



# Stoke Hill Infant and Nursery School Update 29.1.21



## COVID Keeping Safe

Please can you help keep all of our children, staff and families as safe as possible by following the government's rules about social mixing during the current national lockdown. The guidance is very clear: *'You must stay at home. This is the single most important action we can all take to protect the NHS and save lives.*

*You must not leave your home unless necessary'.*

- You cannot leave your home to meet socially with anyone you do not live with or are not in a [support bubble](#) with (if you are legally permitted to form one).
- You may exercise on your own, with one other person, or with your household or support bubble. This should be limited to once per day, and you should not travel outside your local area.
- You cannot meet other people you do not live with, or have not formed a support bubble with, unless for a permitted reason.
- [Stay 2 metres apart](#) from anyone not in your household or support bubble.

## Mental Health

We teach the children the importance of looking after their mental health. One way they can do this is to have a go at making the '10 a day' choices identified by Early Help for Mental Health.

Given the extraordinary circumstances we are living through, this is more important than ever.

We are so proud of the children (and grateful to you) for the way in which they have embraced learning from home. The levels of effort and engagement are amazing and will help the children enormously when we are all back in school. Having a go at the '10 a Day' will help balance the children's day – please have a look with them and see what you can manage together.



## Safe Staffing

We will of course, do all that we can to keep our classes open, however the impact of staff absence may mean that if a teacher is not able to be in school for any unexpected reason, we may need to close the class for a period. We will let you know this by ParentMail just as soon as possible.

**TalkWorks** A number to call if you want to talk.

Stay safe and well this weekend,

Sarah Mackay  
Head Teacher

