

Good morning,

"Look for something positive in each day, even if some days you have to look a little harder."

Nobody would have thought that April 2020 would have looked like it does today: home schooling, parents working from home, isolation from families and the fear of the unknown. However, these are the cards we have been dealt and we want to say again:

YOU ARE ALL DOING AMAZINGLY!

To our children, we have never felt so proud of how brave and wonderful you have been,
To our families, we are in awe of how resilient and flexible you have been in such difficult times...you are true role models for your little ones.

To our school community:

"We'll meet again

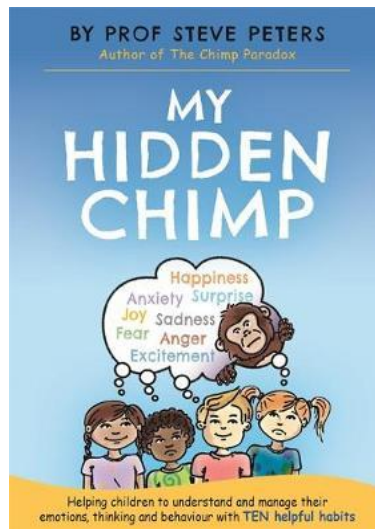
Don't know where

Don't know when

But I know we'll meet again some sunny day."

In these times of uncertainty, some initial tips for parents and carers at home would be:

- Create a structured environment, set house rules, routines and expectations
- Be consistent, be clear and be concise
- Pick your battles and avoid power struggles
- Identify what triggers the child's behaviour
- Be positive; give praise and positive reinforcement
- Do not provide opportunities to argue.
- Reduce the anxiety, don't increase it
- Avoid raising your voice, be neutral and speak calmly
- Address your body language and keep your hands down by your sides during heightened situations.
- Learn to interact with your child during activities and games
- Celebrate successes and praise good behaviour
- Don't take anything personally it's not about you, it's about them
- Understand that anger and frustration are real feelings to those who express it
- Assign a daily household responsibility
- Persevere – expect behaviour to get worse before it starts getting better
- Think more about managing mood and not behaviour



At school we use this book to help us control and manage our emotions and behaviours: your child will know this book well and is a great resource

- <https://www.youtube.com/watch?v=aOsdY0g-iEA>

- This clip is aimed at adults <https://www.youtube.com/watch?v=xf9Xe633rQE>: it is a great 5 minute 'pep' chat to help us all during this challenging time.

We are here for you all so please do not feel that you are at all alone in this...Featherstone Wood School Community-we've got this! 😊

Best wishes

Miss Sarah Haynes
Deputy Headteacher & SENCO

*Featherstone Wood Primary School
Featherston Road
Stevenage
Herts
SG2 9PP
01438 235550*