



Aspire, Believe - Together Achieve

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NATIONAL LOCKDOWN ROUNDUP – 5th February 2021

Dear Parents and Carers,

Parent Open Forum on Children's Mental Health

Thank you to everyone who took time out of a busy day to join me and share ideas and thoughts. Here are some of the things other parents are finding useful which may help:

- Having a plan for the day that includes movement breaks, outdoors if possible and down time.
- Giving the children a choice of what they want to do and when. Maybe draw on a piece of paper the choices.
- Using Zoom, face time and chats to allow children to work together and share ideas.
- Giving warnings before any changes e.g. in 5 minutes we are going to do maths.
- Consider your child's attention span. According to child developmental experts, the average duration of a child's **attention span** varies from two to five minutes for each **year** of their age. So, for example, a **five-year-old** child should be able to focus for 10 to 25 minutes, depending on the nature of the task (maths v Lego) and other variables such as the time of day.
- Share teacher feedback and dojos with the children to motivate them.
- Chunking the learning tasks into smaller bite size pieces.



These are some ideas that as a staff we can change quickly to support parents:

- Teachers will create a “Making it Manageable” sheet for parents with ideas to support home learning. This will follow in time for next term.
- Highlight or bold priority tasks for the day, if parents can only manage one task, which one is most important in a sequence of lessons.
- Hold Zoom calls to include children at home and in school.
- Continue to motivate children with specific feedback and dojos.
- Hold a WHOLE SCHOOL Learner of the Term Zoom call – Friday 12th February 2.45pm.

Home Learning Parent Survey

Thank you to everyone who took the time to respond to the parent survey. We had 76 responses and lots of really useful feedback.

I will share this with you next week and how we will respond.

Assuring you of our best at all times,

Miss Sheppard and Team St Barnabas

