



The Oaks Primary School

Bringing Learning to Life

Monday 6th April

Weekly Newsletter

Top Parenting Tips For Parents and Carers in Uncertain Times:

Reassure your children that your family is your top priority

Say something like 'I'm your parent, it is my job to keep you safe and we are doing everything we can'.

Maintain everyday family routines—where possible!

Keep the usual rising times, mealtimes and bedtimes. Every family is different involve the children in working out a new routine.

Have plenty of interesting things to do at home.

Busy children are less likely to be bored and misbehave. With your child create a list of 20 things to keep them busy—not all screen time.

Take notice of behaviour you like.

Think about the values, skills and behaviours you wish to encourage in your children. There are many opportunities to teach your children important life skills. Using plenty of praise to encourage the behaviours you like. Give them positive attention.

Make sure your child knows you are ready to talk

Children need to be able to talk to their parents about their concerns and have their questions answered. When a child wants to talk to you, stop what you're are doing and listen carefully. Let children know it is ok to be worried but offer reassurance.

Be truthful in answering children's questions.

Keep answers simple, find out what they know. Get information from trusted sources.

Have a family plan of action.

Involve the children in creating a plan, update it as new restrictions and changes occur.

Help children learn to tolerate more uncertainty.

The COVID-19 crisis creates uncertainty for everyone. Parents need to find a way to accept uncertainty and through your actions and words show this acceptance to your children. It OK to say 'I don't know, lets find that out together'

Take care of yourself the best you can.

Deal with your own de-stress by taking actions that give you a better sense of personal control. Stress management skills such as mindfulness and deep breathing can help reduce stress. Keep healthy and safe. While it is helpful to keep up to date with the news, constantly checking your phone can increase stress and feelings of anxiety.

Reach out and connect with loved ones.

Make greater use of phones, online communication tools (video conferencing) and social media to keep in touch with family, friends and neighbours. Help others in need who are going through a tough time and are now more vulnerable.

I hope some of these help.

SeeSaw is our main form of communication for tasks and interaction with the children in Y1 –Y6.

Please ensure you can access SeeSaw.

If you need support getting your child on to it please email **homelearning@the-oaks.bolton.sch.uk**



Please keep in touch via Email if you need to book or cancel sessions in **Key Worker Club**.

The club is staffed from 7.30am until 6pm every day and we are open on Good Friday and Easter Monday. To help us if with our staffing it is important you cancel sessions if you don't need them because your work plans have changed.

Thanks you!

Please follow us on Facebook. We want to use this page more over the coming months.

School Office

The school office is open 8am –12pm most days. Please use the email as the main form of contact or email me directly if there is anything we can assist you with.

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