

Newsletter 21st May 2020.

Well done to everyone for completing the homelearning and uploading it to Tapestry. It has been a delight to see children learning different skills at home too.

As a Headteacher my number one priority is the health and safety of all the children and staff at Tweseldown. Thank you to the dedicated and hard working team here ensuring that during the peak of the pandemic every single person on site remained fit and healthy.

During lockdown you have worked hard to ensure your family unit has remained safe. It is my job, as Headteacher at Tweseldown, to ensure that as we reintegrate the children back to school that this is completed with slow, manageable steps to maintain everyone's safety and minimise the risk of transmission. We are therefore following government and local authority advice to keep open our key workers provision and welcome our year R children back full time in June. If this is successful and we continue to have the staff and accommodation then we would love to be able to roll this out to year 1. If your child is in year 2 we haven't said goodbye. Watch this space...

In the meantime we will still be producing home learning, moving from a fortnightly model to a weekly model for each year group along with differentiated weekly challenges. Please do not have sleepless nights if you're struggling with home learning. Every day's a new day and actually, when we return to 'normal' we will be recapping previous knowledge before moving children on. I bet we'll be surprised what the children have retained! Don't forget, Oak Academy and BBC Bitesize have got some great videos. It might be easier to get a child to watch a video on an iPad than sit down to work. It might also give you uninterrupted time for that important Teams Meeting call.

Everyone's Well-being is paramount at this time. Our emotional and physical health can be severely compromised during these unsettling times. As parents we need to be as resilient as possible, and also to manage and alleviate our children's worries, and to provide them with reassurance. The NHS have brought out 5 steps to Well-being:

1. Connect – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.
2. Be active – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.
3. Keep learning – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?
4. Give to others – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks
5. Be mindful – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

If you want to read more please look on the NHS' website.

The School Nursing team have set up a chat line for anyone who wishes to talk through medical issues. Their number is 07507332417.

Finally from me, I hope you all have a peaceful and sunny half term.

Please remember that my first priority is to ensure that whatever we do as a school it is one that keeps our Tweseldown community as safe as it can be.

Take care everyone and continue to stay safe.

Kim Tottem
Headteacher