



**PEMBROKE**  
A PRIORY ACADEMY

March 27<sup>th</sup> 2020

Dear Parents/Carers

We are now one week into a lockdown. This is a difficult time for us all and we need to continue **achieving together** in order to minimise impact on our return to school. We thank you for your continued support during this time.

The Pembroke staff have worked really hard this week to make telephone contact with all families. I really hope you have found this useful. Thank you to parents and carers for the positive feedback on this.

Can I urge you all to keep looking on our Facebook/Twitter page each day.

We are all learning how to manage our homes in a slightly different way during this period of isolation, and below is some guidance to support you in this process:

#### **Looking after yourselves**

- 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.
- During the lockdown focus on things that are in our control: getting enough sleep, getting exercise, preparing our meals, time spent on screens/in front of the TV.
- Experiment in the first few weeks, 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.
- Try to get some exercise together as a family. Look for public footpath maps online to find walks near you.
- Take care of your own health and wellbeing. This will be new for your entire household, so give it time to settle. We can all agree that this situation is not ideal, but try to stay focused on what we can control rather than what is out of our control.

#### **Managing work time for your child**

- 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 might be an idea to follow the timetable your child has, when in normal school. Remember that they must do what they can, not aim for perfection!

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- Be flexible. If a task/activity is going well or they want more time, let it extend where appropriate.
- 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).

**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 their phone – that's ok but you might want to set/agree some screen time limits.

If you have any questions or queries, please do not hesitate to contact us. The best way to do this in the current situation is through email [pembroke@prioryacademies.co.uk](mailto:pembroke@prioryacademies.co.uk)

Please look out for the **Pembroke Family Challenge** – these are coming soon on our Facebook/twitter page!

Once again, we thank you for your continued support at this time and we wish you all well.

Keep safe!

Mr Evans & Pembroke team.