



Headteacher
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Friday 28th August 2020

Dear Parents & Carers

I hope that you have managed to enjoy some Cornish sunshine and had a good summer break. The staff and I are really looking forward to seeing you again and welcoming the children back to school on Monday 7th September.

I am sure you are feeling a mix of emotions as the new term approaches. This will be the same for the children – excitement, joy, anxiety, sadness. It's not just the thought of returning that could have them a little worried but the new school rules might be strange for them too – from social distancing, one-way systems, frequent sanitising/handwashing and class bubbles.

If you can, find time to talk about how your child is feeling. This could be during a shared activity like baking or playing a game. In school, we have worry monsters which 'eat' the worry away, you could try a similar idea by helping young children to write down their worries and put them in a 'worry box'. A fidget toy, colouring or writing book could also help. The Worrinots, Ninja Focus or the Chill Panda are recommended apps that might help your child to relax. If a young child is anxious, there is also a free bedtime story called 'Everybody Worries' by Jon Burgerman – it helps children to reflect on their feelings and understand them a bit more.

If your child's screen time is now longer than you would like, try to reduce the time especially before bed. You may need to put all mobile devices out of reach until morning. Having a good night's sleep can make all the difference.

On the first morning, have a list of things to do before school – wash, get dressed, eat breakfast, clean teeth. Praise and encourage every step and maybe offer a small reward at the end of the week or half term.

In the first few weeks we will be easing the children in to their new class and school routines. We will be doing some lovely settling activities with lots of discussion, art and craft and physical activities. We will check where your child is with their reading so that we can begin sending books home again. These books will need to be quarantined upon return to school – after the first week, they will come out to you on a Monday, returned to class on Thursday morning and changed for new. We will also check where your child is in their maths so that we know exactly what to teach next and who we need to offer a little more support to. If you need to get hold of the teacher, please use Class Dojo or phone the school office.

I will be in touch next week but until then, please remember:

- One small bag for packed lunch, water bottle, sun cream and reading book
- School uniform to be worn
- PE kit can be worn on your child PE day (the teacher will let you know, please wash school uniform)
- One adult per household to 'drop and go' to the child's classroom door from 8:30am-8:50am (gates will not open before 8:30am) If your child isn't won't 'drop and go' then please do another lap around the building
- Please keep your distance around the school one-way system (clockwise) 2 metres
- All children in EYFS, Yr1 and Yr2 and any child eligible for Free School Meals in Yrs 3, 4, 5, 6 will be provided with a free school packed lunch. You can pay for a packed lunch in the usual way or bring your own
- Leaving the classroom: EYFS, Yr1 and Yr4 finish at 3pm. Yr2, Yr3, Yr5 and Yr6 finish at 3:15pm. Parent/Carers line up directly outside the classroom to receive your child

Have a good weekend! Best wishes, Mrs May