



SIR THOMAS FREMANTLE SCHOOL

A CO-EDUCATIONAL SCHOOL FOR STUDENTS AGED 11-19

BUCKINGHAM ROAD
WINSLOW
MK18 3GH
(01296) 711853

WEB: WWW.SIRTHOMASFREMANTLE.ORG

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Dear Parents and Carers,

Thank you so much for your support in restricting numbers attending school. We are obviously concerned about transmitting the virus to our own families and obviously having the bare minimum of children helps us with this.

I just wanted to share some thoughts on managing your child working at home. First and foremost, it is imperative to remind yourself that this is a very strange time and some will adapt quicker than others. Families are trying to balance their own work from home as well as their child working from home, whilst trying to maintain some kind of 'normal'. This transition is hard enough for adults so do be patient with the learning at home.

The school work that has been set is entirely flexible; students should not be spending six hours a day studying and you will not be able to replicate a typical school day. The work that has been set is clearly very different to what they would be doing in school. The basis of the work is to try and offer some sense of 'normal'. Students could spend 2-3 hours learning. This does not have to be all the activities that are on the website. Learning takes place all the time. Learning a new language, learning how to cook or how to change a plug, writing letters or postcards to friends, activities that can take place in the garden. There is a wealth of learning that can be done without school work. An important part of this process is keeping things fresh. So if your child wants to access the many learning opportunities on line, then this is absolutely fine. A number of celebrities are running workshops through social media: for instance, Joe Wicks is running a fitness session each day, Carol Vorderman is presenting maths sessions, Myleen Klass is hosting music lessons, David Walliams is reading his books online. There are plenty of free resources online that will support the learning taking place at home. Encourage your child to search and add to their plans. This is one positive that social media brings: lots of ideas for families.

Please remember that whilst your child is online that their safety remains paramount. There is a great deal of advice on keeping your child safe online at the NSPCC. The following link shares excellent guidance for parents to follow:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Students do not have to follow the school plan to the letter. Allow them some autonomy in planning their day and build plans together. You may be surprised with their ideas. Please do not despair if your child is struggling to get in to a routine. Once boredom sets in, school work may seem like the best thing in the world!



Remember that a key part to schooling is the socialisation that students experience. Please do not underestimate the importance of allowing your child social time on their mobile phone. Seeing a familiar face and chatting with friends is important for students' mental health at this time. It is not very often that I would encourage use of mobile phones, but at this time their value is huge.

Look after yourself and each other.

Yours faithfully,

Neale Pledger
Headteacher

