

Steam Mills Primary

05.02.21

Dear Parents/Carers,

Please remember that we are always here to help support you and your child. If your child is struggling to complete the class work set, please contact us. Attached are some tips and ideas, which may also help.

What is the 20-20-20 rule?

If you find yourself gazing at screens all day, your eye doctor may have mentioned this rule to you. Basically, every 20 minutes spent using a screen; you should try to look away at something that is 20 feet away from you for a total of 20 seconds.

Money Management Course

Adult Education are offering a free workshop for parents to learn how to budget more effectively. It is free to anyone who is not working, or earning less than £17,000. Please find attached a leaflet with further details.

Children's attendance

If your child is accessing school and does not come in on a day we expected them (eg. if your shift has changed); please remember to phone us to say they will not be in. This is because we need to account for children we expect in school.

Loan of devices

We have now taken delivery of a limited number of DfE Laptops. Please contact us if you do not have access to a device and would like to borrow one or if you have already been issued with a Chromebook and would like to change for one of the laptops.

admin@steammills.gloucs.sch.uk.

Pre-school

To assist the pre-school with forward planning, please could you make contact if you are considering registering your child with us from September 2021. We take children from 3 years and currently have places available. You can find further information here :

<https://www.steammillsprimary.co.uk/website/pre-school/224026>

Best Wishes

Mrs Davis

Diary Dates

February

12th End of Term 3

22nd Start of Term 4

April

1st End of Term 4

19th Start of Term 5

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1



Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2

Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.



3

Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4

Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

5

Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.



8

Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

