

Junior School

Infant School

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## High Down Schools

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High Down Schools

Down Road  
Portishead  
North Somerset  
BS20 6DY

Executive Headteacher

Mrs A Cowan

Dear Parent/Carers

I hope you are all well and adjusting to your new circumstances.

Please say a **big hello** to your children from our staff. Let them know we are thinking about them and that we hope they are enjoying their home learning.

I am aware that we sent a lot of information to you, via drop box, and I want to stress that this is to provide you with a range of possible resources to use rather than an expectation to do them all. Your children will let you know which they are enjoying and you can use their interests to help you start to develop your learning plan. Don't panic if they don't want to do any learning. Try a different activity, offer them a choice (but both things you want them to do) or let them get bored! They will soon join back in with your sessions. Remember it is hard enough for teachers to get the children to focus! If you are having any difficulties you can contact the school office: [office@highdownschools.org](mailto:office@highdownschools.org) and we will help you to find a solution.

Please remember that exercise and breaks are important. I am sure that many of the children are starting the day with a 9am [PE lesson](#) with Joe Wicks. Or you could watch a dance video from [Go Noodle](#) to get the heart-rate going. Also remember that play is vital for young children – it is the best way that they learn.

Routines are really important – our school would not work without them. When developing your weekly timetable I would encourage you to try one maths activity and one that is English based – reading, writing or phonics – on a daily basis. In the afternoon have some fun with creative activities including gardening or cooking. Maybe build a den in the garden or, as I did as a child, create a hidden space under a table in the house (covered with sheets). Use this special space to read together or share stories about your family. Use your special talents and skills and teach the children something that we would struggle to do at school.

The internet has some fantastic lessons and activities on offer but as the children will be spending more time online, please check your internet settings. Be mindful of who is in contact with your children and talk to your children about the SMART rules (see [school website](#)).

We have to take things a day at a time and do the best we can. Although we do not know when we will re-open please be assured we are here for you. Take care of each other and stay safe.

Best Wishes

Andreya Cowan

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