



# PARENT/CARER BULLETIN

## 26th March 2020

Dear Parent/Carers

I am sure you are all doing an amazing job and helping your children through these difficult times. I will be sending out a regular bulletin to help support you. There are so many free resources now available, I will be putting some on the bulletin each time.

Just try to do a little bit of learning with your child each day. Two or three hours is really good. Please don't try to copy the school day.

We have less than 25 children in school each day of key workers or vulnerable children so we have been deep cleaning and taping up classrooms. We are now on a skeleton staff in school to try and keep our staff safe.

Thank you for your emails of support.

If your child had an asthma inhaler or medication in school, please phone the school office to arrange collection. I am sure you would prefer to have these at home.

Kind regards

Mrs T Cunningham  
Headteacher

Joe Wicks - how to keep fit for children

<https://www.youtube.com/watch?v=K6r99N3kXME>

Free audio books – you will need to create an account

<https://worldbook.kitaboo.com/reader/worldbook/#/>

If you have any queries over Special Educational Needs Children, please contact Mrs Paterson at [jen.paterson@williamlaw.peterborough.sch.uk](mailto:jen.paterson@williamlaw.peterborough.sch.uk)

Any updates will be communicated via Parentpay communication, Twitter or available on the school website under LATEST UPDATES. You will also be able to find the latest bulletin here.

The Autism and ADHD Advisory service will be offering a weekly parent/carer telephone consultation. Bookings can be made by telephoning Jill Groutage on 07961 240778.

Picture book for children explaining the Coronavirus, should you wish to share with your children.

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

## Website Areas of Learning Details

<https://www.phonicsplay.co.uk/>

<https://www.phonicsplaycomics.co.uk/> Reading Free subscription Reading/phonics games

<https://www.teachyourmonstertoread.com/> Reading Free Subscription Reading/phonics games

<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/> Reading Free subscription Free online ebooks to read at home

[https://www.youtube.com/channel/UC\\_qs3c0ehDvZkbiEbOj6Drg](https://www.youtube.com/channel/UC_qs3c0ehDvZkbiEbOj6Drg)

or search youtube for Alphablocks Reading Online episodes to watch supporting phonics

<https://www.twinkl.co.uk/> Various resources Free subscription, downloadable resources

<https://www.youtube.com/channel/UCPlwvN0w4qFSP1FIILB92w>

or search youtube for Numberblocks Maths Online episodes to watch supporting Maths understanding

To support children's mathematical learning through this period of self-isolation and school closures we've decided to offer all parents completely FREE access to our Number Fund Parent Portal for 30 days.

The portal is designed specifically to support **learning at home** and is packed with fun-filled experiences for primary aged children - including videos, songs, games and activities. It also includes an extensive set of video presentations to help parents understand how mathematics is taught in schools today.

You can check it out here: [parent.numberfunportal.com](https://parent.numberfunportal.com)



## Coronavirus and keeping active with YDP

In light of the fast paced rate of change around coronavirus, we wanted to set out a plan below to support students and parents during the impending school closure and isolation period. We have created a 30 day plan (to include the Easter holidays) to keep everyone active:

**Day 1:** Lower body: 30 Pencil Jumps, 30 Squats, 30 alternate Leg Lowers, 30 Lunges. Repeat 3 times.

**Day 2:** 1 minute Plank (twice - am and pm).

**Day 3:** Take a 15 minute stroll outside, avoiding any contact with passers by. Wash your hands immediately when you return home.

**Day 4:** Upper body: 30 Shoulder Rolls, 30 Downward Dog to Plank, 30 Tricep Dips, 30 T-lifts. Repeat 3 times.

**Day 5:** 5 minutes of Skipping. If you don't have a rope, pretend you are holding one, keeping your arms by your side.

**Day 6:** Lower body: 30 Star Jumps, 30 Walk up Squats, 30 Flutter Kicks, 30 High Knees. Repeat 3 times.

**Day 7:** Core: 30 Crunches, 30 Leg Raises, 1 minute Side Plank (hold), 30 Side raises (both sides). Repeat 3 times.

**Day 8:** Take a 10 minute run outside, at your own pace, avoiding any contact with passers by. Wash your hands immediately when you return home.

**Day 9:** Yoga: 1 minute Downward Dog, 1 minute Warrior 1, 1 minute Cat/Cow, 1 minute Bridge, 1 minute Seated Forward Bend, 1 minute Pigeon Pose (both sides), 1 minute Childs Pose.

**Day 10:** Upper body: 30 Push Ups, 30 Cactus Arms (using tins as weights), 30 Jumping Jacks, 30 Inchworm Walkouts. Repeat 3 times.

