



Dear parents/carers,

We are committed to supporting all our families through this challenging time. Please see enclosed in this newsletter suggestions to help you with this. Please also download our App so we can stay in touch and share all the wonderful work that your children are completing. Over the next 2 weeks

Top tips from a parent

It's hard being at home and all trying to get work done when we only have a laptop. (between 5 of us). We have found that having a set routine helps everyone. It makes sure that everyone gets the time they need to do their work. It means that we also have time to do things together like watching a film or going for a walk (exercise really helps my children feel less worried).

We have started a rewards chart. It works by my children doing extra jobs to gain points so they can have an extra snack or more free time. They can earn points for things like doing the washing up or an extra hour of reading. A little bit of competition helps with my three children!

Top Tips from a form tutor - This is what your day could look like!

9am - PE with Joe Wicks

[youtube.com/thebodycoach](https://www.youtube.com/thebodycoach)

10am - Music with Myleene Klass

[youtube.com/myleenesmusicclass](https://www.youtube.com/myleenesmusicclass)

11am - Science with Maddie Moate

[youtube.com/maddiemoate](https://www.youtube.com/maddiemoate)

1pm - Maths with Carol

Vorderman [themathsfactor.com](https://www.themathsfactor.com)

2pm - History with Dan Snow [tv.historyhit.com](https://www.tv.historyhit.com)

3pm - English with David

Walliams [worldofdavidwalliams.com](https://www.worldofdavidwalliams.com)

5.30pm - Food tech with Jamie

Oliver [channel4.com/keepcookingandcarryon](https://www.channel4.com/keepcookingandcarryon)
(obviously only practical with parent/guardian guidance)

Teacher Nominations

We know you have been working really hard to complete the work that you have been set by your teachers. We have also been getting really good feedback from you about the help that your teachers have been giving you. So would you like to nominate them for a shout out!



Top tips from a student;

Believe it or not my advice is don't stay in bed! Get up and get things done. You will feel much happier if you do.

'Don't get out off doing your work'. Your teachers are there to help you and if you don't do it now you will be really behind when we go back to school and no one wants to do less well than they should.

Don't listen to everything they say on the news lots of it is just what people think might happen.

YOUNGMINDS

<https://youngminds.org.uk/>

Don't check the news all the time

Check the news once or twice a day for important updates and focus on doing positive stuff together the rest of the time.

Have 1-to-1 chats regularly

Listen to your child and find out what will help them as an individual.

Make the most of the extra family time

Do activities together that help you bond, show an interest in your child's hobbies and consider choosing a new skill to learn together.

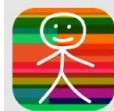
Remember you're doing your best

You may get frustrated and stressed – but this doesn't mean you're a bad parent. It's okay to take some time for yourself.



We have created an account for the fund raising. All you need to do is go to the app or website first and then shop as normal in 1000's of shops or on-line stores. You do not pay any extra but the companies you are shopping with make a donation based on a percentage to our Enrichment fund.

Just search for Great Barr Academy or follow the link on our facebook page.



mySchoolApp

We have recently purchased a new App. This App is for use on Mobile phones or tablets. Signing up to this App is free and straightforward on all smart phones/tablets. Look for the logo above on the APP store. This works for both Apple IOS Android devices.

Once you are logged onto the mySchoolApp you can enter Great Barr Academy and it will take you to our site. One main advantage to us is that we are able to send you instant messages therefore improving communication and giving us the opportunity to make regular contact. Whilst students are working from home we will be able to share daily challenges and some of the fabulous work that your children are completing. Rewards will also be shared here!

BBC
Bitesize
Daily

<https://www.bbc.co.uk/bitesize/articles/zfwrcqt>

There are lots of fun lessons and activities here for all the family.

Our children are little heros, too.

Missing their grandparents, extended family, friends and school.

Lack of normal routines.
Loss of structure to their day.

Parents who are stressed, worried, scared and just *different*.

Overhearing talk and news without an understanding of what they hear.

NoCrySolution.com

Give your little hero more cuddles, more one-on-one playtime, and an extra dose of patience and forgiveness.