



Tweedmouth West First School

Respect, Responsibility Resilience

3.4.20

Dear Parents/Carers,

We made it to the end of week 2!

We have really enjoyed speaking to you this week, and I am so pleased that lots of you are enjoying this time at home with your children. You have told me about the things that are working well, so I'd like to pass those on to everyone:-

TOP TIPS

1. Have a daily routine – get up at the normal time, get dressed, get ready for 'school'
2. Have a daily timetable – chunk up the time with snack time, break time, exercise time
3. Make the activities short and sweet! Start with the thing you know they are not so keen on, so that you can say 'After this we will do...' For younger children, 5 minutes may be enough for an activity, then move on to something else.
4. Snack boxes are proving very successful. Start the day with a snack box which has to last the whole day. If your child chooses to eat it all at 10 am, that is ok, but they may decide to save some for the afternoon the next day!
5. Get outside – fresh air will help the children to concentrate, and to sleep well.
6. Do some exercise – Joe Wicks, Go Noodle
7. Keep reading!

Mrs Newton has set up some new pages on the school website. Our daily videos are on there (I know not everyone uses facebook) and we will keep you updated with work for the children.

I would like to say a huge thankyou to our keyworker parents, who are doing fantastic work keeping everything going. Particularly to our NHS workers, who are doing such an amazing job. At Tweedmouth West we are very proud to be supporting you all.

We really miss you, and are thinking about you every day.

We are living through a big event in history, and will remember this time forever!

Keep safe, and take care of yourselves.

Warmest wishes

Anne Robertson