



Brinsley Primary and Nursery School, Moor Road, Brinsley, Nottinghamshire. NG16 5AZ

www.brinsley.notts.sch.uk

A message about you and your children's wellbeing at this time:

Dear Parents/Carers and Families

I'm sure you will agree with me it has genuinely been the strangest of times. Thank you all for the lovely comments about the work our staff have done to prepare for your children. It has also been great to see the different activities that people have shared on Class Dojo – This is a brilliant way for the children to stay in touch with each other.

We just wanted to say, that the last thing we want to do at this point is put additional stress and strain on families. You may well be inclined to create a minute by minute schedule for your children. You might have high hopes of hours of learning, including online activities, science experiments, and book reports. You might want to limit technology until everything is done.

But here's the thing...

Like us our children are concerned and worried right now. Our children not only hear everything that is going on around them, but they feel the tension and anxiety we do. Like us they have never experienced anything like this before. Although the idea of being off school for a few weeks sounds amazing, they are probably picturing a fun time like summer break, not the reality of being trapped at home and not seeing their friends.

Over the coming weeks, you may see an increase in behavioural issues with your children. Whether its anxiety, or anger, or protest that they can't do things normally - it will happen. You may see more meltdowns, tantrums, and oppositional behaviour in the coming weeks. This is normal and expected under these circumstances.

What kids need right now is to feel comforted and loved. To feel like it's all going to be ok. That might mean that you tear up your 'perfect schedule' and focus on things you know your family needs right now. Play outside and go on walks? Bake cookies and paint pictures? Play board games and watch movies? Do a science experiment together or find virtual field trips of the zoo on-line? Start a book and read together as a family? Snuggle under warm blankets and do nothing for a while?

Don't panic about them 'slipping behind' in their school work. Every single child is in the same situation and they all will be ok. When we are back in the classroom, we will all work hard to get everything back on track. Teachers are experts at this. Don't get upset with your children because they don't want to do work all day or follow a schedule every day and all week.

If I can leave you with one thing, it is this: at the end of all of this, you and your kids' mental and physical health will be more important than anything else. And how they feel during this time will stay with them long after the memory of what they did during their weeks away from school has faded. So, please keep this in mind, every single day.

Remember we are only a phone call or email away.

Stay safe and take care of each other.

Brinsley Primary School

