

# Home Learning Update

Friday, 5<sup>th</sup> February

Dear Parents/Carers,

Everything happening during the lockdown at the moment looks positive towards schools being asked to open on the 8<sup>th</sup> March. As soon as we know the government's intentions we will let you know. However, it wouldn't be a surprise if you found out first!

## Mental Health

This week has been Child Mental Health Week and teachers have added activities to Seesaw that hopefully support this. We are discussing ways moving forward for after half-term to support children's (and parents) stress levels including a No Screen Day where activities focus time away from use of a screen and also making some Wellbeing Activities as part of the Priority Work.

## Wellbeing Apps

Though screen time is an issue we have listed below some Apps that may be of use to some, but clearly not all, children. They have been mentioned on DFE Training and staff have tried these out. Though they are not perfect, some of them may be of benefit to your child. Be aware that they may have 'in app' purchases and we have not tried these additional features. Like all apps, you also need to be aware of the data requirements and privacy.

- **Headspace (probably for Years 4, 5 and 6):** this does have in app purchases but you can get enough from it initially to decide if it is worth it. It will ask for details such as an email address. It is a well-known and popular app. Relaxing exercises, sleep support with relaxing music, etc. and can also be useful for adults too.
- **Mindful Powers (probably Y2 with support and up to Y6):** this is intended to help children focus, calm their thoughts, and be more mindful in their actions. It is more of a tool than a game and would be best used with adult support with younger children. There is free access to Mindful Powers 'edu', and another version that includes in app purchases.
- **Chillpanda (probably Y1 – Y4):** set in an adventure game style this app is being assessed by the NHS currently. Supports relaxation, managing your worries and improving your wellbeing. Tasks include simple breathing techniques and light exercises to take the mind off your worries. We could not see any 'in app' purchases but like all apps it is worth monitoring.
- **Breathe Think Do - Sesame Street (Nursery – Reception):** a simple app where children can help characters calm and choose one of three ways to solve a problem. Designed for parents to talk with their children about how to solve problems.

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## February Half Term (15<sup>th</sup> – 20<sup>th</sup> February)

The school will be closed during this period to ALL pupils including Key Workers and vulnerable pupils. There will be no work on Seesaw during this time though we will leave up any activities from the previous week. We would suggest continuing regular reading using the eBooks or books from home during this week as a good way to maintain their learning.

**Remember, be in contact if you need us.**

Take care of yourselves.

Yours sincerely



Mr N. Snape

Headteacher and the Pilsley Staff Team