

Knights Enham Junior School



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Newsletter
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Dear Parents,

It seems very strange to be writing to you in the Easter holidays with the school open for only a handful of children. I know the school holidays won't feel very different or special this year with everyone at home but hopefully the weather will improve and allow children to get out into the garden or will allow families to take their daily exercise walking outside.

To mark the fact that it is the school holidays you might consider not doing any school work and instead try some Easter themed activities. We have included some ideas for you.

We know that some children are worried about the current situation. They will have heard and seen things in the media and overheard adult conversations. Combined with a big change in their routines and restrictions to everyday life they may be finding life difficult. You may notice changes in their behaviour because they are anxious, with them becoming quiet and withdrawn or perhaps argumentative and uncooperative. Some suggestions for how to get them to talk about their worries are included this week. Often just voicing your fears is enough to help lessen anxiety.

We are hopeful that if people are keeping to the Government guidelines and staying indoors that we may get to a point where the restrictions may be lifted in a few weeks and we will be able to return to some normality for the children, families and school staff.

In the meantime please keep safe, take care and of course stay home!

Sally Harvey – Interim Headteacher

New helpline launched for vulnerable people living in Hampshire

A new helpline is now available to provide information and advice, as well as practical support to frail or vulnerable Hampshire residents – ie people living in the Hampshire County Council area.

The Coronavirus Hampshire Helpline –

Hantshelp4vulnerable - is on **0333 370 4000** and is open seven days a week, from 9am-5pm. It is for vulnerable people who do not have support from families, friends or their local community, and who need urgent assistance with practical issues such as essential food or household supplies, collection of medication, or who are at risk of loneliness. The helpline will refer people on to appropriate support from, for example, the voluntary sector or NHS

<https://www.activityvillage.co.uk/easter>

Has lots of Easter crafts and games ideas.

Free School Meals vouchers

Government are continually updating information and guidance to schools and we are in the process of putting their voucher scheme in place. Further information will be coming out to eligible parents as soon as possible.

Easter themed activities

In addition to the Easter bonnet idea and the chocolate nests on the children's page here are some more ideas for activities for Easter week. If you are all home together join in with the fun too!

- Hard boil some eggs and decorate them.
- Have a go at 'blowing' eggs, then decorate the hollow shells and hang with some pretty ribbon or string. (You can use the eggs to make scrambled eggs or omelettes.)
- Get some old twigs and decorate with eggs and flowers to make an Easter tree.
- Have an Easter egg hunt in the garden or round the house. Either hide some eggs or some clues that will lead to an egg. You can be creative and use maths or spelling clues to keep brains ticking over!
- Make an Easter garden. A miniature garden to tell the Easter story or just a spring garden in miniature. There are lots of ideas on line for how to do this.
- Egg rolling – plastic eggs or hard boiled ones down a slope in the garden. Whose egg will go the furthest?

STARTING A CONVERSATION WITH YOUR CHILD ABOUT CORONAVIRUS

(or other things that are worrying them.)

Starting a conversation with your child can be difficult, especially if you're worried that your child is struggling during this difficult time. It doesn't matter how or where the conversation is held it is about picking the right moment (when both of you are relaxed i.e. not when either one is tired, or straight after an argument etc.). It is about the opportunity it gives you both to talk about your feelings and to provide comfort.

Here are some conversation ideas to start things off... then just let the conversation flow. Remember to listen without judging and try not to fill in the gaps for them with what you think they mean. Silences are important in a conversation, let them think and find the words they need.

- How are you feeling?
- Do you want to talk about what's going on?
- How can I support you through this time?
- Is there anything that you need from me? Space, time to talk, time to do something fun...?
- You can talk to me, I'm here for you
- If you talk to me about what is worrying you, I can do my best to help
- Even if I don't understand, know that I want to
- What is the best and worst bit of the time staying at home isolating?
- We're going to get through this together
- I love you, nothing can ever change that
- If you need to talk to someone else, that's okay too

Children's Page



Have you made a rainbow for your window yet? Please send us some pictures of you and your rainbows to brighten up the website.

Easter bonnet parade

Decorate an old hat or make a hat with an Easter or spring theme to make an Easter bonnet.

Get a grown up to send in photos and we can have our own Easter Bonnet parade on the website.

This week it is all about Easter with some Easter and chocolate themed activities for you to try at home. Have a good week and don't eat too much chocolate over the weekend!



Easter nests

These are fun to make and delicious to eat. You will need a grown up to help you melt the chocolate, as it will be very hot so take care!

Ingredients

- 200g milk chocolate, broken into pieces
- 85g of Shredded Wheat, crushed.

(You can use other cereals but I think Shredded Wheat looks the most nest like!)

- 2x 100g bags of mini eggs.
 - You will also need cupcake cases.
1. Break the chocolate into small pieces.
 2. Crush the Shredded Wheat in a mixing bowl with a wooden spoon so it is broken apart.
 3. Melt the chocolate in a small bowl placed over a pan of barely simmering water. You can also melt chocolate in the microwave but take great care it doesn't burn.
 4. Pour the chocolate over the Shredded Wheat and stir well to combine.
 5. Spoon the chocolate wheat into 12 cupcake cases and press the back of a teaspoon in the centre to create a nest shape.
 6. Place 3 mini chocolate eggs on top of each nest.
 7. Chill the nests in the fridge for 2 hrs until set.



Thank you for the photographs that have been sent in showing what you are getting up to at home. It is a great way to keep in touch. Check out the website.