indoors with routines often far from normal. Signs might include:

- Expressing sadness, anger or fear
- Sharing false information that they're hearing from their peers or seeing online
- Wanting to talk about coronavirus all the time
- Not wanting to talk about the current situation at all
- Having trouble concentrating

We have put together some resources to help you support your child. This includes a guide to completing work at home, using our new learning platform (eSchools) and a links to many organisations that you may find useful at this time. We hope you find this information helpful.

We are extremely grateful for all the support you have shown us as we have adapted to these new circumstances, and we want to reassure you that we are continuing to develop our provision based on feedback received. If you have specific queries or concerns then please email [admin@wendoverjunior.co.uk](mailto:admin@wendoverjunior.co.uk)

We can and will get through this together.

Kind regards,

Gareth Kynaston

## Take care of yourself

It is really important right now to take care of your own physical and mental health. Children are very perceptive, and they react to what they sense from the adults around them.

Here are some things you can do to help keep yourself healthy:

- **Connect with others** – maintain relationships with people you care about through phone and video calls
- **Exercise** – take some time every day to move. You could go for a walk or run. You will also find many fitness videos online for everything from yoga to dance. Find something you enjoy and that makes you feel good
- **Eat healthy meals** – try to keep a well-balanced diet and drink enough water
- **Get some sleep** – being anxious or worried can have a big impact on your sleep. If you are struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly
- **Turn off the news** – it is important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is
- **Do things you enjoy** – now that we are all spending more time at home, we can finally take up that hobby we have always meant to learn. Try baking, gardening, or learning to knit. These are also great activities we can share with our children
- **Set goals** – it is easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book
- **Connect with the outdoors** – depending on where you live, it may not be possible to spend time outside. If you do not have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book
- **Talk to someone** – during this difficult time, sharing with family and friends how you are feeling and what you are doing to cope can be helpful for both you and them. There are also helplines you can call for support – we've included a list at the end of this pack

## How to talk to your child about what is happening

No matter how calmly you manage the current environment, children are likely to be anxious, so it is important to talk to them about what is happening.

### For younger children

Children pick up bits of information from their friends, from the news and from listening to adults talking around them – but they can misunderstand what they are hearing.

#### ➤ Deal with the news head-on and talk about it openly and calmly, giving them the facts

- Give them age-appropriate information – take a look at:
  - [BBC Newsround hub](#) – regularly updated with information and advice
  - [#covibook](#) – for under 7s
  - [Children's guide to coronavirus](#) – a download from the Children's Commissioner to help explain the situation to children
- Teach them how to know if information they find on the internet is reliable. Explain how some stories on social media may be based on rumours or inaccurate information
- Encourage them to take breaks from listening to or reading the news – overexposure isn't helpful

#### ➤ Encourage questions

- This will give them the confidence to reach out, if they have anything to ask
- Be reassuring but honest when answering questions – it's ok if you don't have all the answers
- Be ready to answer the same question over and over – children tend to repeat themselves when they're feeling uncertain or worried, so you might have to answer the same questions more than once as they seek extra reassurance

#### ➤ Be a role model

- Recognise and manage your own worries first
- Be open about your own feelings and let them know it's normal to be concerned – for example, let them know you're also finding the news a bit worrying and what you're doing to stay calm

#### ➤ Explain how our body's immune system protects us

- It is constantly working against germs without us knowing. We can't and don't need to control this process
- Explain that we're taking precautions against this particular germ because it's a new one which our bodies haven't come across before

- Remind them how important it is that they eat healthy food, sleep and exercise, as this helps to fight germs
- If it helps, reassure them that the effects of this virus on healthy young people are very mild

➤ **Keep doing your bit to help children reduce the spread of germs**

- Remind them to maintain good hygiene like bathing daily and wearing fresh clothes
- Encourage them to sing 'happy birthday' twice when they're washing their hands

### For older children

Older children will have the same anxieties about their own health and that of their family and friends as younger children. However, they are also likely to feel socially isolated and worried about the result of school closures on their education and what life will be like after the pandemic is over.

In addition to the steps above:

- **Reassure them** that when more guidance comes from the school about how grades will be awarded, you'll share this with them as soon as you have it – you could also check that they understand the information you've received so far, in case there are any points of confusion or worry that the school could help to clarify
- **Encourage them to maintain social ties** – relationships are especially important for older children, so give them room to keep in touch with their friends
- **Equip them with accurate information** – for example:
  - [Mythbusters](#) from the World Health Organization
  - [Data visualisation pack](#) from Information is Beautiful (regularly updated)
- **Share tools to help them manage anxiety**
  - YoungMinds: [practical steps to take if you're anxious about coronavirus](#)
  - Mind: [how to take care of your wellbeing when staying home](#)

## If your child struggles with higher levels of anxiety

Some children are naturally more anxious, such as those with existing phobias or obsessive-compulsive disorders. The current situation can make those anxieties worse.

