



Mudford Community Infants School

Queens Road

Christchurch

Dorset

BH23 3HH

Telephone : 01202 488142

E Mail: office@mudfordinf.dorset.sch.uk

Website: www.mudfordinf.dorset.sch.uk

Head teacher : Daniel Pope

20th March 2020

Dear Parents / Carers

I would like to thank you for your generosity and kind words when recognising the work our staff are doing. Today's update is all about getting ready for the weeks ahead at home.

Firstly, we would like to make sure all children have exercise books to use at home. Therefore, if you are not self-isolating please could you come to the school office and collect them from 11:00am onwards. We will deliver books to your door throughout the day on Monday if you are not able to come and get them.

We would like to provide you with some top tips for a positive day of learning and time at home. Remember it might take a while to establish what is best for you and your family so take your time with how it might work.



1. Routine – children love it and need it!

Create a timetable for the day with your child so they know what is happening. Try to make it visual if you can and refer to it throughout the day with the language of 'now and next'. Set them up for success!



2. Little and Often

We all find it hard to concentrate for long periods at times and your children are no different! Make sure they do not spend too long on one task before having a mini active break. Depending on your child this might be every few minutes.



3. Make breaks active

Even if it is for 30 seconds, make a break fun and active. There are all sorts of stretches and exercises your children can enjoy doing. Set them mini challenges to motivate them too.



4. They will love your praise and encouragement

A little praise goes a long way. Praise the good things they are doing and their attitude to the task. Give them encouragement and keep them going. Let them know how long they have left to do the activity.



5. Reward them!

They will definitely need a little reward now and again. You may like to draw out a reward chart and agree with them what the reward might be and how they will earn it. Remember this doesn't have to cost you anything. It might be time playing their favourite game, being out in the garden with you or playing for a while. Work towards little rewards and bigger rewards through the week. Oh and reward yourself too – you'll have earned it!



6. Keep things practical

Try to make the tasks practical, hands on and creative. It is what children love and they will often be more engaged in the activity and for a lot longer. It is amazing what you can find around the house to help with this.



7. Fresh Air and exercise

Make sure you all get plenty of fresh air and exercise. Games and activities in the garden or outside (away from others) are important for your mental health. Children love learning outside too so some of the activities could be done outside too.



8. Healthy food, snacks and drinks

This is important to get right. Too much sugar can lead to the wrong kind of energy and lack of ability to focus on the tasks in hand. Consider when to eat, what to eat and why. Help your child to understand this and remember that water is all they really need to drink!



9. Feeling Unwell

If your child is unwell they need to rest. Don't expect too much from them during this time. Also if you're unwell then they will have to do things more independently. Lower your expectations and focus on recovering.

We wish you all the very best with this and are here to help as much as possible.

That is why from Monday you can email your child's class teacher at the following address:

Mr Dear – hedgehogs@mundefordinf.dorset.sch.uk

Miss Cheeseman – dormice@mundefordinf.dorset.sch.uk

Mrs Ainsworth – squirrels@mundefordinf.dorset.sch.uk

Miss Cope – otters@mundefordinf.dorset.sch.uk

Miss Dennett – owls@mundefordinf.dorset.sch.uk

Mrs Shale – badgers@mundefordinf.dorset.sch.uk

Your child's class teacher will aim to respond as soon as they can but this may not necessarily be on the same day. If they become unwell then we will write to you to inform you of this and redirect your queries accordingly. We also aim to have a mobile phone contact for you if you need advice and support over the phone. If you do need to talk to the teacher, then you will be asked to send them a request via text message. Unfortunately, they will not be able to respond to a phonecall. They will then respond as soon as is practical to do so between the hours of 9:00 – 15:00. We will give you the mobile phone number when they arrive and are setup.

If you do not have an electronic device that your child can use for online learning, then please let us know and we will explore options with you.

Many thanks, Mr Pope