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Dear Parents/ Carers,

Thank You Messages

Thank you to families who are working so hard to support their children to engage with the learning at home. Thank you to the teachers who are devising meaningful and ambitious learning each day as well as providing live and recorded video input. Thank you to the support staff and leadership team who are coming onto the school site full-time to support those children who are eligible to attend. Thank you to the support staff who are arranging and providing breakfast and lunch parcels and laptops for the families that need them. Thank you to our site supervisor, the kitchen staff and cleaners who are keeping those of us in school safe and well fed. Thank you to our governors who have been understanding and supportive of the measures we have taken over this past year.

Ideas to help your child make the most of the home learning

- Set a daily routine for Monday to Friday. (Some children will need lots of 'mini-breaks')
- If sharing devices, set times for each child to access so they can attend live lessons and that time is shared out evenly.
- Early bedtimes so children are ready to learn in the morning.
- Submit work on Google Classroom. (years 2,3,4,5,&6)
- Send photos and videos of learning to photos@williamdavies.newham.sch.uk
- Encourage your child to ask for support from you or their teacher.
- Schedule some kind of physical activity each day.
- Ensure there is somewhere for them to do their learning.
- Complete the daily parents' form so teachers can support you and your child.

Live Lesson Rules

- ❖ Children must continue to follow our golden rules during online lessons.
- ❖ Children must be appropriately dressed.
- ❖ Children must be in an appropriate area of their home or blur their background.
- ❖ Teachers will manage the sessions like they would their classroom.
- ❖ Teachers may ask children to turn their webcams on.
- ❖ Teachers may ask children to mute.
- ❖ Teachers will not be able to speak to parents during a lesson.



Disclaimer for Dance Video Lessons

The contents within these sessions remains the intellectual property of Caroline Forrest Dance and may not be distributed, copied, or reproduced without permission. Caroline Forrest Dance makes no claim for ownership of any music used. When participating, you should ensure a safe environment at all times and are sufficiently healthy to take part in the sessions. If you engage in a session by Caroline Forrest Dance, you do so at your own risk, and assume all injury to yourself, absolving Caroline Forrest Dance of any liability.

Example of a 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	

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 and video calls.
- Try to exercise every day - if you can't go outside there are lots of online fitness videos.
- Try to limit the time you spend on social media or reading the news - this can lead to anxiety.
- 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.

<https://www.anxietyuk.org.uk/> 03444 775 774 for those feeling extremely anxious or stressed.

<https://www.samaritans.org/> 116 123 support line (24 hours) for those with any concerns, worries or troubles they need to talk about.

Stay safe, follow the guidelines and we will soon all be back enjoying school life together.

Best Wishes,



S. A. Norris
Headteacher