- Get them to do activities such as counting, ordering and sorting tasks which can help them calm down
- Encourage them to use relaxation techniques such as controlled breathing
- Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions
- If you are worried about your child's anxiety, **YoungMinds** is a charity dedicated to children's mental health. They have opened a [parents' helpline](#) for confidential, expert advice. You can reach them at 0808 802 5544

### Helplines and websites for children and young people

If your child would like to speak with someone confidentially, there are helplines and websites specifically for him or her.

| ORGANISATION   | CONTACT INFORMATION   |
|--|---|
| <b>Shout</b><br>Free, confidential support via text, available 24/7  | Text SHOUT to 85258 in the UK to text with a <a href="#">trained crisis volunteer</a> who'll provide active listening and collaborative problem-solving   |
| <b>The Mix</b><br>Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem | <ul style="list-style-type: none"><li>• Call 0808 808 4994 for free (11am to 11pm daily)</li><li>• Access the <a href="#">online community</a></li><li>• Email <a href="#">The Mix</a></li></ul>                                  |
| <b>ChildLine</b><br>Confidential telephone counselling service for any child with a problem  | <ul style="list-style-type: none"><li>• Call 0800 1111 any time for free</li><li>• Have an <a href="#">online chat with a counsellor</a> (9am to midnight daily)</li><li>• Check out the <a href="#">message boards</a></li></ul> |

## How to make home learning work for your family


We are realistic about what pupils will be able to do during this period, and we want you to be too. You are not expected to become teachers and your children are not expected to learn as they do in school. Simply providing them with some structure at home will help them to adapt.

We are providing daily and weekly tasks for children to complete through our online platform <https://wendover.eschools.co.uk/login>. To provide a more flexible service we will set a weekly deadline from now on (12am each Sunday) so that children can work flexibly throughout the week and not feel anxious about the red 'overdue' tag that may appear on their homework schedule. Do not worry if you do not submit work every day; teachers would simply like to see some evidence each week that children are engaging with their learning. In order to help parents plan, we will now schedule work to be available the day before it needs to be done. We will remove the old homework from the system at the start of each new week, so do not worry if your child cannot see it anymore.

The platform can be accessed from mobile phones, tablets, laptops, computers and smart TVs. You can also download the app – just search for 'eSchools' and select the app with the OWL symbol. Children log onto the app with the same user name and 4 digit PIN as for the usual site – simply enter 'wendover' as the school. They can access all the tasks and resources from the app. However, they will not be able to submit completed tasks via the app.

You do not need to complete the work on an electronic device or use any particular software. The best way might be to record on paper and then take a photo of it – please do not waste time trying to format work so that it looks perfect. The example below would be more than adequate:

1a. Circle the fraction and decimal which match the picture.



☐ 0.3    ☐  $\frac{30}{100}$     ☐ 0.03


☆

2a. Match the fractions to their decimal equivalents.

|                     |      |
|---------------------|------|
| A. $\frac{40}{100}$ | 0.07 |
| B. $\frac{6}{10}$   | 0.4  |
| C. $\frac{7}{100}$  | 0.6  |

☆

YS Maths - Decimals or Fractions | 21.4.20

1a)  = 0.3 or  $\frac{30}{100}$

2a)  $\frac{40}{100} = 0.4$      $\frac{6}{10} = 0.6$      $\frac{7}{100} = 0.07$

What is important is that you following these simple steps when submitting your homework:

- To upload a file, click on the green upload homework button and select your file – make sure it appears as a blue button below 'send your homework to your teacher'
- Or write your response / copy and paste into the text box under '...or write your homework below'
- Only when you are happy should you press the green submit button, choose submit homework and then choose yes

Teachers will do their best to give feedback to all work is submitted on the day it is set. Otherwise feedback should be within 48 hours. Please make sure that any messages for teachers are entered prior to submitting the work. We are developing further ways to support children who have struggled with a particular aspect of the work through group messaging.

It is good to see that a number of children are blogging on eSchools – supporting each other on particular aspects of work or just catching up with each other. Just remember our values and make sure that all communications are respectful and helpful. Staff are able to see all the comments made and will spot check blogs to ensure that this service is being used appropriately. We hope that the class discussion facility will be available for use soon.

A simple way of saving completed work might be to create a scrapbook (paper or photo). We will not be checking on this but it is a nice way of reminding your child just how much they have done. Remember, it is not a competition, there are no prizes and you should not be expecting perfection. Maintaining a routine and learning something each day is what it is about.

The following tips are designed to help you create a positive learning environment at home. See what works best for your household.

