

Dear Parent/Carer,

22<sup>nd</sup> March 2020

I thought it would be helpful to upload this letter containing all of the information you will need to be able to access or for your child to be able to access online learning activities.

Each child has been given a tutorial in class on how to access our P7 Group chat via Glow. They have the option to contact me directly via this, or to use the chat as a purpose of asking any work/learning-related questions allowing the whole class to view. All of the children know their Glow logins, and can follow these steps:

1. Login to Glow
2. Go to St. Mary's Launch Pad (Home icon)
3. Click on Mail (Blue envelope tile)
4. Click on message in inbox from "Miss Coyle"
5. Reply **once** just to teacher or reply **all** to whole class

Your child have been advised that should they have to get in touch, all emails will be responded to within 24 hours (Monday-Friday). The plan going forward is that work will be uploaded at the end of each week either on the school website (in the P7 area) or directly to your child's Glow email. This will be a range of Literacy, Numeracy and other consolidation activities linked to what we have been doing in class. If this should change, you will be notified in due course. I have uploaded a suggested timetable and have tried to ensure these activities are as relevant as possible to what they have been learning in class. Your child has been provided a "Work from Home" jotter to document anything they do at home, or if they are doing their work via Microsoft Word etc. they have the option to email me this via Glow.

Please encourage the use of Sumdog regularly during this period, it is not only available for Maths but also Spelling/Reading activities. If your child uses IDL for Literacy or Numeracy they should be encouraged daily/weekly use of this too (10-15 minutes). I will be sending the children individual Charanga Music logins via Glow in due course, this is a great online resource for them to explore the world of Music. We also have access to join online daily Masses led by Father Campbell via [https://www.youtube.com/channel/UCwalru8\\_AKhMKqxJ6wQsj9g/?fbclid=IwAR3UPQyhT0EIROG--ZOgl8YMieppsCGGzHa36mgHee\\_h58YLzfvEkTCotjY](https://www.youtube.com/channel/UCwalru8_AKhMKqxJ6wQsj9g/?fbclid=IwAR3UPQyhT0EIROG--ZOgl8YMieppsCGGzHa36mgHee_h58YLzfvEkTCotjY).

Lastly, we are living in worrying and uncertain times which I appreciate can be very difficult, particularly motivating children from home. Please do not stress or feel under pressure about having to continue your child's education from home. Most importantly, all of the activities I upload are **simply a suggestion** of what you may wish your child to work on. If there is anything I can do further to assist or support then please just get in touch. It is important that we look after one another, and stay positive.

I hope to see you all soon.

Regards,

Miss Coyle ☺

## MANAGING CORONA VIRUS (COVID-19) ANXIETY

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques