



PEEL COMMON *Community Junior School*

The Drive ♦ Gosport ♦ Hampshire ♦ PO13 0QD
Telephone (01329) 281206 ♦ Fax (01329) 230811
Website ♦ www.peelcommonjuniorschool.co.uk

Headteacher : Mr Andy Clarke
Deputy Headteacher : Mr Warren Beadell
Administrative Officer : Mrs Tracy Barker

20th April 2020

Dear Parents and Carers

Covid – 19 update from Peel Common Junior School

Keep up to date

I hope all of you and your families are keeping well, both physically and emotionally, at this difficult time. It is really important that you are keeping up to date with reliable sources of information. I would recommend limiting the amount of time we, as adults, spend looking on social media for information and stick to sources such as:

<https://www.gov.uk/coronavirus>

<https://www.gov.uk/government/organisations/public-health-england>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

I also encourage you to look regularly on our school website for specific information about school as well as our regular learning packs for children (during term time only) which we are emailing directly to you or making available from the school reception. Further information can be found on our new blog:

The blog site can be found at <http://peelcommonjunior.primaryblogger.co.uk/> or as a link on our school website under the Pupil Zone tab <https://www.peelcommonjuniorschool.co.uk/>

Mrs Hamer has recently written to you with further information about our new blog, how it can be accessed and how we hope it can be used.

My teachers are making weekly phone calls to you all as a supportive gesture, to make sure all is well and to provide avenues of support where there is a need.

Mrs Alden and Mrs Osborne are also making regular phone calls to families and we are constantly reviewing our provision to ensure that you, as a community, are being best served by us.

We are still receiving and replying to emails and answering the phones, albeit a bit less than usual due to reduced capacity.

Important Signposting

Handwashing advice

It is essential that everyone continues to wash their hands more often, using soap and water for at least 20 seconds. Hand washing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin less hospitable to the



virus. Hand sanitiser can be effective if soap is not available or the situation makes using soap less feasible (i.e. when outside) but using hand sanitiser provides none of the virus-destroying friction that rubbing your hands together and rinsing with water provides.

The latest guidance and video on hand washing can be found at:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Social distancing – the current government advice is to: **Stay at home**

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home

Do not meet others, even friends or family. You can spread the virus even if you do not have symptoms.

For support with your child's mental health can be found at:

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

<http://www.nhs.uk/oneyou/every-mind-matters/>

Other useful community contacts:

Childline: Offers free, confidential advice and support whatever your worry, whenever you need help. Call on 0800 1111

NSPCC: If you are worried about a child, even if you are unsure, contact our professional counsellors for help, advice and support. Call on 0808 800 5000 or email help@nspcc.org.uk

Acts of Kindness (Foodbank): ActsOfKindnessTeam@outlook.com or Facebook <https://www.facebook.com/groups/779417532110427/>

Access DWP - Coronavirus (COVID-19): what to do if you were employed and have lost your job, for latest update and guidance

Access DWP - Housing Benefit subsidy circulars 2020, for latest update and guidance

Access DWP Coronavirus (COVID-19): what to do if you're self-employed and getting less work or no work, for latest update and guidance

National Domestic Abuse Help Line: 0808 2000 247

Local Domestic Abuse Help Line: 0330 016 5112

Domestic Violence Assist Help Line: 0800 195 8699

Men's Advice Help line: 0808 801 0327

National LGBT Domestic Abuse Help Line: 0800 999 5428

National Stalking Help line: 0808 802 0300

Victim Support: 0808 1689 111

The Mix (Under 25's): 0808 808 4994

Samaritans: 1 16 123

Women's Aid messaging service: chat.womensaid.org.uk

Women's Aid Email: helpline@womensaid.org.uk



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Home Learning

In terms of home learning, it is vitally important to remember that children can only learn when they feel happy, safe and secure. Provide your children with as much reassurance and love as you can. Here are some other tips:

- Children do need to have a plan or timetable right from the start, and to stick to it using a timer or clock. However, activities should not just be solely English and maths-based. Making learning fun is vital – so baking, painting and getting outdoors if you have a garden, or a daily household walk or bike ride, are essential to reduce boredom
- A caveat to the above; as the days and weeks move on, although we would always advocate a routine and a clear timetable, do judge things around the needs of you, your child and your family. Emotional well-being is paramount at this challenging and stressful time.
- If your child is finding things too tricky or not challenging enough, please share this with your child's class teacher when they call and we can look to perhaps provide the learning packs from other year groups or give advice as to how to 'vary' the learning provided.
- Whether it is reading to themselves, a parent/carer, a sibling or even a special animal friend, its essential children continue to read. Reading anything counts!
- Listening to stories is also really important. This can be from a parent or other family member or an audio book /online streaming or recording. There are lots available online at the moment, including myself on our website, under the KEEP HAPPY tab. I have also heard that I have a challenger to my crown in a certain Tom Hardy, who is reading daily stories also – I know who I'd rather listen to!
- Eat meals together – lots of great speaking and listening happens at this social time. Children, particularly older ones, might be able to think of some P4C style questions to discuss around the table. Telling jokes is also great fun!
- Enjoy the extra time together. Create some artwork, a board game, do some home baking, do a jigsaw, write a song, put on a production, a dance, exercise or make a video. Maybe you could send it to relatives to cheer them up. I would also recommend sharing a 'family thanks' with each other each day.
- It is vital that children get downtime to be independent and relax. I encourage children (and adults) to write to friends and to family members, giving them a purpose but also helping them feel less isolated.
- Also, don't forget to 'Clap for Carers' each Thursday evening at 8pm. Not only is it important to show our thanks but it is also a great way to feel part of our community.

BBC Bitesize have started a new home-learning website. Follow the link below to find daily lessons for home schooling in Maths and English for every year group, as well as regular lessons in Science, History, Geography and more.

<https://www.bbc.co.uk/bitesize/dailylessons>



Transition

We are acutely aware that with matters as they are, it is very difficult to plan for transition; either for Year 2 parents joining us, or our Year 6 pupils moving on to secondary school.

Please rest assured, that myself and the senior leadership team are meeting regularly via 'Zoom' and are already discussing a range of options to ensure that transition is done as well as possible in these challenging times. I am also in contact with all local schools so that our approach is a common one.

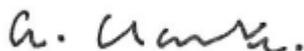
We have already begun discussing about how we can make sure that our Year 6's are able to leave us having had a chance to celebrate their time with us at PCJ and feel they have had a proper opportunity to say goodbye if we do not return before the end of the summer term. Year 6 teachers have already been in contact with secondary schools to discuss transition.

Finally, a huge thank you to everyone; children, parents and staff for pulling together and supporting one another. It is at times like this that we see our school values of love, respect, friendship and citizenship being enacted by so many people for so many others.

Stay safe, look after each other and take care of yourselves.

We miss you and are looking forward to seeing you all when life returns to some sort of 'normality'.

And remember ... KEEP HAPPY!



Mr Clarke
Headteacher