



Hannah More Primary School

19th March 2020

Dear families,

Looking after your well-being is very important. While school is closed, we will help as much as we can. You can contact us by emailing hannahmorep@bristol-schools.uk Teachers will also phone you every week. Here are some ideas for keeping children busy.

1. Routine

Set up a daily routine. This can help children to feel more secure. Make time every day for learning, exercise and fun. Keep to regular times for getting up and going to bed.

2. Learning

Make time every day to keep up with school learning. This is an important routine to keep going with children. Check the school website because there will be new learning provided by teachers every weekday. Make sure you record the work you have done in the books we have provided for you. Read every day if you can and practise times-tables too.

3. Exercise

Try child friendly yoga here www.youtube.com/user/CosmicKidsYoga or exercise routines from the Body Coach here www.youtube.com/playlist?list=PLyCLOpd4VxBuxu3sLztrvWFehzv-LnR2c Set a challenge - how many star jumps can you do in a minute? Make an indoor obstacle course. Teachers will also suggest ways of keeping active on their class blogs.

4. Fresh air

If you need to be indoors, you could open all the windows to let in fresh air. Listen to natural sounds, like recordings or apps that play birdsong, ocean waves or rainfall. Get as much natural light as you can.

5. Entertainment

Do something creative. There are ideas on the website here www.hannahmore.org.uk/our-community/adult-learning and we will add new ideas every week. Play board games together if you can. Play I spy, create an inside treasure hunt, charades or make your own 'Headbanz' game (use post it notes or paper and agree on a category (food, items around the house – i.e. kettle, spoon etc.) and then the person picks one but does not look, they ask questions and try to guess what they are.) Do some colouring, be creative, sew, do yoga or meditation for children. Look through photos of family and friends together. Do a puzzle.

6. Cooking / Baking

Use this opportunity to develop some life skills and teach your child how to cook/bake. There are lots of ideas online, you could try www.bbcgoodfood.com/recipes/collection/kids-cooking


There are more ideas about keeping happy on the 'MIND' website here:

www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse9a7f8

There are contact details for useful organisations on the next page.

If you are self-isolating and need food, contact the Councils Emergency Payment Scheme:

email: lcpf@bristol.gov with your name and address or call 0117 9224500, Monday-Friday, 9-12.00

<p>NSPCC Information, resources and advice on keeping your child safe</p> <p>24 hour Helpline: 0808 800 5000 (free from a landline). Text helpline: 88858 (service is free and anonymous) help@nspcc.org.uk www.nspcc.org.uk</p>	<p>First Response</p> <p>Anyone can call First Response if they are concerned about a child or young person or if they think they need support.</p> <p>0117 903 6444 www.bristol.gov.uk/social-care-health/reporting-concerns-about-a-child-first-response</p>
<p>Police non-emergency 101</p> <p>Call 101 to report crime and other concerns that do not require an emergency response. For example, if:</p> <ul style="list-style-type: none">• Your car has been stolen• Your property has been damaged• You suspect drug use or dealing in your neighbourhood <p>Call 999 when it is an emergency, such as when a crime is in progress, when there is danger to life or when violence is being used or threatened.</p>	 <p>Childline is a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime.</p> <p>www.childline.org.uk</p>
<p>Bristol Drug's Project</p> <p>Free and confidential information, advice and services to support around problematic drug or alcohol use www.bdp.org.uk 0117 987 6000</p>	<p>Shelter</p> <p>Offering a wide range of help and advice on all housing and homelessness issues</p> <p>www.shelter.org.uk 0344 515 1430 home@shelter.org.uk</p>
<p>Happy Maps</p> <p>Advice for parents on supporting the emotional health of your child</p> <p>www.happymaps.co.uk</p>	<p>Happi Me</p> <p>Building self-esteem and confidence in adults and children</p> <p>www.happi-me.org</p>
<p>Mind</p> <p>Advice and support to empower anyone experiencing a mental health problem</p> <p>www.mind.org.uk Infoline: 0300 123 3393 Email: info@mind.org.uk Text: 86463</p>	<p>Avon Bristol Law Centre</p> <p>Free, specialist legal help to people who need it most in the SW England & S Wales areas; providing access to justice in social welfare law</p> <p>www.bristollawcentre.org.uk 0117 924 8662 mail@bristollawcentre.org.uk</p>

Next Link

Support for women who experience or have experienced domestic violence

<https://nextlinkhousing.co.uk/>

Next Link domestic abuse telephone help lines are open 8:30am – 5:30pm Monday to Friday and 9:30am – 1:00pm on Saturday 0117 925 0680 . Help is also available on the National Domestic Violence Helpline – Freephone 0808 2000 247

NHS 111

Use the NHS 111 online coronavirus service if:

- **you feel you cannot cope with your symptoms at home**
- **your condition gets worse**
- **your symptoms do not get better after 7 days**

[Use the 111 coronavirus service](#)

Only call 111 if you cannot get help online.

Remember, hearing messages from the news, seeing you worried or anxious or seeing lots of uncertain news online can worry children. Please be mindful of what your child is exposed to.

Look after yourself, so you can help your child.

We will update you whenever there is new information about school reopening. Please make sure you check the website, twitter and email.

Thank you and stay safe,

Sue Ramsay, Headteacher.