



Pentrepoeth Primary School

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27th March 2020

Dear Parent/ Carer,

I just thought I would drop you all a line to touch base. I do hope that this letter finds you all well.

Firstly, the PPS team and I have been so grateful for the many kind messages of support by e mail and in person during the past few weeks. It has been a difficult, unprecedented and challenging time for our whole community but we have responded quickly to rapidly changing advice. The overarching objective was and remains to keep everyone safe and well and to do so in a calm way – keeping the wellbeing and health of the children at the fore of everything!

Secondly, a week on since the school closed for formal education and everything seems very different. The Government has announced measures for people to stay at home, we are operating a childcare hub at school for essential key workers and you are all involved in home learning! Applications for key worker childcare places are available [here](#).

Teachers have planned lots of learning activities and worked diligently to ensure our systems are up and running so that we can ensure continuity during the period of closure. By now you are all aware of our Home Learning tab on the school website and how to log on to the various platforms to carry out your learning.



Google Classroom

It has been so lovely to see children getting involved and I know the team has been communicating with the children through Google Classroom and See Saw. We really have been wowed by your children's learning. They seem to be having fun!! If you have been unable to access the sites, please let us know!

Advice on Novel Coronavirus (COVID-19) for members of the public

How serious is the coronavirus?

- It can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

How can you stop coronaviruses spreading?

If you need to cough or sneeze	You should wash hands with soap & water or hand sanitiser
Catch it with a tissue	Bin it
Kill it by washing your hands with soap and water or hand sanitiser	After breaks & sports activities
Try not to touch your eyes, nose, and mouth with unwashed hands	Before cooking & eating
Do not share items that come into contact with your mouth such as cups & bottles	On arrival at any childcare or educational setting
If unwell do not share items such as bedding, dishes, pencils & towels	After leaving home

Stop germs spreading by using the e-Bug resources on hand and respiratory hygiene available through e-bug.eu

What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus.

If you think you have symptoms of coronavirus, call NHS Direct Wales on 0845 4647 or NHS 111 if available in the area, for advice. Follow the Welsh Government advice for childcare or educational settings: gov.wales/guidance-educational-settings-about-covid-19

Staff, students and pupils who have returned from some specified countries should self-isolate for 14 days even if they do not have symptoms: gov.uk/government/publications/covid-19-specified-countries-and-areas

phw.nhs.wales/coronavirus

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I sent out a 'rough' timetable of how you could structure your day, this is only a suggestion. We have purposely set weekly activities from their teachers so that you can find your own routines and do what works best for you and your families. If children complete these weekly learning tasks and want more things to do – click on the further learning tab!

We are not asking you to replicate school but are providing children with activities for them to get involved in, that build on what they have already been taught at school. So, don't make up your own worksheets or feel under any pressure to teach new 'curriculum' topics - you are not their teachers, you are their parents or carers, many of you will be key workers, so please do not worry about their academic progress, we will take care of all of that when we are back in school. This is a unique situation and we are all adjusting!! There will be no weekly activities set for the Easter break from Monday 6th April. It will re -start on Monday 20th April.

The most important thing of course, is your children's wellbeing and mental health. Children may very well be experiencing a whole range of emotions at the moment. Some may be frightened, confused or scared. Some will need 'cwtching' up, some may need alone time! I have posted a pdf in the Health Matters section of the website which may help, if you feel it is needed or appropriate to explain the Coronavirus and help children to talk about their feelings. Click [here](#).



I have also posted a link to Childline on the Home Learning tab which also gives a wealth of advice and support. Click [here](#).

I know you will all be adjusting to new routines. Whilst most of our communication about learning involves children having to access electronic devices, try to limit screen time, try and find that mix! I am trying to do the daily workout with Joe Wickes ... believe me, it is a sight for sore eyes!! Take this opportunity to do all those things as a family- play a board game, sing songs, do a workout, cook some food together and let us know what you're up to!! We can see you have all been busy, some children out in the garden, keeping busy, making and building things!