- **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 are 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 one 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
- **Take stock at the end of each week.** What is working and what isn't? Ask your children, involve them too
- **Distinguish between weekdays and weekends**, to separate school life and home life
- **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** – that's ok but you might want to set/agree some screen time limits

Please do not worry about your children getting behind with learning. Everyone's in the same boat, and when things get back to normal we will make sure we get everyone back on track.

## Where to find learning resources online

There is plenty of support for parents online for everything from tools for home learning to PE:

| ORGANISATION  | CONTACT INFORMATION   |
|---|---|
| <b>eSchools</b><br>Our learning platform from which you can access all your learning tasks for the week   | Website: <a href="https://wendover.eschools.co.uk/login">https://wendover.eschools.co.uk/login</a>  |
| <b>WCEJS website</b><br>Lots of learning resources and support on the parents page  | Website: <a href="https://wendover.eschools.co.uk/website">https://wendover.eschools.co.uk/website</a>  |
| <b>BBC Bitesize</b><br>Online resource for learning and revision. Starting on 20 April, you'll also find daily lessons to support home learning | Website: <a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>  |
| <b>Oak National Academy</b><br>A bank of high-quality, sequenced video lessons and resources for teachers to support pupils                     | Website: <a href="https://www.thenational.academy/">https://www.thenational.academy/</a>  |
| <b>GoNoodle</b><br>Movement and mindfulness videos for primary children   | Website: <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>  |
| <b>STEM.org.uk</b><br>Free home learning resources for all ages in science, technology, engineering and maths                                   | Website: <a href="https://www.stem.org.uk/home-learning">https://www.stem.org.uk/home-learning</a>  |
| <b>Twinkl</b><br>This popular site for teachers is now offering free daily activities for home learning   | Website: <a href="https://www.twinkl.co.uk/home-learning-hub">https://www.twinkl.co.uk/home-learning-hub</a>                                      |
| <b>English National Ballet</b><br>Free ballet classes streamed daily  | Website: <a href="https://www.youtube.com/user/enballet">https://www.youtube.com/user/enballet</a>  |
| <b>The Body Coach TV</b><br>Joes Wicks provides a daily 30 minute workout   | Website: <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</a>          |
| <b>ZSL Whipsnade Zoo</b><br>Education resources and interactive activities  | Website: <a href="https://youtu.be/5iltvaChEu8">https://youtu.be/5iltvaChEu8</a><br>Email: <a href="mailto:learning@zsl.org">learning@zsl.org</a> |



## Where to turn to for help

It is okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

### Mental health

| ORGANISATION   | CONTACT INFORMATION   |
|--|---|
| <b>Bucks Family Information Service</b><br>Offers information on a range of topics relating to family life.  | Website: <a href="http://www.bucksfamilyinfo.org">www.bucksfamilyinfo.org</a>   |
| <b>CAMHS (Child and Adolescent Mental Health service)</b><br>Temporary 24/7 helpline to support the NHS 111 line during the current Covid-19 crisis. Calls will be diverted to this helpline where there are mental health concerns. Alternatively families can call this number directly. | Phone: 01865 904998   |
| <b>Kooth</b><br>Online free counselling service for children and young people  | Website: <a href="http://www.kooth.com">www.kooth.com</a>   |
| <b>Mental Health Foundation</b><br>Provides information and support for anyone with mental health problems or learning disabilities  | Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>   |
| <b>Mind</b><br>A mental health charity   | Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)<br>Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>  |
| <b>NHS School Nursing Service</b><br>The NHS school nursing service is operating an essential service: Monday – Friday, 9am – 5.00pm (except bank holidays)  | Phone: 01296 567833<br>Email: <a href="mailto:bht.schoolhealth-enquiries@nhs.net">bht.schoolhealth-enquiries@nhs.net</a><br>Website: <a href="http://www.buckshealthcare.nhs.uk/school-nursing">www.buckshealthcare.nhs.uk/school-nursing</a> |
| <b>PAPYRUS</b><br>Youth suicide prevention society   | Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays)<br>Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>  |
| <b>Samaritans</b><br>Confidential support for people experiencing feelings of distress or despair  | Phone: 116 123 (free 24-hour helpline)<br>Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>   |
| <b>SANE</b>  | Website: <a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a>   |

| ORGANISATION   | CONTACT INFORMATION   |
|--|---|
| Emotional support, information and guidance for people affected by mental illness, their families and carers |   |
| <b>YoungMinds</b><br>A charity dedicated to children's mental health   | Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)<br>Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a> |
| <b>Cruse Bereavement Care</b><br>Support for grief and bereavement   | Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm)<br>Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>                             |

## Domestic violence

| ORGANISATION  | CONTACT INFORMATION  |
|---|--|
| <b>NSPCC</b><br>Child protection charity                  | Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline)<br>0800 1111 for children (ChildLine's 24-hour helpline)<br>Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> |
| <b>Refuge</b><br>Advice on dealing with domestic violence | Phone: 0808 2000 247 (24-hour helpline)<br>Website: <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>   |