

BISHOPMILL PRIMARY SCHOOL



PARENT/CARER INFORMATION 14 April 2020

Dear Parent/Carer

The new term has begun and I know this is an incredibly difficult time for everyone and none of us have any experience of living through something like this. All we want is for our families, friends and communities to be safe and well.

Although it is important to keep up to date with government advice and to follow what we are being asked to do there is a danger that we can become overwhelmed and anxious with so much information. Please try to protect your children from too much media for the same reason.

As children are not in school for the time being, we are posting suggestions on the school website <https://blogs.glowscotland.org.uk/my/bishopmill/> to support you with learning at home. These are tasks your child will already be familiar with. I am sure many parents are feeling overwhelmed by the thought that they need to be teaching their children at home. Many parents are working long hours as essential workers in extremely difficult circumstances. Please do NOT feel you have to do this. You are not teachers, you are parents. You have not chosen to home educate your children.

With regards to their learning, children are often more resilient than you think, and they will bounce back when things return to normal. Please don't worry about your child regressing in school. Every child is in the same position and they will be ok. When we are back in the classroom we will continue learning from where your child is at. Teachers are experts at this. Please do not force your children to do things they do not want to do and cause tension at home. What children need right now is to feel safe and comforted. To feel like it is going to be ok.

Try to think of this as an opportunity to spend time with your children. If you have a garden, please encourage your children to make use of it every day. Play outside and take the permitted daily exercise as a family and go for a walk. We are lucky to live in such a beautiful part of the world with access to the woods and the beach. Bake with your children, play board games and watch a movie. Read together as a family or just snuggle under the blankets and do nothing. Please stay safe and follow the advice and do not allow your child to go out to play or to meet friends - this goes against government advice.

Our teachers are still feeling their way with all of this and we will continue to put up weekly learning activities each Monday. These activities are suggestions so please do not worry if your child is struggling to do them. Please remember you can contact us through the school admin email address: admin.bishopmillp@moray-edunet.gov.uk and we are happy to give you a call at home if you have any concerns. Please feel free to get in touch for any reason. We would be delighted to hear from you.

Be kind to yourself and if I can leave you with one thing, it is this: **At the moment your child's mental health will be more important than their academic progress and how they feel during this time will stay with them long after the memory of what they did.**

Follow the government advice and stay safe. We are all thinking of you all. We will be in touch soon.

Elaine Andrew
HEAD TEACHER

FROM A LITTLE ACORN GROWS A MIGHTY OAK

ACHIEVEMENT COOPERATION OUTSTANDING BEHAVIOUR RESPECT NEW BEGINNINGS

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