**Day 11:** Lower body: 30 Pencil Jumps, 30 Squats, 30 alternate Leg Lowers, 30 Lunges. Repeat 3 times.

**Day 12:** 1 minute Plank (am, lunchtime and pm).

**Day 13:** Take a 20 minute stroll outside, avoiding any contact with passers by. Wash your hands immediately when you return home.

**Day 14:** Core: 30 Crunches, 30 Leg Raises, 1 minute Side Plank (hold), 30 Side raises (both sides). Repeat 3 times.

**Day 15:** 5 minutes of Skipping. If you don't have a rope, pretend you are holding one, keeping your arms by your side.

**Day 16:** Lower body: 30 Star Jumps, 30 Walk up Squats, 30 Flutter Kicks, 30 High Knees. Repeat 3 times.

**Day 17:** Upper body: 30 Shoulder Rolls, 30 Downward Dog to Plank, 30 Tricep Dips, 30 T- lifts. Repeat 3 times.

**Day 18:** Take a 10 minute run outside, at your own pace, avoiding any contact with passers by. Wash your hands immediately when you return home.

**Day 19:** Core: Core: 30 Crunches, 30 Leg Raises, 1 minute Side Plank (hold), 30 Side raises (both sides). Repeat 3 times.

**Day 20:** Yoga: 1 minute Downward Dog, 1 minute Warrior 1, 1 minute Cat/Cow, 1 minute Bridge, 1 minute Seated Forward Bend, 1 minute Pigeon Pose (both sides), 1 minute Childs Pose.

**Day 21:** Upper body: 30 Push Ups, 30 Cactus Arms (using tins as weights), 30 Jumping Jacks, 30 Inchworm Walkouts. Repeat 3 times.

**Day 22:** 1 minute Plank (am, late am, afternoon and evening).

**Day 23:** Take a 25 minute stroll outside, avoiding any contact with passers by. Wash your hands immediately when you return home.

**Day 24:** Lower body: 30 Pencil Jumps, 30 Squats, 30 alternate Leg Lowers, 30 Lunges. Repeat 3 times.

**Day 25:** 5 minutes of Skipping. If you don't have a rope, pretend you are holding one, keeping your arms by your side.

**Day 26:** Core: 30 Crunches, 30 Leg Raises, 1 minute Side Plank (hold), 30 Side raises (both sides). Repeat 3 times.

**Day 27:** Yoga: 1 minute Downward Dog, 1 minute Warrior 1, 1 minute Cat/Cow, 1 minute Bridge, 1 minute Seated Forward Bend, 1 minute Pigeon Pose (both sides), 1 minute Childs Pose.

**Day 28:** Upper body: 30 Push Ups, 30 Cactus Arms (using tins as weights), 30 Jumping Jacks, 30 Inchworm Walkouts. Repeat 3 times.

**Day 29:** Take a 10 minute run outside, at your own pace, avoiding any contact with passers by. Wash your hands immediately when you return home.

**Day 30:** Lower body: 30 Star Jumps, 30 Walk up Squats, 30 Flutter Kicks, 30 High Knees. Repeat 3 times.

Please only exercise if you are feeling fit and well. Avoid exercising and take doctors advice immediately if you start to feel unwell.

### **Stay connected**

We will be updating our social media platforms daily to continue to support parents and children. Details of which are shared below:

Twitter [@YDPLtd](#)

Instagram [@youthdreamsproject](#) Facebook [@Youth Dreams Project](#)

Continue to wash your hands, eat the rainbow and drink plenty of water to stay fit and well.

**The YDP Team**

[www.youthdreamsproject.co.uk](http://www.youthdreamsproject.co.uk)

Whether you're teaching – or home with the children, you may find this helpful.



Starting Monday morning at 10.00am we are running daily maths sessions for younger children LIVE on YouTube so children will be able to join from a tablet, computer, or Smart TV.

[Click here to join Monday morning](#)

You can also [subscribe to the channel](#) to make sure you don't miss out. Please do pass this on to any parents you think may benefit.

Thanks and best wishes

Dave and the Number Fun team

#### Message from David Walliams

Those stuck at home with their kids may be able to relate to 'The World's Worst Children'. I'll be releasing an audio story every day for the next 30 days for free. First up is The Terrible Triplets! Enjoy. xxx

[Click here to listen https://bit.ly/AudioElevenages](https://bit.ly/AudioElevenages)

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
sustain and support our pupils, parents and all  
members of the school community  
who are anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your  
love  
In Christ Jesus our Lord.  
Amen