



# Oughton Primary & Nursery School

April 2020

## Dear Parents and Carers,

I hope that everyone is keeping well and healthy and is managing as well as they can in these difficult circumstances.

I hope that those of you who are home schooling are managing well. We fully appreciate that you are now juggling home life, working from home and teaching at the same time, this can be really challenging. Many of our staff are encountering this as well.

The work set by teachers should be open enough for you to adapt to suit the needs of your child. We have set work which includes all of the National Curriculum subjects. Obviously, this is not the same as the curriculum we deliver in school but we have tried to offer a variety to inspire your children. Please check through the work completed with your child, to ensure they are not just doing the bare minimum.

Remember, our drive is reading. We have sent you links for online reading books if you are running out of physical books. Enhancing vocabulary and reading skills is the key to success in life, so please promote these.

The children who are in school at the present time have been fantastic. They are enthusiastic in their learning and have shown great community spirit.

If your work circumstances change and you require a school place (if you become a key worker as defined by the Government) or if your child is deemed as vulnerable (you have a Social Worker or your child has an Education Health Care Plan) they may have a place in school. Please email [admin@oughton.herts.sch.uk](mailto:admin@oughton.herts.sch.uk) to book a place.

During this challenging time there are lots of uncertainties and many are worried about job security and finances. We want to help and support as much as we can. If you do decide to apply for universal credit you can also apply for free school meals for your children. In order to do this you need to visit the Herts County Council website and apply.

Look online : [www.hertsdirect.org/freeschoolmeals](http://www.hertsdirect.org/freeschoolmeals)

This is not something that the school can do on your behalf as you will need to include information about your personal finances.

After your application has been accepted, Oughton will be notified by HCC and as soon as we receive this we will apply for FSM vouchers to be emailed directly to you.

**Please make sure we always have your up to date email address and phone numbers at all times as out of date details will slow the process down.**

Yours sincerely **Lisa Clayton Headteacher**

## Mental Health

Be aware of your own mental health, life isn't easy at the moment.

Make sure you look after yourselves as well as your family. Regular exercise helps: jog, cycle or walk or join in with your child when they undertake the Joe Wicks exercise each day. The staff take part in this each day! Take one day at a time and make sure the routine in the week is different from the weekend.

Sleep is important and make sure you also try to limit your devices each day, especially phones.

**Please limit electronic games for your children, this hugely impacts on their focus, attitude and well-being which greatly impacts on you! Phone us if you need to, sometimes talking help and we are there for you.**

## E-Safety Update

As we are in this strange world at the moment with more people using more technology, please be aware of what your child is accessing on their devices.

At school, we continually focus on e-safety and teach this as part of our curriculum. However, issues that we deal with usually stem from the home, with children accessing inappropriate sites out of school hours.

We have recently sent home via Parentmail online information to ensure that you keep your child safe. Please be aware of chat rooms in particular as children are very vulnerable and tend to believe everything they read in print, including what someone tells them. Information is also on our website.