



Kingsham Primary School

22nd January 2021

Dear Parents and Carers

Thank you

Once again, I want to say an enormous thank you for all of your incredible support and encouragement for the work that all of the school staff are doing currently. It is much appreciated and provides much needed encouragement throughout our busy weeks. All of the teachers have remarked at the level of engagement from their classes and the quality of the work they have seen. I will continue to celebrate the very best work in my assembly.

Challenges

We fully appreciate the challenges that so many of you are facing in managing your own working day, supporting your children with their remote education and supporting families and loved ones at a time when people are feeling particularly vulnerable. On top of this, I know, is some anxiety about the rate of infections and the threat posed by the spread of the virus.

Please know that we are grateful for all of the work that you are doing with your children and we can't wait to have everybody back at school. We would ask you to always prioritise the reading every day, together with the Maths and Writing tasks. Feel free to talk through the challenges you are facing with remote education with the person from our team when they phone, as they may have suggestions that you have not tried yet!

Support

I want to reiterate our commitment to supporting you with the remote education. Each week, we have a team of people who are working from home, who are phoning families and ensuring that they are on hand to offer any support that you need. If you need to speak to someone from your child's class, please phone the school who will be glad to pass on the message.

Exercise and time away from home learning

Spending time away from a screen and a device is also extremely important. As I mentioned in my assembly this week, the whole of the Kingsham staff are very keen to spend quality time in the fresh air enjoying time exercising outside wherever we can. This is just as important for the children too.

Care First

Mental Health support during times like these can be very helpful. The University of Chichester Academy Trust has provided access to our parents and carers to Care First. The link to Care First is below (as well as being on our school website under 'Pupil Resources' – 'Well-Being Resources':



<https://carefirst-lifestyle.co.uk/>

Username: unicatp Password: wellbeing

If you wish to contact the Care First telephone counselling and information line then please don't hesitate to call the Freephone number provided and you can speak to a professional in confidence.

Call Care First for in the moment support on: 0808 168 2143

Below are some links to sign up and join next week's webinars, which will also be recorded for viewing if you are unable to join at these times. You will be asked to enter your name and an email address so that the webinar organiser can communicate with you regarding the event and their other services.

Monday 25th January - 'How Care first can support you' TIME: 12pm-12.30pm

LINK: <https://attendee.gotowebinar.com/register/2383936234874254606>

Tuesday 26th January - 'Tips to beat the Winter blues' TIME: 12pm – 12.30pm

LINK: <https://attendee.gotowebinar.com/register/5986600432497086475>

Wednesday 27th January - 'Tips for Parents on Managing Screen Time, Technology and Social Media use for Children' TIME: 12pm-12.30pm

LINK: <https://attendee.gotowebinar.com/register/1427705265847607821>

Thursday 28th January - 'Keeping motivated whilst Working from Home' TIME: 12pm-12.30pm

LINK: <https://attendee.gotowebinar.com/register/5775319377608907279>

Friday 29th January - 'Burnout & Tiredness during the COVID-19 Pandemic' TIME: 12pm-12.30pm

LINK: <https://attendee.gotowebinar.com/register/3523627316084417295>

A summary of these webinars can be found on the Care First website under the Covid-19 Week 45 tab.

We hope you have a great weekend.

Best wishes



Lee Dallinger
(Head teacher)