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[Kevin Courtney](#)
[#StayHomeForTheNHS](#)
[on Twitter](#)

"Stay at home! This is the central message. Help NHS workers be at work is the secondary message. If you possibly can, please keep your child at home and off school, on Monday. #HelpTheNHS #FightTheVirus #StayHome"

twitter.com

Dear Parents of St Day and Carharrack

This is such a difficult time for everyone and I wanted you to know that you and your children are all in my thoughts. Please do not hesitate to contact me if I can support in anyway. During this next week, our staff team who will be working from home, will be calling every family just to say hello and check in.

My reason for writing is to stress government guidelines and the seriousness of heeding this advice - especially to **stay home** - for the greater good of the whole community. We have closed schools so you can keep your children safe. At school, we nailed the hand washing routines - please ensure your children continue with the good habits we started at school - you will have to remind them! The next crucial advice is social distancing - keep your physical distance from everyone outside of your home and try to **stay home** to minimise your social contact with others. **This is the ONLY way to protect your loved ones and stop the transmission of the virus.** We have to find ways to change our behaviours and help each other in different ways. Our natural instincts are to comfort others with hugs - unfortunately this is the one thing that will have the greatest negative impact. Try and keep your children apart from others for the same reasons.

I feel so strongly about what is going on. I have been following this since the beginning of January which is why our children at school have been educated over the weeks and are in good habits of hand hygiene and understand how germs spread - thank you to our whole staff team for this - our school has been a calm place to be with every child taking collective responsibility, showing kindness to each other and understanding that their own actions or non-actions can affect others. This last term at school our children have focused on the virtues of KINDNESS and RESPONSIBILITY - and they are brilliant at displaying these qualities. Your children understand their responsibility. Support them by reassuring them, telling them you love them and that this is like a mini holiday at home. Take each day at a time, enjoy being with your children and take any unnecessary pressures

away. For those of you struggling, please let me know and I will be at the end of a phone/email to help in any way I can.

I am writing to urge you all - if you can - to please keep your family and loved ones close to you at home. I know this in itself can be challenging! I know many of you have no choice and are still bound by work or financial worry. If you can keep your children indoors, I urge you to please do. Please do not worry about the 'learning packs' yet - I will send an email about these next week and about establishing good routines for those of you struggling. If you already have your children in good routines and you are enjoying learning together - this is great! If not, don't worry. Every family will be different and we will be here to support you on this new journey. It is probably the first time ever that the BEST solution to such an invisible disease is to **stay home** - I don't think I have ever recommended this - but stay home and if nothing else works, watch TV/movies/ play computer games - whatever it takes to keep your children home everyday rather than playing out with others - you are being told you can have endless PJ days - please do it, **stay home** - let your children 'be'! This is for the greater good of the whole community. Our health depends on each other.

There are some hard hitting facts out there and I urge you to follow the guidelines - if not for yourself then do it for the wider community. The best advice I read, is to act as if you have the virus yourself - this will help you to change your own behaviours - to wash your hands, to keep your physical distance and to **stay home** - so that you do not endanger the lives of others and put unnecessary strain on the NHS.

I know it is hard to stop your children playing outside with their friends but you must. This next week is crucial. If you are allowing your children to mix with others you are in danger of having this virus come into your own homes. The most difficult decision is to say no. I know this because I felt absolutely terrible when I had to make the decision to stop our Yr 5s going to the theatre a few weeks ago. The easiest choice would have been to give into them! They begged me. I had to tell them it was because I cared about them and wanted to keep them safe and you, their families safe - so in that moment I promised them that I will get them on the stage in the new Hall for Cornwall! And I will make that happen when we are through with this.

Since becoming the head of your school we have been faced with so many challenges on a daily basis - we are getting there - and there is still so much to do, that I want to do. This is such an amazing community - with everyone wanting the very best for your children. This is just the beginning, we have so many ideas for the future, to ensure all our children make it and have the best deal. I love my job, I love this school and I want to make sure we continue to work together in putting our school at the centre of the community. Our health depends on each other.

I am supporting my staff team to work from home - to look after their own health and families - and to minimise the spread of this virus by not being in the building. We are changing our behaviours to support you in different ways. While school remains closed, myself or Laura Vallance will be available with staff volunteers only - to support the wider community - in whatever way we can and to support vulnerable children and the children of critical key workers. If you have put in an application for an emergency school place, you will receive an additional email and phone conversation on Monday to determine if your place is critical. This will be a stringent process with clear guidelines so that we do not put any further stress on the NHS. We want to support our front line staff and especially the children of NHS workers - we will do this, but we need everyone else who can, to **stay home** otherwise we are putting our own families in danger. When we get through this, our children will reunite with the same teacher and same class. If this goes beyond the summer, our Yr6s will be together again, somehow, I will make sure of it. So please try not to worry about things in the future and focus on one day at a time.

This is a confusing time for our children and we have to protect them as best we can by keeping calm ourselves and keeping them close. Listen to your children - it is ok for them to feel worried and upset. Tell them you understand. Under our coronavirus tab on the website - I have uploaded advise from an Educational Psychologist.

If you haven't looked at our website yet please do. Next week, I will send you links to support with learning and creating routines to make being at home manageable - or just enjoy being a family together. There are some brilliant links online and free live programmes starting tomorrow - to include fitness workouts with Joe Wicks (for the whole family) and 'super sentence stacking' with Jane Considine (for all ages).

To fully support each other, we have to have hope, kindness and understanding. We will get through this together - please stay safe, **stay home**. It is the only way.

With best wishes to you and your children,

[Susannah Storey](#)