

# Upham Primary School

## Church of England (Aided)

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Headteacher: Mr David Woolley, B.Ed. (Hons)



Friday 20 March 2020

Dear Child of Upham School,

I am writing you a letter because I know you may be worried or scared about what is happening and why your school (and everyone else's too) has been closed.

You will hear lots of grown-ups talking about the virus which might sound scary. The reason our school is closing for a while is to try to make sure not many people get poorly at the same time. Keep washing your hands carefully as this will help to keep you well.

Because the school is closing, it may feel a bit like the holidays but there will be lots of things you won't be allowed to do that you would normally. Try not to worry about these things but try to think about the positive things you can do, such as playing in the garden, playing with your brother or sister or pet, making things and having fun with your parents. Remember we talked a couple of weeks ago about how keeping healthy is about keeping fit and active, eating healthily and keeping your mind healthy too. Thinking about positive things helps.

We are going to try to provide some activities for you to do at home. This is for two important reasons. The first is so that you continue to learn things. Secondly, because doing some work will help you feel like you would on a normal school day, to enjoy achieving something and feel good about yourself. Your parents have been given email addresses to use so you can stay in touch with teachers. You could also do some of the things you might normally do at school, at home – on our website I have put a page called 'Ideas for Home-learning, Activities and Routines' which might give you some ideas – for example, you could join in an assembly song like we do most days. I am also going to put some challenges on this page to see what clever, creative things you can make – look out for my Lego challenge!

Remember your parents will look after you and keep you safe. If you are worrying about something, don't hide it away, it's much healthier to share it with a grown up and that will make you feel better.

Try to help out and look after your family too. Your parents are likely to feel fed up too as they will be thinking about their work which they are missing– try to help them by being thoughtful, by trying to independently problem-solve (like

you do in school), trying to care for your brothers and sisters and not create fights (again, just like school). We give each other kindness awards so I'm going to give you a sheet of them (also on our website) so you can hand them out to family at home, just like we do in Friday assemblies, as a reminder.

Most importantly, remember that things may feel difficult because you miss your friends and your teachers. We will miss you too. Please remember, we will all be back together soon.

With all our love from everyone at Upham School,

A handwritten signature in blue ink that reads "D. Woolley". The signature is written in a cursive style with a large, looped 'y' at the end.

Mr Woolley

