

Dear Parent/Carer,

A very happy new year to you and your loved ones. This year has already started with challenges – lockdown 3.0! We must all remain positive and look forward to the end of COVID-19.

I would like to welcome Ms Rachael Alexander-Gordon as our new Deputy Headteacher at Downsell Primary. Once school reopens you will see her out in the playground and around school. Let's give her that warm Downsell welcome.

At present we continue to remain open for key workers' and vulnerable groups of children. All other children continue to receive their lessons remotely.

I hope you have an amazing weekend.

Mr Chetty

Remote learning

Due to lockdown 3.0 all children are receiving their education remotely with the exception of key workers' and vulnerable groups of children. All timetables are together with the codes for remote learning on our school website as well as on your child's classroom page. We are pleased to see many children joining the lessons, it will be good if every child logs in to access remote learning. If you have a problem logging in please call the school office and we will try to help you to overcome any issues.

Joke of the Week

What is a cow's favourite holiday?

Moo year's eve!

Free school meals

If your child is entitled to free school meal please note the school will be able to provide him/her a meal during lock down. Kindly call the school office and let us know what you require.

Mental well-being

Staying at home during lock down can make us feel anxious, worried or lonely. There are things you can do to keep on top of you and your family's mental wellbeing:

Stay connected with others via phone, messaging, video calls or social media

Talk about your worries, there are various NHS-recommended helplines which can be found online.

Keep physically fit by exercising indoors – there are plenty of free online classes or you can make your own 10-minute home workout.

Limit the time you spending watching, reading or listening to news coverage and only use trustworthy sources such as GOV.UK or the NHS website and fact check information from the news, social media or other people.

Continue doing things you enjoy and consider starting a new hobby such as reading, arts and crafts, do crosswords or jigsaws, baking and trying new recipes.

Take time to relax and get good sleep by maintaining your normal sleeping/waking routine.