

Dear Beech Class,

I hope that you are all well and staying safe. This is a very unusual and difficult time for the world and we all must remember that we must stay at home with our families to stay healthy. I have no doubt you are being really sensible and remembering to wash your hands regularly. I'm really proud of you – and have missed you all so much!

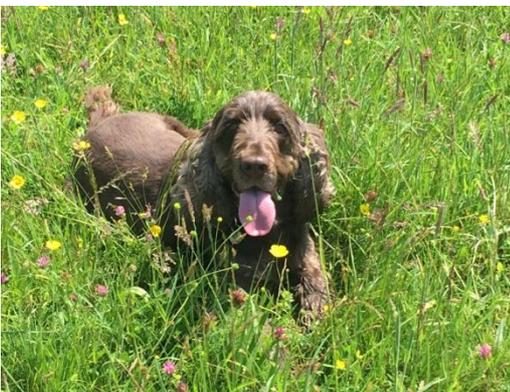
I am sure that you are missing your friends and playing outside in the sunshine as much as you'd like. I am sorry that you've not been able to do this over the school holidays. I am very much looking forward to being back at school and it makes me happy to think that whilst it is difficult now (and a bit boring!) things *will* get back to normal.

I have found it helpful to make a daily timetable for my family and now that the holidays are over, we will all be using the timetable to structure our days. As you know, I have two children at home and they are busy completing their own school learning. Whilst they are a bit older than you, we try to make sure we do Maths and English learning in the morning and then other curriculum learning after a walk in the fresh air. You might want to try to structure your day like this too, if you are not already.

I have put together a pack of learning activities for you to complete over the next two weeks, together with guidance for you and your parents on how to complete them. In the learning pack you will find Maths and English tasks for you to do each day and also some Science, Geography, Art, Music and PE activities for you to enjoy.

I would like you to send me one email within the two weeks (a grownup will help you do this) which should include something you are particularly proud of and would like to share with me – as well as all your news! In your learning pack I have also asked you to send me your 'Lockdown Newsletter' so that I can create something very special for us all to share and enjoy. Please do make sure you send me this!

Remember to take learning breaks, take time to talk, time to be calm and time to help your parents around the home. Remember to be kind – even when you feel cross and perhaps frustrated. We will all feel these things from time to time right now. Talk to your parents about how you feel as I'm sure they will be able to reassure you. Last term we practised some breathing techniques and visualisation. Try to spend 10 minutes each day being calm and still.



My dog Stanley is LOVING the lockdown – he's getting so much attention and company – and some lovely walks with the whole family... however I think he's looking forward to us all being back at school so he can get some more sleep!

Take care, stay safe and wash your hands!

Mrs Bennett

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