



Monday 4<sup>th</sup> May 2020

Dear Parents and Carers

I hope you and your families are continuing to remain safe and well during this ongoing lockdown. Now that the blog has been set up, it has been lovely to read the comments that the children have contributed and to see more photos of what they have been up to.

Several classes have already had Zoom meetings with their teachers and myself in year groups and this week all classes will have regular meetings. During this time, where 'real' social interaction is limited, it's really important to try to take advantage of these opportunities to engage with others and we would like you to encourage your children to do so, if possible.

To mark the 75<sup>th</sup> anniversary of Victory in Europe (VE Day) which falls on 8<sup>th</sup> May, this week teachers have uploaded lots of well planned activities and resources relating to the VE day celebrations. This can be accessed through the school website under the 'Children' tab, then 'Class Pages' at <https://www.buriton.hants.sch.uk/class-pages/>

We'd love to see what the children have been up to so please upload work or photos to the blog site so that others can be inspired too!

As the lockdown continues, I'd like to draw your attention to some new websites on well-being and previous websites which I shared with you at the start of this national crisis, which you may find useful to take another look at. Back when this all started, I'm sure many of us were feeling differently to how we are now, so I have included them below.

In the meantime, I hope you all have a good week and that you stay safe and well and take care of each other.

Best wishes

*Danielle Brown*

Mrs Brown

Headteacher

**Here are some well-being resources that I hope you may find useful:**

BBC Bitesize has put together five easy steps to promote children's wellbeing - as well as our own.

<https://www.bbc.co.uk/teach/five-ways-to-help-childrens-wellbeing/zfb2d6f>

The Mental Health Foundation a very useful website:

<https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>

The Department for Education has published the following guidance for supporting children's mental health and wellbeing

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Mindfulness meditation for kids - 12 minutes -

[https://www.youtube.com/watch?v=Bk\\_qU7l-fcU](https://www.youtube.com/watch?v=Bk_qU7l-fcU)

Mindfulness for kids (pond) - 5 minutes -

<https://www.youtube.com/watch?v=wf5K3pP2IUQ>

Mindfulness for kids (balloon) - 6 minutes -

<https://www.youtube.com/watch?v=ZBnPlqQFPKs>

Meditation for anxiety - 14 minutes -

<https://www.youtube.com/watch?v=4pLUleLdwY4>