



The Galfrid School

The best in everyone™

Part of United Learning

Headteacher's Newsletter Friday 20th March

Dear Families,

Firstly, I would like to thank all our families for their support at this time. It has been lovely to read your emails of gratitude and we have all been touched and uplifted by them.

The teaching and support staff have worked around the clock to try and prepare for the school closure; I'm immensely proud to lead such a fantastic team.

There are many uncertainties at present but what is guaranteed is that we will continue to try our best to support our families.

If you need any support please contact either myself tfuller@cap.education or the school office galfridoffice@cap.education who will direct your email to the staff member you need.

Stay safe,

Mrs Tanya Fuller

Interim Headteacher

Home Learning

I'm sure that you are all eager to find out how we will be supporting your child's learning at home. We will be sending out further correspondence on how exactly this learning can be accessed and what you can do to support your child's education. What we can say is that work will be given to you via the school website. We are hoping to have the first upload of work available by 10am on Monday next week.

All of the learning uploaded to the website is designed to support you at home. It is by no means mandatory, but we would want to stress the importance of keeping up with your child's learning. We do

not know how long these school closures will last, and it is crucial that children stay as involved in education as they can.

Daily Timetable

Are you worried about how you are going to fill your weekdays? I have put together a suggested timetable to support if you need it.

Times	Activity	Activity Examples
Before 8.30am	Wake Up	Make your bed, tidy your room, open the curtains, wash and get dressed
8.30am	Breakfast and Chores	Help to lay the table and to get breakfast, unpack the dishwasher/do the breakfast dishes, brush the floor and if old enough wipe the table and Hoover
9am	Joe Wicks P.E. Session	Join in with Joe Wicks' daily PE lesson on his Youtube channel here ^{[1][2]}
9:30-10am	Morning Walk	Walk the dog or go for a walk with your family around your local area
10-11am	Academic Study	Daily Maths and English task
11-11.15am	Playtime	Play with some toys or with your siblings
11.15am-12:30pm	Academic Study	Finish Maths and English task, Times Tables Rockstars ^{[3][4]} Phonics Play ^{[5][6]} (EYFS and ^[7] KS1) and Handwriting
12:30-1:30pm	Lunchtime	Help to make lunch for everyone
1:30-2:15pm	Daily Chores	Tidy up after lunch. Help to keep the house clean and tidy- wipe some surfaces, Hoover if you are old enough, choose a drawer or a toy box and organise it
2:15-2:45pm	Reading	Read a book or share stories for 30 minutes. Run out of books? Have a look at Oxford Owl ^[8]
2:45-3:30pm	Foundation Study	Complete the other tasks to do set by your teacher
3:30pm-4pm	Quiet Time	Do some mindful drawing or try some mindfulness yoga ^{[9][10]}
4-4:30pm	Afternoon Exercise and Fresh Air	Go for a run with a member of your family, go for a bike ride, walk the dog or do some skipping with a skipping rope or play a ball game
4:30-5:15pm	Imaginative Play/Creative Time	Play Lego, if you have siblings, make up an imaginary game, have a look at the music activities set by Mrs Wynn
5:15-6pm	Free Time	Watch some television/read books/draw
6pm	Dinner	Help with getting dinner ready
6:30-8pm	Family Time	Play cards or make a jigsaw together, watch a film together
8pm	Bath/Shower, Bedtime story and bedtime	Share a story, talk about your day and relax ready to sleep

1 - [1] <https://www.youtube.com/user/thebodycoach1> [2] <https://www.youtube.com/user/thebodycoach1> [3] <https://trockstars.com/> [4] <https://trockstars.com/> [5] <https://www.phonicsplay.co.uk/> [6] <https://www.phonicsplay.co.uk/> [7] <https://www.phonicsplay.co.uk/> [8] <https://home.oxfordowl.co.uk/> [9] <https://home.oxfordowl.co.uk/> [10] https://www.youtube.com/channel/UC5uiZ2KOZZeQDQo_Gsi_qbQ [11] https://www.youtube.com/channel/UC5uiZ2KOZZeQDQo_Gsi_qbQ

Useful Websites

- [Earth Facts and Activities](#)
- [Lots of activities and games relating to British nature](#)
- [Bird related activities and games](#)
 - [e-books for all primary ages](#)
 - [Online Maths Games](#)
 - [Book quizzes and printable activities](#)
 - [Spelling and Phonics Games](#)
 - [Stories from around the world](#)

- [More stories from around the world](#)
- [Recommended books for all ages](#)
- [One picture every day with follow-up activities](#)
- [Maths Reading Books](#)
- [Maths activities](#)
- [Online Maths Games](#)
- [Online Maths Games](#)
- [Maths Challenges for all ages and abilities](#)
- [Select maths and the appropriate key stage](#)
- [Online Maths games for all ages \(links to other websites\)](#)
- [Ideas for parents](#)
- [Teaching methods for parents](#)
- [Virtual Tours of Museums](#)
- [Tate Modern](#)
- [Art Online](#)
- [Look at collections from galleries across the world](#)
- [BBC Music](#)
- [Free log in and then choose the music area & key stage Time Traveller](#)
- [English Heritage](#)
- [Horrible Histories](#)
- [Cooking Activities](#)
- [Recipes](#)
- [Cbeebies I Can Cook](#)
- [James Dyson Challenges](#)
- [Nasa Kids Club](#)
- [Think like a scientist!](#)
- [Yoga for younger children](#)
- [Change 4 Life Activities](#)
- [Supermover!](#)

- [Downloadable printable packs for KS1 & KS2](#)
- [Ted Ed Talks – age 8-18](#) (supervise closely for your child’s age)
- [A range of activities for all ages and subjects](#)
- [A range of activities for all ages and subjects](#)
- [A range of activities](#)

Twitter

During school closure we want to remain connected with our families. One way we will be doing this is to keep in touch via our new year group pages. We may even set challenges and ask you to tweet!

Our School Page is:

[@Galfrid Edu](#)

Our Year Group Pages are:

EYFS [@GalfridEYFS](#)

Year 1 [@1Galfrid](#)

Year 2 [@2Galfrid](#)

Year 3 [@3Galfrid](#)

Year 4 [@4Galfrid](#)

Year 5 [@5Galfrid](#)

Year 6 [@6Galfrid](#)

Books

We will be creating a temporary library in school where all children can come in to swap their reading books. This will be open Tuesdays, Wednesdays and Thursdays between 10am and 2pm. Children need to be accompanied by a familiar adult. When you arrive to school site, please access the school via the main office. We will ask all visitors to wash their hands as they arrive. Please do not come to the school library if you are in self isolation due to either yourself or one of your family members displaying symptoms.

Free School Meals

Correspondence has been sent out today to outline the provision for Free School Meals children. If you did not receive this, please let me know: tfuller@cap.education

Support

This is a challenging time for all! If you are struggling with the home learning please contact our admin team galfridoffice@cap.education who will send your email onto your class teacher and they will be in touch as soon as possible.

We will have an area which will be updated regularly to help support your families mental health. Further details will be sent on Monday by 10am.

Please contact either myself (tfuller@cap.education), Chelsea Scrimshaw (cscrimshaw@cap.education) and Heather Rigaut (hrigaut@cap.education) if you are struggling and need guidance. When emailing please send your number and will will get in touch as soon as possible.

Have your say...

Please help us to continue offering the support you need by completing this [form](#). Thank you!

Quote of the Week

THE CURE FOR
BOREDOM
IS
curiosity