



“Inspiring Learning”

HEADTEACHER MESSAGE

As we approach the end of our second week of COVID-19 school closure, we would like to take a moment to say a huge thank you to all our BMS parents and carers, who are holding the fort at home or as a key worker, during these unprecedented times.

We would also like to reassure any parents or carers that the last thing BMS wants to do is to make you feel additional stress or pressure because of academic work set for your children. We respect that you know your child best and are best placed to decide what home learning routine fits your context. There is no expectation that you should have to sit with your child to access learning.

The next instalment of work set on School 360 will take children until just before the May bank holiday, with a deadline of Thursday 30th April 2020. Paper packs will not be sent out to the vast majority of pupils, who are engaging online. If you have problems with internet access, then you will receive your child’s paper pack, which will be posted on Tuesday 21st April 2020. We are able to see who has accessed School 360 remotely to create our list.

Please take a look at our school website as we have added a new Virtual School, which has a growing collection of online resources to support home learning, including a section called *Are You Okay?* This has links to support children and young people’s mental health. If you feel that your child is struggling and could do with more support for any reason, please do get in touch.

We continue to liaise closely with the local authority and travel company about our residential trips. Please be aware that, because our dates of travel were not until May and June, there are many other schools with trips which were scheduled for April who are being dealt with before us. We appreciate that this is frustrating and thank you for your continued patience. As soon as we have more information, we will let you know immediately.

Do remember that, if you need to contact me directly, then please telephone the school on 01434 220235 or email me as follows: helen.samuels1@school360.uk .

With best wishes from BMS staff for a happy and healthy Easter when it comes for your family.

Kind regards,
Helen Samuels,
Headteacher

WHEN SHOULD I SELF-ISOLATE?

The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature. If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.



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LEARNING GALLERY:

Well done to all our amazing pupils for making the most of each day at home or school!



A special thank you to Mrs Sylvia Lawson and her team for sending out delicious packed lunches to those children who usually have free school meals. Mrs Samuels was lucky enough to sample one and can confirm these are delicious! We will be using the national voucher scheme from the start of next term. Click on the link below to check your eligibility or telephone: 01670 623592. It only takes a few minutes to register, then school can do the rest to enable you to have vouchers.

[**NCC Free School Meals Application Form**](#)



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TOP WELLBEING TIPS FOR FAMILIES WHILE STAYING AT HOME

Connect with others

Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are at home – by phone, messaging, video calls or online – whether it's people you usually see often, or reconnecting with old friends or neighbours. Remember to stay safe and be responsible thought. Lots of people are finding the current situation difficult, so staying in touch could help them too.

Talk about your worries

It is quite common to feel worried, scared or helpless about the current situation. Remember, it is OK to share your concerns with others you trust – doing so could help them too.

Look after your body

Our physical health really affects how we feel. Try to make sure you and your family eat healthy, well-balanced meals, drink enough water and exercise regularly.

Stay on top of difficult feelings

Concern about the coronavirus outbreak is perfectly normal. However, some people may experience intense anxiety that can affect their day-to-day life. Try to focus on the things you can control, such as how you act, who you speak to and where you get information from.

Do not stay glued to the news

Try to limit the time you spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking-news alerts on your phone. You could set yourself a specific time to read updates or limit yourself to checking a couple of times a day. Use trustworthy sources – such as GOV.UK or the NHS website – and fact-check information from the news, social media or other people.

Carry on doing things you enjoy

If we are feeling worried, anxious, lonely or low, we may stop doing things we usually enjoy.

Make an effort to focus on your favourite hobby if it is something you can still do at home. If not, picking something new to learn at home might help – there are lots of ideas online.

Take time to relax

This can help with difficult emotions and worries, and improve our wellbeing. Relaxation techniques can also help deal with feelings of anxiety.

Look after your sleep

Good-quality sleep makes a big difference to how we feel, so it's important to get enough. Try to maintain your regular sleeping pattern and stick to good sleep practices.

Keep your mind active

Read, write, play games, do crosswords, complete sudoku puzzles, finish jigsaws, or try drawing and painting. Whatever it is, find something that works for you.





HOLIDAY EXTRAS:

Try any of these websites for a wide range of competitions and fun to challenge your child this holiday period.

