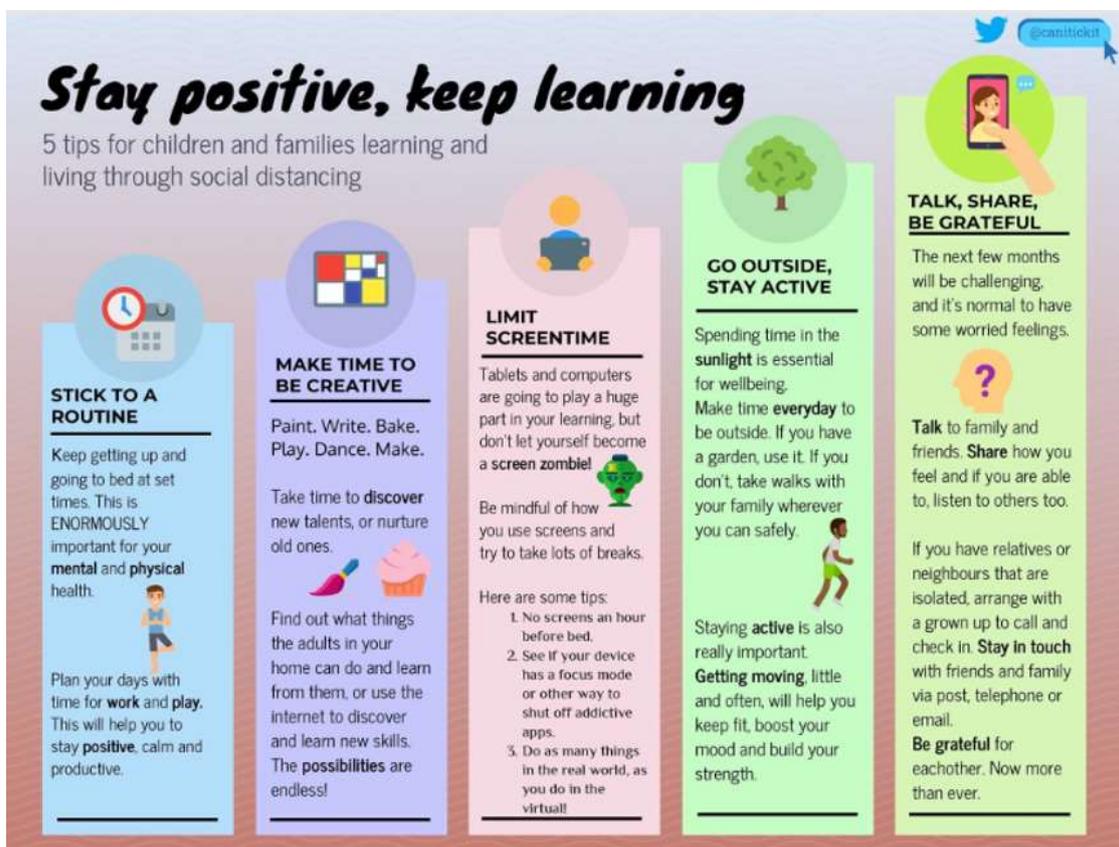


Friday 26th March 2020

Dear Parents and Carers

Firstly, a huge thank you for supporting the learning that is being completed, teachers are speaking of the fantastic engagement and work they are receiving from the children. I do hope that this letter finds you well and that you are adapting to the joys of home schooling. If you are anything like myself, you are still finding your feet and trying to juggle the needs, questions and different activities set for your children and trying to adjust to the situation. It will come and a routine will ensue I am sure, just take day each as it comes as we all try to adjust to what is going on at present. Perhaps this may help:



Stay positive, keep learning
 5 tips for children and families learning and living through social distancing

- STICK TO A ROUTINE**
 Keep getting up and going to bed at set times. This is **ENORMOUSLY** important for your **mental** and **physical** health.
 Plan your days with time for **work** and **play**. This will help you to stay **positive**, calm and productive.
- MAKE TIME TO BE CREATIVE**
 Paint. Write. Bake. Play. Dance. Make.
 Take time to **discover** new talents, or nurture old ones.
 Find out what things the adults in your home can do and learn from them, or use the internet to discover and learn new skills. The **possibilities** are endless!
- LIMIT SCREEN TIME**
 Tablets and computers are going to play a huge part in your learning, but don't let yourself become a **screen zombie!**
 Be mindful of how you use screens and try to take lots of breaks.
 Here are some tips:
 1. No screens an hour before bed.
 2. See if your device has a focus mode or other way to shut off addictive apps.
 3. Do as many things in the real world, as you do in the virtual!
- GO OUTSIDE, STAY ACTIVE**
 Spending time in the **sunlight** is essential for wellbeing. **Make time everyday** to be outside. If you have a garden, use it. If you don't, take walks with your family wherever you can safely.
 Staying **active** is also really important. **Getting moving**, little and often, will help you keep fit, boost your mood and build your strength.
- TALK, SHARE, BE GRATEFUL**
 The next few months will be challenging, and it's normal to have some worried feelings.
Talk to family and friends. **Share** how you feel and if you are able to, listen to others too.
 If you have relatives or neighbours that are isolated, arrange with a grown up to call and check in. **Stay in touch** with friends and family via post, telephone or email.
Be grateful for each other. Now more than ever.

