



Church Hill, Kingsnorth, Ashford, Kent TN23 3EF
T 01233 622673 | email: hos@kingsnorth.kent.sch.uk

Head of School Mrs S Sullivan

Friday 27 March 2020

Dear parents/carers,

You may be coming to the end of your first week in 'lock down', physically distancing yourself and your family, schools being closed and 'home educating' your child/ren.

You might have created a minute by minute schedule for your children. You may have high hopes of hours of learning, including online activities, science experiments, and book reports. You'll limit technology until everything is done! But here's the thing...

Our children are just as worried as we are right now. Our children not only hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before. Neither have we.

Although the idea of being off of school for 4-12 weeks sounds awesome, they are probably picturing a fun time like summer break, not the reality of being 'locked down' at home and not seeing their friends.

Over the coming weeks, you will see an increase in behaviour issues with your children. Whether it's anxiety, or anger, or protest that they can't do things normally - it will happen. You may see meltdowns, tantrums, and oppositional behaviour in the coming weeks. The novelty will wear off. This is normal and expected under these circumstances.

What children need right now is to feel comforted and loved! To feel like it's all going to be ok! And that might mean that you tear up your perfect schedule and love your children.

Play outside (where possible) and go on walks. Bake cakes and biscuits and paint pictures. Play board games and watch films. Do a science experiment together or find virtual field trips of the zoo or a stately home. Start a book and read together as a family, listen to an audio book. Snuggle under warm blankets and do nothing.

More ideas and resources can be found on the school website/class pages. Although teachers and staff are uploading lots of learning activities for your children to do at home, there is **no** expectation that your child completes it all. It is simply there if it is useful or helpful, and is not mandatory. There is no judgement or expected amount.

Don't worry about them going backwards in school. Every single child is in this situation and they all will be ok. When we are back in the classroom, we will see how they have

progressed and we will meet their needs where they are at teachers are experts at this!

Don't pick fights with your children because they don't want to do maths or writing or exercise! Don't shout at your children for not following the schedule. Don't mandate two hours of learning time if they are resisting it.

If I can leave you with one thing, it's this: at the end of all of this, your children's mental health will be more important than their academic state and how they felt during this time will stay with them long after the memory of what they did during these weeks is long gone. So I pray, please keep that in mind, every single day!

Stay Safe – Stay Strong!

Yours sincerely,

The School Leadership Team