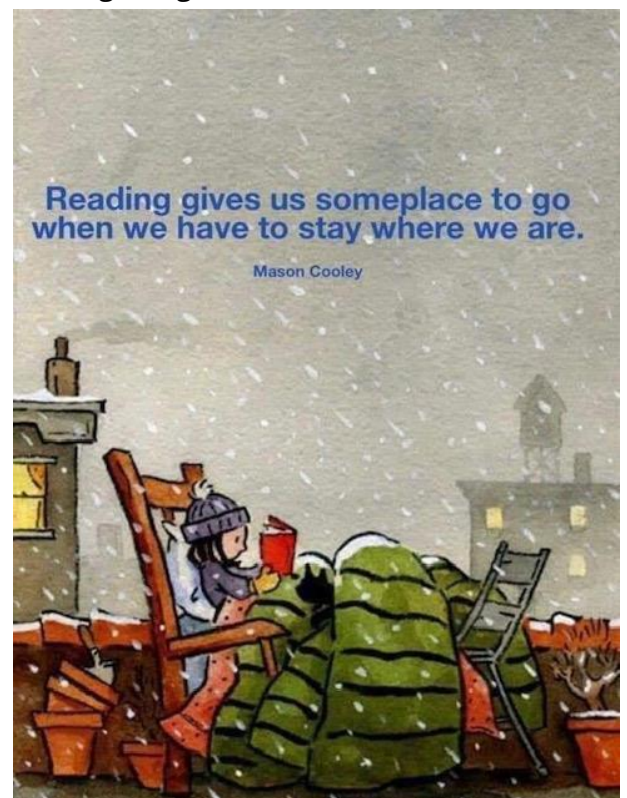
A huge thank you to Mrs Harman for fielding the e mails. I think we seem to have resolved most technical problems to date. Please get in touch via e mail if you need support with this.

Some of you may have seen the poem posted on the next page on Social Media this week and I thought I would add it to this letter. I have read it to the children in a video message that I have posted on the Assemblies section of the website this morning!

If we can help in any way, please e mail us at school on our main e mail address. Stay safe and well.

Kind regards,

Dean Taylor
Headteacher



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru

I'm supposed to be at school today...

MR

I'm supposed to be at school today
But mum says I can't go
'It's our turn on the bikes' I said
But she hugged me and said 'No'

I played out in the yard today
And found some bugs within the grass
My neighbour saw me through her window
And waved at me through the glass

I get to play at home today
And sit and watch TV
Dad's been on his phone all day
But it doesn't bother me

Guess what? I went back to school today
And all my friends came back too
My classroom looked exactly the same
And my teacher said 'I missed you'

Mum made us ring Gran today
And I said that I had grown
I told them both my favourite joke
And Gran laughed loud down the phone

Gran came round for tea today
And said something to me
'You must remember this time, my dear
'Cause they'll teach this in History

Lucy Short

No-one's playing on my street today
And I'm getting bored of TV
I got a bit upset and sad
Then mum sat me on her knee

She said
'It all feels a little strange today
Not just for you, but for me
It won't be like this forever, my love
Just you wait and see

Dad came off his computer today
And helped me read my book
Both our tummies started rumbling
So then he taught me how to cook



www.seifa.org.uk



15 ways to promote and support Good Mental Health

1. Make sure you get enough sleep
2. Eat healthy food and drink healthy drinks
3. Learn how to relax and switch off
4. Connect with friends and family
5. Learn new things every day
6. Help others when ever you can
7. Exercise each day
8. Talk about your feelings
9. Be mindful and take notice of what is happening around you
10. Be thankful for all the things you have
11. Set goals for yourself and embrace your wishes and dreams
12. Challenge any negative thoughts
13. Learn how to smile more!
14. Ask for help if you have a problem
15. Have fun and laugh!

