



# The John Hampden School Wendover



## NEWSLETTER

### 1. MESSAGE FROM MRS BARNES

What a difference a week makes! This time last week we were saying goodbye to the majority of our pupils following the forced closure of our school as a result of the Covid -19 pandemic. During the week we have had further announcements from the government which have resulted in more stringent rules being put in place to keep us all safer. As a school we have been open for the whole week, for children with certain needs or for the children of key workers, but the most recent measures mean that we are only now working with families for whom it is absolutely necessary for their child to attend. It is now apparent that this childcare is about necessity and not entitlement. It is vital that those of you who are requesting childcare really have no other alternative and that you keep us informed about whether your child will be attending or not.

I am proud that the staff at John Hampden have been unwavering in their support of all we are being asked to do in these difficult times and I hope you have found the home learning information we have provided useful. I truly hope your children are following the Golden Rules and the School Values as they complete learning activities at home- it is an unsettling time for them too and we understand that it isn't always easy when change happens. If you need to contact us for any support please email the school via [office@jhampden.bucks.sch.uk](mailto:office@jhampden.bucks.sch.uk). Someone will get back to you. I have put a few more things in each year group section of the Home Learning tab on the website. These include a visual timetable, some useful website links, some P4C ideas and, for Y1 pupils, there is a video of Mrs King reading you a story. The quality isn't great but we are working on this!

On the next page of this newsletter there is some additional guidance about how to support learning at home which you may find useful. We will not be adding much more to the Home Learning tab next week because there is enough on there to keep you going for now. After next week, the Easter holidays would have started for your children so, I'm sure they (and you) would value a break in the home learning routine. If the school remains closed after we were due to return on 20th April, staff will provide some new activities for your children to complete via the Home Learning tab on the website.

The school is certainly not the same at the moment and we look forward to the time when we can welcome you all back. In the meantime take great care of yourselves.

## 2. IMPORTANT MESSAGES

# How to support home learning

Use this guidance to create a positive learning environment at home

### Be realistic about what you can do

**You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household

**Experiment** in the first week, then **take stock**. What's working and what isn't? Ask your children, involve them too

**Share the load if there are 2 parents at home**. Split the day into 2-3 hour slots and take turns so you can do your own work

**Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle.

### Keep to a timetable wherever possible

**Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!

**Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership

**Check in with your children and try to keep to the timetable, but be flexible**. If a task/activity is going well or they want more time, let it extend where possible

If you have more than 1 child at home, **consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household

**Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over

**Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day

**Distinguish between weekdays and weekends**, to separate school life and home life

### Make time for exercise and breaks throughout the day

**Start each morning with a [PE lesson](#)** at 9am with Joe Wicks

If you have a **garden, use it regularly**. If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others)

Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended

## Other activities to keep children engaged throughout the day

Where you have more freedom in the timetable, **make time for other activities**. Add some creative time or watch a dance video from [Go Noodle](#) to get the heart-rate going

Get your children to **write postcards** to their grandparents or to pen pals

Ask **grandparents to listen to your children read** on FaceTime (or ask grandparents to read to younger children)

**Give them chores** to do so they feel more responsible about the daily routine at home

Ask them to **help you cook** and bake

Accept that **they'll probably watch more TV/spend time on a screen** – that's ok but you might want to set/agree some screen time limits

## Well-being

We are aware of some free online mental strength classes to bring 'school to home' for those that are off school or supporting learning at home.

Every week day at 10am a class will be posted online so it's easily accessible. The class will consist of a video and downloadable resources so pupils can build their own mindset journal. If parents/pupils can't make the 10am time, the content will still be available anytime after then.

The content is meant to be flexible across all age ranges, to use independently or with guidance from a parent for younger children.

It will cover:

- Understanding the brain
- The chimp mind
- Neuroplasticity
- The negativity bias and how to overcome it
- Growth mindset
- Mental wellbeing tools
- Coping with change
- Building positive habits whilst at home

Details:

Youtube channel: <https://www.youtube.com/makeyourmindup>

Facebook community: <https://www.facebook.com/groups/283258582152043/>

## If you need to contact the school

office@jhampden.bucks.sch.uk or telephone 01296 622629