



Our Vision

To inspire a love of learning

St Gilbert's Church of England Primary School

Foundry Road Stamford Lincolnshire PE9 2PP

31st March 2020

Dear Parents and Carers

Firstly, I hope you are all well. As a staff, we certainly miss all our families and we send our best wishes to you all. I know that life for you all will be very different at the moment.

We are currently planning home-learning for Term 5 and we will be adding information as to how your children can stay safe online whilst working at home. I will also be sending out updated safeguarding information, in the near future, once agreed by Governance.

I am keen to maintain the strength and cohesiveness of our school community – that we keep the essence of St. Gilbert's alive wherever we are; that the learning everyone is doing in their homes or school has a wider purpose, and is shared and celebrated by our whole school community. There are some very exciting things being completed by all our children! We have therefore organised an email address where you can send pictures of your child's learning; you could also add a message! We may share the work on our Facebook page for everyone to enjoy so please be aware when sending it to us. We will of course protect the identities by not using the children's full names. The email address is homelearning@stgilberts.co.uk. We are very much looking forward to receiving and sharing all their work! Remember to keep checking the Home Learning page on the school website and our Facebook page for more educational activities to do at home.

I also recognise that our families will feel unsettled and worried at this time. I know you will agree with me when it is equally important to look after our mental health in addition to keeping ourselves safe and well physically. Normal routines and structures will not be in place and for many children this can be a particularly overwhelming time. They may feel a sense of anxiousness and have lots of questions. Please find below a list of key websites that will hopefully be useful for both you and your child/ren as a way of understanding the key facts, providing information and some reassurance, potentially reducing any worry or anxious feelings. It will be important for both adults and children alike to focus some time on their wellbeing, as this is a priority for all, particularly during this difficult time.

I have attached a guide which you may find useful to share with your child should you feel it is appropriate. Additionally, there is some information below, which we hope will support you in the coming weeks.

Young Minds: <https://youngminds.org.uk/> and **UNICEF:** <https://www.unicef.org/>

These offer tips on how to talk to your child about the virus.

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Newsround: <https://www.bbc.co.uk/newsround> Age appropriate news where children can be given key facts.

The **NHS** have a [Wellbeing Guide](#) which you may find useful during this period. Evidence suggests that there are 5 steps you can take to improve your mental health and wellbeing. There are 5 key points:

- Connect
- Be active
- Learn new skills
- Give to others
- Mindfulness

Trying these things may help everyone feel more positive.

Mind also has great ideas on their website on how to work on these five steps to wellbeing whilst in isolation at home.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Free School Meals

Families currently eligible and already in receipt of Free School Meals will be contacted shortly regarding provision for Term 5.

We are also acutely aware that circumstances for other families may have changed and therefore should you believe that you could now be entitled to Free School Meals, please visit the following website to apply via the portal <https://www.lincolnshire.gov.uk/schools-and-education/free-school-meals/>

Thank you once again for your support and understanding. Stay safe and well.

My best wishes



Miss F Dicker

Headteacher



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