24th March 2020

Dear parents/carers

Following the Government’s announcement last night, I hope that everyone at home is coping well. I want to start by saying a big thank you to everyone in The Rowans’ community for taking such careful consideration of the coronavirus guidance, including social distancing, avoiding non-essential travel and where possible, staying at home. During this difficult time, I would like to offer you some ideas to help you continue your child’s education as much as possible during school closure and to support you and your family by keeping in touch.

All pupils have an allocated member of staff who will be in regular contact, offering support and guidance. You should have heard from a member of staff by the end of the week. If this is not the case please phone or text me on 07710143036.

All pupils have a work pack which they should work through, alongside other tasks and activities. Our Facebook page (The Rowans AP Academy) and Twitter feed (@TheRowansAP) have updates and ideas. Medway Youth Workers have also put together some 40-minute sessions which can be accessed here, including music and online arts and crafts: <https://www.medway.gov.uk/onlineyouthwork>

Whilst school remains closed for the foreseeable future, pupils need to be educated, entertained and reassured. Here are some tips for you:

1. Keep to a routine – Try to encourage your child to get up and go to bed at the same time each day.

2. Make time for work and ‘down time’ – Encourage your child to do some work from the work pack, play Xbox/PS4/watch TV and get some exercise.

3. Encourage reading everyday

4. Stay positive – Having a positive mental attitude during isolation is important for remaining positive and maintaining good mental health.

5. Bond with your child – Enjoy the extra time together, do some shared activities such as make a meal together, create some artwork, play cards or a board game or go for a walk together. Each day Joe Wicks is streaming a PE lesson at 9.00am live on YouTube. [Joe Wicks’s youtube channel](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ)  This is a great way for the whole family to start the day together.

Here is a reminder of contact numbers for key staff at school:

|  |  |  |  |
| --- | --- | --- | --- |
| Mrs May | 07710143036 | Mrs Jones | 07710143029 |
| Miss Johnson | 07710143033 | Miss Webb | 07710143027 |
| Mrs Martin | 07734975338 |  |  |

Finally, I hope you stay safe and well during the upcoming weeks. I have enjoyed reading your comments on our Facebook page. Please keep in touch, we are all available to help you through this difficult and challenging time. Please be assured that school staff remain available for support and guidance. Now is the time to work together, support each other and model kindness within our families and our local communities.

Be safe and take care of one another.

Mrs May

Headteacher