

CREST INFANT & NURSERY SCHOOL



1st May 2020

MESSAGE TO ALL PARENTS FROM MRS SHIELDS...

Dear Parents,

I hope you are all staying safe and well and I can't believe it is 6 weeks since we have all been altogether. The current situation is hopefully, if nothing else, meaning that we have some opportunity to spend some quality time with those in our households. Although if you are anything like me, the upskilling in the realms of technology has been huge! Up until now I thought Zoom was a just a noise children made when pretending to launch a rocket!

It can however seem overwhelming at times and we all get moments where we feel vulnerable, please take time to look after yourselves as you are doing an amazing job looking after your children.

There are many ideas to support you with any insecurities your child may have at the moment on the school website so please do look at these. We do also try to post ideas on our closed Facebook page.

However, I have included some ideas overleaf for you, which you can try if you wish to (and you may well be doing anyway).

Keeping in touch

We have set up the year group email addresses as a kind of whole school register so we can make sure you are all safe and well. I did mention in a previous letter that we would like you to email in, just **once a week**, to the relevant email address for your child/children.

You do not need to upload work or even a photograph (although we would love to see these) but can just type a simple message to let us know you are okay. This is a change of stance since the original message which asked for evidence of learning.

If we don't hear from you, please don't be offended if we make a telephone call or send a ParentMail message to you - we are doing this out of concern and within our duty of care to your children and you.

Here are the email addresses again so you have them to hand...

Year2@crestinf.medway.sch.uk (for Stingray, Dolphin & Polar Bears)

Year1@crestinf.medway.sch.uk (for Penguins, Turtles & Seahorse classes)

eyfs@crestinf.medway.sch.uk (for Starfish, Whale, Octopus and Goldfish classes)

You are welcome to email in more than once each week but once is the expectation from next week.

We continue to be amazed at the wonderful activities you are doing at home - thank you.'

I hope you enjoyed the staff film clip we did last week - it was great fun and we really are 'All in this Together!' If you haven't seen it you can see it here <https://youtu.be/xKBOQnqvo-8>

Stay safe everyone,

Mrs Shields

Ideas to support wellbeing in adults...



- **Share worries and seek out support from friends and family** - talk to others when you can and use technology to connect you with others you can't see at the moment. e.g. have a Zoom gathering or Facetime friends and family. Join the school Facebook group (even just for this current situation. This is an amazing source of ideas, fun activities and simply a group of people all going through similar things.
- **Live a healthy lifestyle** by eating well, exercising, having fun and getting enough sleep
- **Stay well informed** by finding out more about topics that concern you - however, choose carefully and try not to be pressurised by speculation, stick to reliable news services and stop watching the news if it gets too much.
- **Try something new.** Why not have a browse and take up a new hobby?
- **Have a daily pause.** This may seem difficult especially if you are balancing working from home and caring for your family but try to have even just a couple of minutes of calm to yourself.
- **Never stop talking and listening to your children** - laugh lots with them. They can be a great way of grounding us and bringing us back to what really matters - family and staying safe.

