

Thames View Infants



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Dear Parents/Carers,

You might be at home BUT ... you are not alone.

As you will be aware, the Government has announced that all schools in England will close temporarily for the vast majority of children from end of the day on Friday 20th March.

It's a worrying time for all of us. The news, social media, taking on board the worries from our friends and family are all adding to our anxiety levels in these uncertain times.

As you already aware, we are sending home a whole range of learning ideas. As well as this you can:

- follow us on twitter for updates, ideas, little waves and check in videos;
- check the website; there is homework and links to lots of learning and fun games as well as homework for you to do;

Remember we aren't expecting you to have a "school" at home.

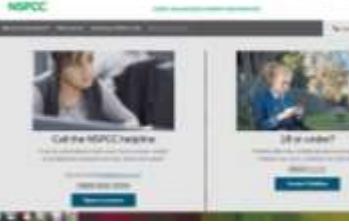
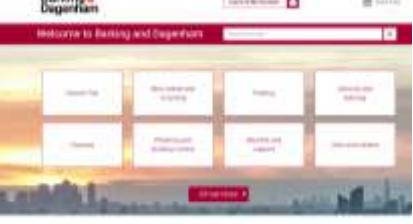
This letter is to say that you might be at home but you are not alone. Here are some top tips, ideas and thoughts from me and the team at Thames View Infants:

- Start and keep up a routine. Get up, get changed (even into different PJ's), get showered and brush your teeth each day.
- Get active – Jo Wicks is doing a daily PE lesson on Youtube. Go for a walk (following Social Distancing Guidelines of course). Being active and getting fresh air is essential for your families well-being.
- Limit access to news and social media; if you are watching it, stick with trusted sites, think "does it sound right?" If it doesn't sound right, it probably doesn't.
- Don't think you are expected or need to create a school at home...be realistic about what you can do. You don't need to print endless homework, follow your routine.
- Make time for "boredom", children will get bored, but that actually forces creativity and imagination.
- Stay connected with friends and family via phone, social media, video calls. Make time every day to check in with people, they need you and you need them.
- If you need help there are agencies and professionals that can help, depending on the need and how urgent it is:

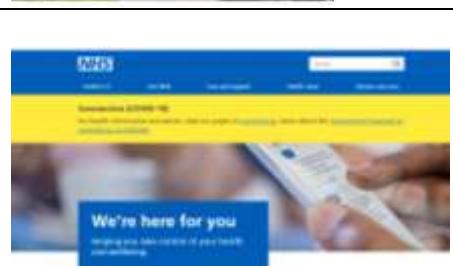
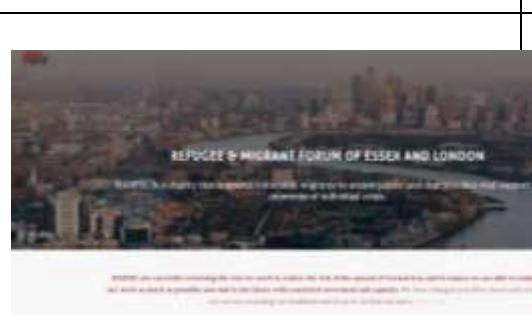


We're a PAPERLESS School – so you must download & register your ParentMail App to receive e-newsletters, to book after-school clubs & Parents' meetings or to confirm consent for educational visits.

- We are still open. Our contact details haven't changed. The Inclusion Team will be working with Social Care, Educational Professionals and community to ensure that support continues.
- If you are worried the well-being and safety of you, your family or anyone else then you can call the following numbers for support, I've included the websites as well:

Support Group:	Contact Details:	Website:
	Young Minds Parent Helpline: 0808 802 5544	https://youngminds.org.uk/
	NSPCC: 0800 800 5000 Childline: 0800 11 111	https://www.nspcc.org.uk/
Children, young people and families 	Barking and Dagenham: Social Care Team from 9am to 4:45pm, Monday to Friday 020 8227 3811 Out of hours duty team from 4:45pm to 9am, Monday to Friday, weekends and bank holidays 020 8594 8356	https://www.lbhd.gov.uk/children-young-people-and-families
	Mind Charity: 0300 123 3393 for their information line	https://www.mind.org.uk/
	General Enquiries: 020 8215 3000	https://www.lbhd.gov.uk/

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	The Foodbank in Barking: 07507 648948 0208 861 0660	https://barking.foodbank.org.uk/
	Shelter: 08088004444	https://england.shelter.org.uk/
	NHS Direct: 111	www.nhs.org
	RAMFEL: Support for refugee and migrants in the UK.	http://www.ramfel.org.uk/
	Barnardos: Well-being Hub in LBB: 02085542888 wellbeinghub@barnardos.org.uk	https://www.barnardos.org.uk/what-we-do/helping-families
	Change, Grow, Live: They offer peer support and ideas for emotional well-being.	https://www.changegrowlive.org

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	<p>Refuge, Domestic Abuse Help Line: 0808 2000 247</p> <p>This is a 24 hour helpline, please call 999 in case of emergency.</p>	<p>https://www.nationaldahelpline.org.uk/</p>
<p>Mindfulness Apps that might be fun!</p>	<ul style="list-style-type: none"> • Mindful Powers • Take 5 mindful Minutes • Calm Kingdom • Mindful Family Meditation • Meditation for Kids • Cosmic Kids • Headspace 	<p>You can search mindfulness for kids on the Appstore or Googleplay. The above are all free.</p>

Please keep an eye on ParentMail, and twitter. We'll you updated as much as possible. If you find something brilliant, please let us know and share on twitter, my screen name is @ClaireTVI there is @Fibashir and of course @TVInfants.

The biggest message I want to ensure that our families get from me is that yes, you are at home, but you are not alone. Please call school during normal hours if you think you need help. We will do what we can to get you the help you need.

We will all be thinking of you over the coming weeks. We will keep in touch as much as we can. Take care and we look forward to seeing everyone soon.

Best wishes

Claire Smith
Deputy Headteacher
Inclusion Leader