



*Inspiring Excellence  
Making a difference together*

*Challenge • Enjoyment • Pride  
• Respect • Safety*

**Parsons Down Infant School**

Paynesdown Road, Thattham,  
Berkshire RG19 3TE  
Tel: 01635 862475 Fax: 01635 874558  
Email: office.pdi@pdp.w-berks.sch.uk  
Web: www.pdp.w-berks.sch.uk

**Parsons Down Junior School**

Hérons Way, Thattham,  
Berkshire RG19 3SR  
Tel: 01635 866700 Fax: 01635 874499  
Email: office.pdj@pdp.w-berks.sch.uk  
Web: www.pdp.w-berks.sch.uk

Thursday 25<sup>th</sup> June 2020

Dear Parent/carer

I hope that you and your families are all safe and well. We are working hard behind the scenes to look at what transition and September will look like for our children. The government has announced that all children will be back in school in September but have not yet released any further guidance for schools. You will receive more information by the end of next week about classes and transition.

We recognise that this is a time of great anxiety, not only for school staff and parents but also for children, so our final Home Learning project this term will have the theme of "Being Brave". We will be encouraging the children to explore what being brave means and recognising that before you can be brave you will be experiencing other emotions, such as fear, worry or anxiety.

If your child is feeling worried about the current situation or the prospect of returning to school (or transitioning to a new school) it is important that they are not told "not to worry" or that their worries are silly. You will not be able to fix their worries and it is important that they know feeling worried is normal. Often these worries manifest at the end of the day and lead to a child getting over tired and even more anxious creating a cycle that feels impossible to get out of. It's very true that everything feels better after a good night's sleep, but try telling a child that! Some useful tips, that are applicable to all children, can be found here.

<http://www.parentingspecialchildren.co.uk/wp-content/uploads/2016/09/Sleep-Well-5-tips-for-better-sleep.pdf>

You might like to introduce a 'worry time' if they are having worries every day. Worries can be discussed for 10-20 minutes. It also helps children to hear that parents had similar worries when they were young. An anxiety thermometer will help children to scale their worries and plan a way to deal with them.

<https://www.elsa-support.co.uk/anxiety-thermometer/?fbclid=IwAR3R2kArZA1NKAw7mIIBOXIW-B07EvvzCkh0ZrshQrEEQrc1oUFMucN3Cw>

Or you might want to use these calming activities to help them relax.

<https://www.elsa-support.co.uk/relaxationcalming-activities-children/?fbclid=IwAR2hN63efvkvHicVnM8HO0JTCqQR72LlobCEJgkYLEvKKmurrcc5C0S7ogw>

We also have a range of health and wellbeing resources and ideas on our website and getting outside also has a proven positive affect on mental health.

<https://www.pdp.w-berks.sch.uk/health-and-wellbeing>  
<https://www.pdp.w-berks.sch.uk/outdoor-learning>

Take care, stay safe and I look forward to seeing all the children again soon.

Lynda Fright  
Acting Deputy Headteacher