



Dear Parents

1st May 2020

We are about to go into week seven of learning from home - strange and difficult times for us all. The novelty for your children will have certainly worn off! We wanted to make sure that you all knew, even though our school is currently closed to all but a few children, we're still here to support your child and your family in whatever way we can.

You might be noticing signs and changes in your child's behaviour or increasing anxiety in your child as they're spending more time indoors and outside of their normal routines. These might include:

- Regressing to behaviour they've outgrown, such as thumb-sucking or bed-wetting
- Showing greater fear at being separated from you
- Tantrums
- Expressing sadness, anger or fear which may be leading to trouble sleeping
- Sharing false information that they're hearing from their peers or seeing online
- Wanting to talk about coronavirus all the time or not wanting to talk about it at all
- Having trouble concentrating

Earlier this week we emailed you information from CAMHS (Child and Adult Mental Health Service) which contained a number of different links to resources that you can use to support your child. If you did not receive this, or would like further support from school, please let us know:

info@hermitage.surrey.sch.uk, or use the year group emails: Year3@hermitage.surrey.sch.uk; Year4@hermitage.surrey.sch.uk; Year5@hermitage.surrey.sch.uk; Year6@hermitage.surrey.sch.uk; Orchard@hermitage.surrey.sch.uk

In this week's newsletter, I've also included some suggestions for how you can look after your mental health as well – this situation really is tough on all of us. We have also received information from Surrey County Council, which I have tried to condense into this newsletter for you.

I am in the process of putting together a 'virtual Achievement Assembly' to say well done to children who have worked really hard on their home learning. When I have worked out how to do it (!) I'll put onto our FaceBook page and send round the link. If you haven't already seen our 'Hello' video please go to our FaceBook page or click the link: <https://youtu.be/ViDEmf2JfmQ>

Take care, we hope to see you all again soon.
Mrs Harrup, Head teacher

The Hermitage School Newsletter

Fabulous Hermitage Staff

Mrs Ravi and her husband have used their home 3D printer to make protective face shields for the Woking Home Independence Team, which has helped the team to care for vulnerable Woking residents.



Mrs Ditton has also been creative and busy raising funds for the NHS making teddies and scrubs for the staff. So talented!



Mr & Mrs Ravi have also donated further face shields to the Woking Walk-in Centre. The staff are pictured in their masks with a special message to Mr & Mrs Ravi.

Mrs Pople has also been putting her fantastic crafting skills to good use by crocheting mask extenders for key workers.



If you have any stories of people in our community going that extra mile to support others during this difficult time, please let us know.

Email head@hermitage.surrey.sch.uk

Reading inspiration



<https://www.thereaderteacher.com/>

This website has a great 100 recommended book list for every year group.

Surrey Arts News

<https://surreymusiclub.com/online-learning/>

Surrey Arts has put together links to a number of online resources to support learning at home. In addition, Surrey Arts are also currently trialling the delivery of peripatetic lessons online. They hope to be able to offer this to more of their students within the next few weeks.

Take care of yourself

It's really important right now to take care of your own physical and mental health. Children are very perceptive, and they react to what they sense from the adults around them. Here are some things you can do to help keep yourself healthy:

Connect with others – maintain relationships with people you care about through phone and video calls.

Exercise – take some time every day to move. If you can get out and get some fresh air that's great ... you could go for a brisk walk or run. You'll also find lots of fitness videos online for everything from yoga to dance. Find something you enjoy and that makes you feel good take some time every day to move.

Do things you enjoy – now that we're all spending more time at home, we can finally take up that hobby we've always meant to learn. Try baking or learning to knit or even a bit of origami! These are also great activities we can share with our children.



Connect with the outdoors – depending on where you live, it may not be possible to spend time outside. If you don't have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book.

Turn off the news – it's important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is.



Set goals – it's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of

walking for half an hour at least 3 times this week or reading a new book.

Limit social media – it's a wonderful thing and a fantastic way to keep in touch and up to date, but if you find you are comparing yourself to others, it can have a massive impact on your emotional wellbeing. We are all trying to do the best we can in this situation – you and your family are not the same as others so don't let social media influence you too much. Comparison is the thief of joy!

Get some sleep – being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly.

Eat healthy meals – try to keep a well-balanced diet and drink enough water.

Talk to someone – during this difficult time, sharing with family and friends how you're feeling and what you're doing to cope can be helpful for both you and them.



Please see below leaflet from Surrey County Council

How are you doing?

If you, or your family are having a hard time at the moment, you are not alone. There are many ways to get help.

How to keep your child safe

Young people may be spending a lot more time online. Do you know who your child is talking to?

For online safety advice for children and parents visit www.thinkuknow.co.uk

If young people see something criminal online (or offline) they can report it 100% anonymously at www.fearless.org

If you're concerned about the safety of a child or young person call **0300 470 9100 (01483 517898 out of office hours)** to speak to the specialist team at Surrey Children's Single Point of Access.

Mental health

Social distancing and isolation will be hard for many people. For tips on mental wellbeing and to access specialist support locally visit www.healthysurrey.org.uk/mentalwellbeing

You can also get help from Mind. Visit www.mind.org.uk, call **0300 123 3393** or text **86463**.

If you, or someone you know is in crisis visit www.samaritans.org or call them on **116 123**.

Young people who are feeling particularly anxious or depressed can visit www.kooth.com

At home shouldn't mean at risk

If you are feeling frightened in your home because of someone's behaviour, the Surrey Domestic Abuse Helpline is open 9am to 9pm, 7 days a week; **01483 776822** or visit www.surreyagainstda.info

If you are in immediate danger call the Police on **999**. If you can't talk out loud the police operate a Silent Solution, call **999** and then press **55**.

Children and young people who don't feel safe at home can get help from Childline, call **0800 1111** or visit www.childline.org.uk

Stay Safe. #SurreyTogether

