



St Mary's Church of England School

Infants:

Amyand Park Road
Twickenham
TW1 3HE

T: 0208 892 5840
F: 0208 744 9027

Middle:

Strafford Road
Twickenham
TW1 3AD

T: 0208 249 6836
F: 0208 891 1904

Juniors:

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Twickenham
TW1 3BA

T: 0208 892 7849
F: 0208 607 0420

E: info@st-marys.richmond.sch.uk

www.st-marys.richmond.sch.uk

Friday 29th May 2020

Dear Parents and carers

At school, each child's emotional well-being is our top priority and focus. We understand that happy children are the best learners. During this challenging and unexpected pandemic, your child will have built on their existing skills such as patience, creativity, inventiveness and compassion. I'm sure you're as proud as we are, of the resilience, and determination they have all shown with their positive attitude.

When we do return to school life, we will be here to support and care for your children. We are working hard to ensure measures are in place to ensure a smooth transition. Our focus will be on easing each child back into our school community. There will be a period of adjustment, as we all adapt to our new school life. Please be reassured we are prioritising your child's emotional welfare and safety, and we look forward to welcoming them back into school.

As always, we thank you for your support and know we will all work together to help your children adjust.

Thank you for all the hard work you have put in at home, it is hugely appreciated. When children look back on this time in history, hopefully, most of them will have fond memories of having fun at home and learning new skills. Here are some resources, activities and websites which you may find helpful in supporting and preparing your child with the transition back to school.

Resources supporting transition and emotional well-being

We will be going back to school sometime

A child-friendly social story you can share with your children to support the link between home and returning to school.

<https://s3.amazonaws.com/thinkific-import-development/140534/Wewillbegoingbacktoschoolsometime-200504-091926.pdf>

Easy read version of the same social story:

We will be going back to school sometime

<https://s3.amazonaws.com/thinkific-import-development/140534/EasyreadschoolsoonSS-200504-091926.pdf>

My lockdown experience.

This helps children to discuss their favourite aspects of lockdown, what they didn't like, and worries they may have about returning to school.

<https://s3.amazonaws.com/thinkific-import-development/140534/Mylockdownexperience-200504-092109.pdf>

Communicating to support transition



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<https://youngminds.org.uk/media/2957/top-ten-tips-poster.pdf>

Do you have an anxious child?

Follow the link below for some useful guidance on helping your child overcome anxieties:

<http://blogs.psychcentral.com/stress-better/2016/03/49-phrases-to-calm-an-anxious-child/>

Books you may find useful

Some stories you can watch on-line:

The Invisible String

<https://youtu.be/rQRcUbdjegc>

The Huge bag of worries

<https://www.youtube.com/watch?v=CDrnuPj7xfs>

The boy, the mole, the fox and the horse

<https://www.youtube.com/watch?v=WMVc8afLFG0>

Have you filled a bucket today?

<https://www.youtube.com/watch?v=wXGEfQkK4F0>

Other books:

A volcano in my tummy

No worries!

Owl babies

Worry too much

Only One you

An activity you can do together with your child:

Children of any age can feel worried or upset about leaving a parent or carer. This may be for a number of reasons, and the child may not even know why they feel that way. This activity aims to help a young person feel that they have something of their parent or carer with them, even when they are not there in person. This resource idea can help a child through a difficult stage or period of time by helping them to feel more secure. The activity aims to provide the child with a visual aid to help them stay calm and content through the day. Often, the frequency of needing to look at the object will decrease until just knowing that their grown-up made the object for them will be enough to remind them that they will be ok until their parent or carer returns. (Source: Twinkl)

Hand Prints



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You will need:

- paint (in bright colours) for each person;
- fabric or material, (ideally an old t-shirt or bed sheet);
- a paint brush;
- clean water.

Instructions:

1. Before you begin, it is important to make sure that your hands are clean. Each person should pick a colour of paint to use.
2. Using the paintbrush, paint the young person's hand.
3. Place the painted hand onto the fabric, making sure that you press down firmly to leave a full handprint. Leave the fabric to dry.
4. Whilst the young person's print is drying, wash off the excess paint and swap roles. The young person can now paint the adult's hand.
5. Again, place the painted hand onto a clean piece of material. You can put both prints on separate pieces of material or put them together.
6. Once the paint has dried, the young person can keep the handprint from their parent or carer, and the adult can keep the young person's print.
7. Decide where you are going to keep them, for example your pocket, your purse or your bag. Agree that you will keep them with you at all times.
8. Make checking the handprints part of your morning routine and remind the young person to look at the handprint if they feel upset or anxious.



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Best wishes

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