You will now see that the Home Learning Section of the school website is up and running. There is a section per class and each page has a suggested timetable that you may wish to follow to keep as much school normality as possible if you wish. Every Friday the next week's work will be uploaded on that page for you to read and access.

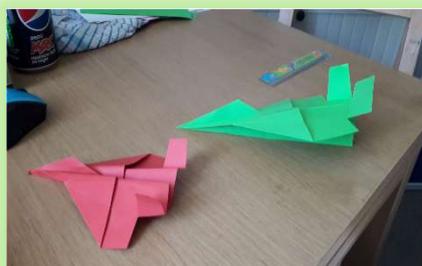
We are conscious that you are not able to print everything, or even share devices and laptops to complete online learning, especially where there are multiple siblings in the house so we are trying to ensure that there is a balance of practical activities and tasks that can be completed on paper once explained and supported by the resources provided on the page by the class teacher.

Please do get in contact with the class teacher if you have any questions or queries. They will be accessible via email from 9am to 3:30pm daily – Monday to Friday.

I would like to take this opportunity to thank the many parents for their kind words and lovely emails that they have sent in this week; we are really grateful for your support. It is my intention that my Friday letter to the school community will help lift spirits as well as keep you updated.

So on that note let me share some fantastic work and Fir Tree Challenges with you so far!

The Fir Tree Challenge:



Winter - Year 4 has completed task 1: Read a book in the most unusual place you can think of. She was chased by a bear, so climbed up a tree to escape. Whilst up the tree she read her book!

Aiden - Year 4 has completed task 30- Design your own paper aeroplane- in abundance too - well done Aiden, how creative!

Logan - Year 3 has completed tasks 1 & 23- Read a book in the most unusual place you can think of. Very Logan!!! Not to mention he actually volunteered to dust and Hoover for Mum also!



Miss Fowler has completed task 2 - Write your own rap/song

30 tricky challenges we have to complete, I wonder how many times I'll want to hit delete,

I'm looking forward to sharing them with you, Especially this one as it's number two,

I hope you're enjoying the sun, Staying safe but having fun,

I've been doing my P.E lessons with Joe Wicks As well as learning some new tricks

I'm finding number 20 pretty easy Although my feet smell rather cheesy

Make sure you are tidying your bedroom Hopefully see you all very soon! Boom! Drop the mic 🎤

Mrs Williams has completed task 1- Read a book in the most unusual place you can think of. How many chapters did your read like this Miss?



Jack- Nursery and Ellie - Year 1 have completed tasks 13, 29 & 30- Tidied their rooms without being asked; completed 50 star jumps & have designed their own paper aeroplanes. Keep up the good work you two!!

Mrs Rummins in the Office confirms that Miss Rummins from the AS Resource has completed task 13- She's tidied her bedroom without being asked! Well done Miss Rummins, now for the chores!

Mrs Hayton - has completed task 1- Read a book in the most unusual place you can think of - this certainly was - how brave!

Mrs Hunt - From the AS Resource has completed task 30- Design your own paper aeroplane and she is set for a competition!



Amazing Fir Tree Work:

It has been wonderful to see and hear about some fantastic work going on too.



Daisy in Year 2 has been very busy with her daily yoga and lots of Home Learning! She made a fantastic rainbow out of butterflies that is now proudly on display in her window - well done Daisy!

Ace in Year 3 has been working on a poem set by Mrs Smith as part of a Home Learning English lesson. He wanted to share it....

CORONAVIRUS, How did you get so quickly inside us?

I'm doing my best to keep the germs away, yet your still here taking lives each day.

My mum is worried for what could be next and still no great news from the school text.

Our hospital staff are working ever so hard, how will they get through this without being mentally scarred?

We're all wondering how long this will take, with all these changes please give us a break!

For now that's all I have to say, now please leave us so I can go to the park and play.

Brilliant writing Ace, a very mature poem indeed!!

Please do keep sending updates to class teachers or to office@firtree.newburyacademytrust.org. It is lovely to keep in contact with everyone and see/hear of the brilliant work and challenges that are going on. Don't forget to let us know of any birthday's too!

I have an extra challenge for you all this weekend!!!

Challenge of the Week

It is the new craze that has hit the internet this week, grab a spare toilet roll (precious I know) and see how many keepy uppy's you can do in one attempt!

Send your scores to office@firtree.newburyacademy.org and winners from each year will be posted in next Friday's letter and will receive certificates!



As I mentioned earlier in the week I intend to write to you on Monday's too, I will set the theme for the week with an assembly and some activities and resources to supplement all Home Learning.

I do hope that you are all keeping safe and healthy, we now have clear guidelines given that we should now all be staying at home, only leaving the house for one daily exercise per day, and this should only be with members of our own household. In these worrying times, please can we ask that you ensure that your child is adhering to these guidelines so we can support the stop of this virus.

Up-to-date Government advice can be found at:

“If children can stay safely at home, they should, to limit the chance of the virus spreading”

- <https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>
- <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>
- <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

Wishing you a lovely weekend, let's hope the sun stay around a little longer. Stay safe and keep well.

Yours sincerely

Mrs L Wood
Associate Headteacher