Dear parents and carers,

With the Easter holidays in full swing many families are having a less structured time and not trying to do schoolwork whereas other families are continuing with some sort of home learning routine because that suits their children. It’s up to families to decide what works for them. If schools are sending work still, it doesn’t mean your child has to do it: it’s there as an option.

Hopefully the weather will remain good over the school holiday period, as being outside seems to make everything easier. The supermoon has made recent nights very bright. A supermoon is a moon that happens to be a full moon at the point in its orbit when it approaches closest to the earth. If any of your children are interested in learning more about space, then there are some free resources here:

https://www.stem.org.uk/resources/elibrary/resource/32596/primary-space-activities

The google arts and culture app is also great if you want a virtual tour of the International Space Station.

The lockdown and associated worries are difficult to manage. Something that is happening all over the world in these uncertain times is being kind. In Oxfordshire we have heard about lots of small acts of kindness: teachers taking lunches to homes, neighbours collecting shopping, people sharing cakes over their garden fences, children painting rainbows, teenagers helping older people with technology and the general public showing appreciation for the keyworkers that are looking after us all.

Not all superheroes wear capes...

#stayhomesavelives

...but they keep our country running

Being kind makes us feel good about ourselves and this can be a really good way to help children and young people have a sense of purpose when we are stuck in at home. Doing things for other people, however small can make us feel we have accomplished something.
Here are some tips/ suggestions for helping your children to come up with small acts of kindness they could do:
Create a choreographed dance and send it to a friend or family member.
Deliver a food parcel or card to an elderly neighbour.
Check in with your friends and see if they are struggling.
Teach someone to use an app.
Make a cup of tea for someone in the home.
Help with chores in the home.
Help to tidy an elderly neighbour's garden.
Send someone a funny joke or video.
Send an inspirational quote to a friend.
Write a thank you card to someone who has helped you.
Make a photo collage of favourite things for a friend.
Read a story to a younger child.
Make an Easter egg hunt in the house or garden.

Oxford Health have launched a 24/7 Mental Health helpline for the general public (Oxon and Bucks). The helpline will be in existence for 12 weeks initially and then reviewed. It has been set up in response to the covid-19 situation to relieve pressures from other parts of the system in terms of people seeking advice, information and support in relation to their (or someone else's) mental health.


Happy Easter holidays.

Take care and best wishes from the Virtual School team.

*Oxfordshire Virtual School*