



# POTT SHRIGLEY CHURCH SCHOOL

## HEADS UP!

20<sup>th</sup> March 2020

Dear Parents,

As I am sure you all know, school will be closing today until further notice.

Firstly, a huge thank you to everyone who sent in items for the foodbank this week. Reverend David collected it and I know that it will be going to those in pressing need. Church will continue to be open for those who would like a place to pray and items for the foodbank can also be left there. The Mothering Sunday service is going to be live streamed if you would like to feel part of the church community this Sunday.

It is with deeply felt emotion that I write to you this week. We can none of us know what will occur over the coming weeks and months but I want you to be aware of the ways that we can all keep in touch.

The children should have come home with a bag full of activities to keep them busy. We do not expect you to teach your children as we would in school; this is neither possible nor desirable. You will need to find your own way of working together bearing in mind the importance of the whole family's mental health and wellbeing. The activities are to keep your children busy. We do not want anyone feeling stressed or anxious about schoolwork, we want everyone to try and stay sane, healthy and hopefully happy.

**Please try to get your children to engage in physical activity, preferably outside, every day.** They are well equipped to practise yoga and this could be an opportunity to improve their gardening skills! I would also encourage you to be as creative as possible and share any superb ideas via the Facebook page or WhatsApp groups.

The other piece of advice I would offer is that children respond well to some kind of routine. It doesn't need to be rigid but they like to know what the pattern of the day/week is. They also focus better during the mornings! Although technology might be a godsend in these difficult times, there is plenty of evidence that too much screen time is unhealthy on a number of levels so try to limit that. As a parent of a twelve year old, I understand that this could present its own challenges! Let us pray for good weather.

Mrs Hamnett and I are intending to be in school once a week and I would like to call everyone just to see how you are unless you ask me not to. This is provided we are not ill ourselves.

You can contact staff through the office email address:

[admin@pottshrigley.cheshire.sch.uk](mailto:admin@pottshrigley.cheshire.sch.uk) as we will all be working from home. If you have any questions, please ask and I will try to answer things as they come up via the Heads Up each week. Mrs Turner can also be contacted via *Tapestry* and Class 2 children can stay in touch with Mrs Blackwell and myself via the pupil area on the school website. We started a general chat blog yesterday so that we can communicate with each other. We would love to see photos and videos of anything interesting, surprising, or even just plain amusing as long as it is appropriate.

Let us pray for each other at this strange and difficult time and come together as a community for ourselves and other people. Let us know if we can help in any way and we will do our best.

Kind Regards  
Joanne Bromley

