



Fleet Primary School

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Update from Fleet – 24th March 2020

Dear Parents and Carers,

Help us to help you stay fit and well.

As you start to digest the events of this week and what lies ahead, I ask you to remember what is really important: Your family, friends and their health. I urge all parents to follow the guidance announced yesterday and only leave the house to:

- Shop for basic necessities, as infrequently as possible;
- Exercise once a day, alone or with household members;
- Receive medical treatment or provide care;
- Travel to and from work only if absolutely necessary.

We are living in unprecedented times and the core values of being family must come first. You must protect, care and love one another. So as someone in self-isolation due to a family member displaying symptoms, what lessons can I share with you?

The next few days are going to be hard; everyone under one roof, trying to juggle a home, work and learning. You need to prioritise wellbeing; reassure each other with love, cuddles and family talk time. Try to develop a routine that works for you all. Your children will need a lot of attention but you also need time too. Have a rota, a timetable of learning, fun, work and rest - we've discovered that the Joe Wick live stream morning workout for kids on YouTube is proving a great start to the day at 9am to get us all moving and ready.

Eat every meal together and talk about the importance of food. Give your child some autonomy; let them say what they would like to do each day from a selection of choices. They do not and should not be home learning for school hours. Schools are producing lots of on line tasks – we are no different, but they are not intended to all be used, plus the IT systems cannot cope with all parents logging on to school websites and other online resource; things take forever to download!

Stick to small bites of time- one to one teaching is much more intense than what teachers do which is generally 1 or 2 adults to 30 children in the class! Keep it simple: 15 minutes reading, 30 minutes maths and 30 minutes writing. Then choose a family task: a project, research, craft, gardening, exercise. Don't feel guilty about using the TV to allow you some time to work, i-player has some great educational programmes.

Allow your child to get bored, you do not have to do everything together, and it will mean they will find things to do themselves - plus it makes the learning interactions with you much more enjoyable. Learning should always be fun, not stressful. If you find yourself becoming frustrated give yourself a break – move to a different task and then revisit things later on. Listen to your child and be attentive. Enjoy hearing about the wonderful story they have just written or the adventure they have just been on in their bedroom. Encourage reading every day, including yourselves, and talk about what you have read. Move lots, laugh together, praise efforts and behaviours not their achievements and enjoy having this opportunity to spend time together.

As we move forward I will continue to keep in touch and we'll keep uploading ideas and videos onto the website as well as post on Twitter and send messages via ParentHub. Teachers will keep calling you a couple of times a week for a chat and if you need anything or have a question please email the school via admin@fleet.camden.sch.uk and we will get back to you as soon as we can.

We'd love to be able to continue the annual Fleet Easter Egg decorating competition even though we are all being kept apart – so, if you want to, please decorate your egg, make your 'egg-cellent scene', take a photo and send it in to us via email (subject – egg competition) or tweet and we can share in everyone's creative ideas.

For now, take care and keep in touch. Tweet/email your activities at home and we will share them for other families to see. Maybe create an email address for your child and organise a way to stay connected with classmates?

Best wishes



Don M^cGibbon
Head Teacher

REMINDER: website address for the online learning:

<http://www.fleet.camden.sch.uk/Corona>