



The John Hampden School Wendover



NEWSLETTER

1. MESSAGE FROM MRS BARNES

Well, the sun is shining and we have reached the end of another slightly weird week although perhaps we're all getting more used to this new 'normal'.

It's always good to reflect on what has been achieved during the week. At school lots of good things have happened since we returned from the Easter break. Most importantly, the children that we are caring for appear to have had lots of fun—they are coping brilliantly and their enthusiasm and good spirits are an example to us all. The school is looking tidier and smarter than ever, having had a thoroughly good clean and a proper clear out of many areas.

I really hope that the home learning we have organised for you is going well. I know it is for some because I have had some truly amazing examples sent to me via class teachers or directly to me at head@johnhampdenwendover.co.uk. I am so proud to know that lots of our pupils are showing you how marvellous they can be, and the teachers and I are delighted to be able to send some feedback and praise on to you.

This week we have made a point of contacting every family via email. We really do want to have open lines of communication in these unprecedented times and we would encourage you to use them. We recognise that some people may be coping better than others and we are here to help, so do contact us if you need to.

The home learning that is available on the website should last you for at least the next week and after that, if required, we will add more. Sadly, I have no more knowledge than you about plans for when and how children will return to school but, when the time is right, we will follow any guidance to make it happen. The school is a very different place at the moment—so quiet and lacking the 'energy' that 300 young children bring. However, behind the scenes, everyone is working very hard and I want to use this opportunity to thank all the staff for their unwavering support—it is testament to what a special place John Hampden is—no matter what happens, everyone gives their best!

The next couple of pages of this newsletter may look familiar but I think they are worth reading again. Thank you for all you are doing to help your children learn at the moment. Everything you do is valued and valuable so don't stop, but remember to be realistic about what you and your child can do.

Take care of yourselves and we look forward to the time when we can welcome your children back.

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, 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.

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 or Mrs Grimsdell's yoga session.

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.**

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

If you need to contact the school

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