



School re-opens for all pupils on Monday 8th March. Doors open at 8:45 (8:30 for Nursery) and pupils are expected to be in their classroom and ready for work by 9am (8:45 for Nursery).

Preparation for returning to school

We can't wait to see the children face-to-face and working alongside their friends. For now, there are a few small steps that you can start taking to help us to make the transition back to school as easy as possible for the children.

It would be really helpful if you could reintroduce the school term time routines if these haven't been as structured as they were before – we want children to walk in to school ready to learn like they did after the last lockdown and we have learned that routines and structure are the key to this.

Waking children up at the time they would be getting up for school, getting themselves dressed in 'day' clothes, having breakfast at the time they would normally do and making sure bedtime is starting to get back to the time it would be when we are at school will all help the children in preparation for **8th March** – we know as adults that the first day back at work after a break is a real shock to the system if you've not built up to it.

It might also be worth checking that the children know where their school uniform and shoes are (and that they still fit).

It is still really important for children to complete their online and home learning at a table and away from distractions if possible – This will make the process of getting back into the school routine with uniform, chairs and desks and limited snacks throughout the day much easier for the children.

Building stamina is important now too, making sure that the children are engaging in their home learning over the next week and a half will really help this. It is vital that they engage with their home learning as the work that they will do when they return to school will follow on from this – Setting a timetable similar to a school day will also really help your child.

We understand that all of the above might not be possible for a few families due to work commitments and we also appreciate that many families are already doing this. We know that everyone has done their best and we are really grateful for all of your support throughout these weird and wonderful times.

**We have missed you all
and can't wait to see you
back in school.**

World Book Day

At Werrington Primary School, we adore reading so we can't wait until **WORLD BOOK DAY** on Thursday 4th March.

All our children fully understand and embrace the power of reading. However, now more than ever before, this quote feels particularly pertinent:

'Reading gives us someplace to go when we have to stay where we are'

Laptops

If you have borrowed a laptop from school to help with your child's home learning during lockdown, please return it back on **Monday 8th March**.

Make sure you have erased any saved documents, webpages and emails and deleted any log in details.

Polite Reminder

If your child is attending school, please adhere to the following:

- **Do not send your child into school if you, or anyone in your household, has symptoms of COVID**
- The office is shut for in person visits; please contact the office staff via telephone or email.
- Visiting adults **MUST** wear a mask within the school grounds
- Everyone **MUST** adhere to our one-way system – The only point of entry to the school is the pedestrian gate at the main entrance. The only exit points are the gateway by the Co-op and the gateway by the Werrington Library.
- Where possible, encourage your child to make their own way into school from the entry point. If an adult does need to accompany a child into the school grounds, it must be one adult only per family
- Please drop and pick up your children promptly – do not gather in a crowd to chat outside of school.
- Please note that vehicles dropping children off or picking children up will **NOT** be allowed into the school grounds
- Fruit/Snack will be available for pupils in Reception and in Key Stage 1. We suggest that Key Stage 2 pupils bring their own (healthy) snack in if required.

Wellbeing Support

At Werrington we are proud to be able to offer a pastoral provision that extends to every aspect of our school community. We have trained staff who can support wellbeing, provide relational care and help children and young people to develop the skills that they need to promote emotional, social and psychological growth and resilience. We can also provide counselling support in school and signpost to other agencies where more specialist provision may be required. This support is available to all our families (children and parents/carers) – Please do speak to Ann Marsh (01782 980010 or a.marsh@werrington.staffs.sch.uk) for more information.

Reading for Pleasure Award

We are so proud to have received a 'Childrens Writers and Illustrators Group' Award from the Society of Authors to recognise our work in encouraging reading for pleasure.

We adore reading & have invested huge amounts of time, love & energy into creating irresistible reading collections & environments around school.

9 THINGS TO SCHEDULE INTO YOUR WEEK TO LOOK AFTER YOUR MENTAL HEALTH DURING LOCKDOWN

MOVEMENT/ACTIVITY



Whether it is standing up and walking around your home each hour or going for a gentle stroll, exercise and daily activity is important for boosting mood

3 GOOD THINGS



Each night before bed write down 3 good things you have achieved from your day and what they say about you as a person



BELIEVEPERFORM

MY HAPPY PLACE



Close your eyes for 5 mins and use all your senses to imagine yourself in a calm, safe, happy and relaxing place

MUSCLE RELAXATION



Progressive muscle relaxation is an effective breathing technique for relieving muscle tension

TECHNOLOGY TIME OUT



Set aside a time each week where you can fully switch off from technology, media and the news

BEING MINDFUL



Slow down, breathe and focus on one thing at a time

DEEP BREATHING



Deep breathing can be used to clear your mind and calm your body during times of stress

CONNECTING



Find time to video call, message or email a friend, colleague or family member. Connectedness is important for reducing stress

ME TIME



Find some time in your week to engage in activities that provide you with a sense of relaxation

