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Headteacher: Mrs A Waplington

3<sup>rd</sup> February 2021.

Dear Parents/ Carers,

First of all, I want to thank you all. Being a parent in these times is not easy, especially with the increased expectations on you since March - particularly during the lockdowns. You have been amazing and we all appreciate the care, time and support you are providing to our fantastic children.

Last week's announcement by the Prime Minister that schools won't be re-opening again until at least the 8th March will have undoubtedly made some of you feel deflated but at least we know where we all stand for the next month or so. Remember not to be too hard on yourself (or your children). We are all doing our very best and there is only so much we can all do. We all have days when we can't focus or just need down time, please remember you and your child can do something else if you or/and your child is not in the mood. Physical activity is vital for emotional wellbeing and physical health – please keep active!

It is important that I thank the teachers at this point. They are essentially planning for two classes and are doing so with care and consideration for each child as well as spending time increasing communication with you. They are a truly committed and professional team and I am very proud of them all!

### **February Half Term**

Following the DFE announcement last week, **schools will not be required to open for any children during half term**. We are pleased to inform you that those parents eligible for benefits-related free school meals will still receive vouchers for this period.

### **Children's Mental Health Week.**

This week is Children's Mental Health Week. On the next page I have included some tips to help you support your children during this period of home learning. I hope you find them useful.

Take care of yourselves,  
Mrs Waplington





## Support your child's wellbeing while schools are closed

With schools closing across the UK, most children will be at home full time. As parents/carers you will inevitably be concerned about the effect this may have on your child's development, their physical and mental health, as well as your family's wellbeing.

- 1 Establish a daily routine.** Routines provide reassuring structure and purpose. Include a mix of learning, creative, physical, relaxation and 'electronics' time. Help your child make a visual timetable so everyone understands the plan.
- 2 Make time for physical activity.** Encourage your child outside and rediscover garden games. If you can't get outside, suggest your child makes an indoor obstacle course. There are lots of resources available on the BBC, ITV and YouTube.
- 3 Work on personal care skills.** Identify self-care tasks that your child would like to do more independently, for example tying shoelaces or getting dressed.
- 4 Develop life skills.** Help your child learn how to prepare their lunch, use a washing machine or change their bedsheets. Older children could complete an online First Aid course or start to learn another language.
- 5 Create a suitable study space.** Ideally your child should have an appropriately sized chair and table, but if they must use adult furniture ensure they can sit with feet firmly planted and their shoulders relaxed.
- 6 Teach your child to type.** Typing is a valuable skill for education, social communication and for the workplace.
- 7 Rediscover creative activities** such as playdough, junk modelling, Lego and origami.
- 8 Spend social time together as a family.** Play board games, watch a film or make a cake. Schedule mealtimes together and commit to them.
- 9 Keep in touch.** Arrange for your child to spend time each day talking to friends or family members on the phone or on social media (with adult supervision where appropriate).
- 10 Look after yourself.** Being a full-time parent/carer with household duties and work is challenging. Make sure you eat and sleep well, and include time for your own rest and leisure in your daily routine.

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