



19.3.2020

Dear parents/carers,

Lots of organisations are preparing to create resources to support children while at home. Please find information about two below. One is from Coram - the team who lead our life education sessions brilliantly and focus on the health and well-being of children. The other is from the organiser of our local Sport Cluster and is related to physical activity - I know we have many children who love to be active. We hope both offer ideas on ways to help structure the days of your children and find ways to undertake physical activity in addition to the learning materials sent earlier this week and the learning websites available.

I want to take the opportunity to thank you for all your kindnesses recently. The staff have really appreciated your care of them - it means a lot as they are all working incredibly hard to manage with five of our team not in.

With kind regards,

Zoe Avastu

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Coram

We are working hard to create a whole new page on our website, dedicated to providing children with regular activities to support their physical and emotional health at this time of great uncertainty and change.

Harold - our happy, healthy giraffe mascot and a favourite with children - will be posting a daily blog: **Harold's Daily Diary!** Here's the link to it:
<https://www.coramlifeeducation.org.uk/harolds-daily-diary>

Each day he'll be giving children positive, fun messages about what he's doing to stay happy and healthy while he's off school, separated from his friends. He'll invite the children to join in with activities he's doing.

He'll be giving children ideas for how he - and they - can get a routine going for their day, including the things we all need to do to live a balanced, healthy life. These include:

- Taking regular exercise
- Being creative
- Helping others
- Connecting with others - in ways that are safe
- Mindfulness - learning to enjoy the moment, here and now.

We know that having a routine and structure will be very important to all of us at this challenging time. For children, in particular, routines help to provide a sense of security that will help a lot at this time of uncertainty.

We're going to kick this off on Monday 23rd March; Harold will introduce the children to his **Daily Plan**. There will be a template version of this that the children can download - or copy from the website - and fill in for themselves.

Each day we'll be putting different activities onto our **Harold's Daily Diary** page. There will be activities for different age groups - something for everyone! These will help children to complete their own Daily Plan. All the activities are family-friendly, so siblings or whole families who are at home together will be able to do things together.

Harold will update his blog at 9a.m. every day from Monday to Friday (there'll be a break at weekends).

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James Jeffery, who leads Stroud District School Games, will be posting activities/suggestions to keep children physically active and engaged during the school close down period. This will be in the form of a document on the Archway School website: visit the sports centre tab on the address below. The document will appear in coming days.

<https://www.archwayschool.net/page/?title=Sports+Centre&pid=62>

James Jeffery will also be uploading videos and updates to the School Games Instagram page (school_games_stroud) and Twitter account (@SGOstroud),