



### Information for parents during school closure

We hope you have been able to access the home learning on the website and have been able to do some of these activities. Please do not think we expect you to recreate school at home and don't worry about your child getting behind with their learning. School is closed for all children at the moment so, when we return, we'll help everyone to get back on track. We have sent activities that we hope you and your child will find interesting and fun. Our main priority during this time is that children from William Davies stay safe and are happy. Below are some suggestions and ideas you might find helpful. Please contact us on [info@williamdavies.newham.sch.uk](mailto:info@williamdavies.newham.sch.uk) if you need to.

#### Take care of yourself

It is important to look after yourself. Children will often pick up on the feelings of adults around them, so if you are feeling ok, that will help them to feel ok too. This is some of the advice from experts to help us feel ok:

- Stay in contact with friends and family through phone calls and video calls.
- Try to exercise every day - if you can't go outside there are lots of online fitness videos you could try.
- Try to limit the time you spend on social media or reading the news - this can lead to anxiety sometimes.
- Take time to relax and enjoy something you like doing, and keep a regular sleep pattern.

These organisations can provide help and advice if necessary:

Family Lives <https://www.familylives.org.uk/> 0808 800 2222 for information, advice, guidance and support on parenting and family life.

AnxietyUK [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) 03444 775 774 support for those feeling extremely anxious or stressed.

Samaritans [samaritans.org](http://samaritans.org) 116 123 support line (24 hours) for those with any concerns, worries or troubles they need to talk about.

#### 'Checking-in'

It's a good idea to 'check in' at the beginning and the end of the day to see how everyone is. We know that children may have many questions during this time, and some children may be feeling anxious. If you would like any suggestions about how to answer these questions please let us know [info@williamdavies.newham.sch.uk](mailto:info@williamdavies.newham.sch.uk) You may also see some changes in your child's behaviour if they are anxious or worried at this time. Please let us know if you have any concerns about this and would like some advice.

## Planning your time

**Children like to know what is going to happen each day: structure and routines often help children stay focused and calm.**

Think about setting up a daily routine and even a timetable for your child with a balance of activities and relaxing time. You'll know that some children will need lots of 'mini-breaks' and they won't be able to spend too long on one thing! It sometimes helps to write down the routine or timetable.

To make things easier, you could decide on one timetable for each day of the week, and you repeat this each week. The timetable could be detailed or general; it could be for the morning, afternoon or all day - it depends on what helps you and your child. You can put in times for each activity, if that works for you. Your child might also enjoy ticking a box when they have finished something.

It's likely that most children may spend more time on screens or watching TV during school closure so it's a good idea to set time limits. You can talk to your child about this, and maybe set alarms on your phone. Make sure you let your child know when their time is coming to an end - let them know when there's ten minutes to go and then five minutes to go.

You can also write on the timetable which things your child can do by themselves, and which things you can do together - this could include things like helping with cooking or the housework.

Also, try to make sure your child goes to bed and gets up at more or less the same time each day.

This is an example of a detailed, structured morning timetable that works for some children at home

<b>Breakfast</b>	Tick here!
<b>Drawing or painting time</b> (30 minutes)	
<b>English time</b> (You can find activities on the WDPS website and on your child's Google Classroom). Try 20 minutes, then a little break for a walk around or stretch, then another 20 minutes.	
<b>Exercise time</b> (try PE with Joe Wicks online) (30 minutes)	

<b>Maths time</b> (You can find activities on the WDPS website and on your child's Google Classroom). Try 20 minutes, then a little break for a walk around or stretch, then another 20 minutes.	
<b>Screen time (with adult supervision)</b> (30 minutes)	
<b>Lunch time</b>	

This is an example of a more general daily timetable

Breakfast	Tick here!
Exercise	
Home learning time	
Toy time	
Lunch	
Home learning time	
Screen time	
Toy time	
Meal time	
TV time	
Story time	
Bedtime	

Thank you for your support at this challenging time. Please do not hesitate to get in touch if there is anything we can help with.

Take care, Ms Norris