

Hello everyone,

Welcome back to the summer term. We have put together our new timetable you might want to use to help you and your children get into a routine. We have created this as a guide. The day has been broken up into 3 parts to provide plenty of time for breaks. However, you may wish to break up your time in a way that best suits your family.

Remember - your family is unique - and you need a plan that works for you, not against you. For example, bedtime is a great time for reading, cooking is a great time for maths, reading and writing (following and creating recipes) and there are lots of opportunities for learning if you are gardening or playing Monopoly, or any other board game.

Remember that this is an unprecedented emergency so do nice things together and keep active. Plan and suggest some regular family times where you can play, enjoy some exercise together or try other things that you know most of you like. Try to find a good balance between time together, screen time and school work. We are trying our best to design activities and tasks that enable this.

We will get your children back on track with their learning when we are back together, so please do not worry too much about being the 'teacher'. We need all of our Wingrove family to be happy and healthy in mind and body, which will make the job easier for all of us when we return. Please spend some time having fun. If you can do this and encourage your children to read every day, we will all have a head start when we see each other again.

Here are some things to bear in mind:

- **Timing.** Your child needs the opportunity to complete tasks. Whatever time you allow for this, even if it is only 1 hour, avoid distractions like answering the phone, having the TV on. Use the TV or playing games as a reward. *First this, then that.* It may take a little time, but I promise- stick with it and everyone will get used to it.
- **Don't stress it.** If today, things didn't go to plan, it doesn't matter. Just try again tomorrow.
- **Be flexible.** If the timetable isn't working, bin it and start again. Things change and this isn't something of which we have experience. If things aren't working according to the schedule - change it.
- **Keep it fresh.** Doing the same thing day in day out will get boring for everyone. Try to throw something new into the mix.
- **Take care of yourself.** Make sure **you** have breaks, time to relax, and ask for help from others in the house if you can.
- **Keep in contact.** Following NHS guidance on 'social distancing', use Facetime, Skype WhatsApp etc. Stay in touch with us, friends, family as this will help children connect with others and know that others are thinking about them. It will also reassure them that others are well.

One of the things you need to remember, is that we are here to help you. Please get in touch if you have any queries or questions at all. We are more than happy to help, if we can.

Kind regards,

The Wingrove team