

Dear parents.

I wanted to write to all our parents who have their children at home whilst schools are closed.

I urge you to follow the government guidance on self isolating and social distancing. Together by following these rules we will get the country back on track and back to normality.

I wanted to provide you with some further guidance on home learning and spending time indoors.

We have sent out packs for the children to choose daily activities from. These should last you the rest of this week and next and we will send you some new ideas after the Easter holiday via the app and email. These won't need you to do any printing. If your child requires a new book please let us know and we can hopefully provide you with one. They will be in the same format as the last packs.

The activities we have provided you are to help your child keep their key skills polished so that they are ready to carry on learning when we return to school. Please try your best to pick some or do something similar, it is important that children are happy completing the work they are happy with. We don't mind you adapting our ideas, in fact it may help your child. The activities can be a part of your day at home and should not be the only things that your children get up to. Don't worry if the app you are trying to use is crashing – we are being told this is happening a lot.

I have attached some other fun activities to try at home and we are currently updating our website with some more ideas. I will let you know when they are ready.

We have also been looking at finding a way for you to share your lovely work and activities with us. If you have any photos of what you have been doing or you want to let us know what you have been up to please email Celebrations@peartreemead.essex.sch.uk

Please include your child's name and their class so that we can share the work with the class teacher and other adults they work with. This email address will be looked at daily (in term time) but is only for sharing good work and celebrations. We want to keep in touch with families and share positive moments. It **should not** be used for asking questions.

Any questions or information sharing should still be sent to Kate.townsend@peartreemead.essex.sch.uk

If your child is in Early Years then please carry on uploading your evidence to Tapastry. The staff are really enjoying seeing the children's activities.

Any fun activities to support reading, writing and maths are great but please also consider your child's physical and mental fitness as well. Take some time to be daily active and reflect and talk to each other. We will add these ideas onto the school website shortly.

We understand that many families are working from home as well and trying to balance the different ages of children and their daily work. **Do not** put too much pressure on yourself to be perfect. Please consider your own mental health and your capacity. This doesn't have to be the same as other families around you.

Social media is full of wonderful ideas and activities to do with your children and of course use these. Please do remember that everyone has their own ideas of what to do with their children and don't feel defeated if you cannot manage what others are doing. A stressed or anxious parent can lead to stressed and anxious children. Don't allow home learning to upset your home, just enjoy being together.

Talk, laugh, cuddle, bake, build a fort, paint, get the lego out, read with and to them, be active, have fun, spend time together, go outdoors if you can, try something new, practise the things we already know, try not to allow too much screen time (although some is ok, we all need a break sometimes).

At school there are only a few children and all the staff are missing the noise and fun of daily school life. We can't wait to be back together again.

All the best and stay safe.

A handwritten signature in black ink, appearing to read 'Mrs Peden', with a long, flowing horizontal line extending from the end of the name.

Mrs Peden

Which celebrities are getting involved in helping with home learning? Maybe try a few

- [Carol Vorderman](#)

The former *Countdown* presenter has made her [online maths school](#) free for all children aged 4-11 until schools re-open.

- [David Walliams](#)

Children's author and TV personality David Walliams will be releasing a free audio story every day for the next 30 days.

- [Jennifer Garner and Amy Adams](#)

The Hollywood actors have launched a new [Instagram account](#) in aid of charity Save the Children. It features stories told by celebrities.

- [Dan Snow](#)

Dan Snow, also known as The History Guy, is offering free access to his [history documentary channel](#) History Hit for 30 days.

- [Brian Cox](#)

The professor of particle physics and TV personality has said he will be getting involved with "several great initiatives" over the coming weeks. On Saturday, he took part in a Q&A session for the Comic Shambles Network's [Stay At Home Festival](#).

- [Steve Backshall](#)

The naturalist, broadcaster and author will be running a live "wildlife chat" on Facebook, Instagram and YouTube on Wednesday night.

- [Joe Wicks](#) (aka The Body Coach)

Fitness coach Joe Wicks has been broadcasting at-home PE lessons for children of all ages. They are broadcast live on his [YouTube channel](#) at 9am every weekday morning.

- [Myleene Klass](#)

The classical musician and radio presenter is offering free music lessons as part of a "Klass timetable" for children stuck at home.

- [Jamie Oliver](#)

Chef Jamie Oliver is hosting a nightly cooking show on Channel 4 to help families plan their meals "in these unique times".

- [Theo Michaels](#)

The former *MasterChef* star is streaming [live cooking classes](#) on his Instagram account and YouTube channel.

- [Dame Darcey Bussell](#)

The former *Strictly* judge's organisation [DDMIX for Schools](#) is hosting a 10-minute "shake up" on Facebook Live every day this week.