



# The Hoot

Friday 27th March 2020

I hope you are all keeping well and finding some silver linings around the cloud that hovers over the whole world right now. Family time, opportunities for really talking and listening to one another, for playing games and spending quality time. As someone said to me this week, life has completely changed for us all ... but only for a short while. The sun has kept shining for us, allowing children to be playing in the garden or walking safely with you as their one exercise a day. These are without doubt, unbelievable times, like never known before. This is a challenging time for everyone, so be kind to yourselves. Home is still home, a place where children feel safe and secure and they will need that more now than ever before. We will endeavour to provide appropriate learning, as best as we can, but the children will be missing life at school with their friends around them and will need time to adjust to that amongst so many other changes. I am thinking of you all. Stay safe. Stay well.

The Rainbow Trail : It's been so uplifting to see the rainbows that keep appearing as I walk home ... they provide a symbol of hope and make people smile. Whilst we have to stay indoors—paint a rainbow for your window, your neighbours will see it and anyone who safely walks by your house on their way to work, helping the community to keep safe and well.



## Well being

Childline Calm Zone - use some of these activities, tools and videos to help children feel better when they are feeling anxious or sad.

Positive Penguins App (for children aged 8-12) - a fun educational app developed for children to help them understand why they feel the way they do and help them challenge their negative thinking and anxiety.



To all you wonderful children ... I hope you are keeping well and safe. This is such an unusual time. I am at school and walking through a silent playground, missing your smiling faces and constant chatter. We are all working really hard to provide you with some learning activities and we will continue to do so. Remember, there are other things that you can be doing ... I hope that you are baking cakes for your family, painting pictures of the beautiful Spring scenes all around us, building Lego models, completing jigsaws, playing board games, being in the garden—listening to the sounds around you and keeping your mind and body well. I am always saying to you 'make your learning real' and that is what I would like you to do. Please don't rely just on the worksheets and websites. For example—count as many and as much as you can, set your family number challenges. Use the calendar for some really challenging questions. Write—letters, descriptions, a chronological report of what is happening all around us. Describe the Spring as it awakens over the earth. The sunsets are beautiful—paint/colour a sunset. Read, read and read some more. Be happy. Be the best version of you. Your challenge this week is ... to draw a Spring picture. Enjoy.

*T. H. Vayro*