



High Meadow  
Community School

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Dear Parent/Carers

Friday 27<sup>th</sup> March 2020

This letter was originally planned to be a sharing of photos, reflecting on all of the amazing learning that has been happening this week across all of our High Meadow community, however, I have reflected and feel that there will be many more weeks for me to do just that. So, instead I would just like to share the following...

I know this a really difficult time for you all. All my staff have been working tirelessly to offer all of your children an online learning experience to continue to engage and excite them. Because of this, you might be inclined to create a minute by minute timetable for your child and feel under pressure to immediately interact and complete these activities. You may have high hopes of hours of learning, including online activities, science experiments, and creating wonderful pieces of art. You'll limit technology until everything is done! But here's the thing...

Some of our children are just as scared as we are right now. Our children not only can hear everything that is going on around them, but they feel tension and anxiety. They have never experienced anything like this before. Although the idea of being off school for weeks sounds fantastic, they are probably picturing a fun time like the summer holidays, not the reality of being trapped at home and not seeing their friends.

Over the coming weeks, you may see a change in some behaviour with your children. Whether its anxiety, or anger, or protest that they can't do things normally – it will happen. You may even see meltdowns, tantrums, and oppositional behaviour in the coming weeks. This is normal and expected under these circumstances.

What children need right now is to feel comforted and loved. To feel like it's all going to be ok. Get them in the garden and plant seeds if you can (we sent some home for Mother's Day...remember). Let them draw and paint pictures. Play board games and watch films. Bake together or create art out of nature in the garden. Start a book and read together as a family. Snuggle under warm blankets and do nothing when you can.

Don't worry about them regressing in school. Every single child is in this boat and they will all be alright. When we are back in the classroom, we will all work hard and meet their needs where they are. Our teachers are experts as this! Don't get into a fight with your children because they don't want to do extra maths. We will continue to create tasks each day and offer interaction online however - It is not compulsory! We do hope they keep learning at home but please do not feel under any pressure to do so.

If I can leave you with one thing, it's this: at the end of all this, your child's mental wellbeing and health will be more important than their academic skills. How they felt during this time will stay with them long after the memory of what they did during those weeks long gone so please keep that in mind, every single day.

I am sending you all our love and sincere best wishes. Please stay safe, please stay at home,

Mrs Debby Hughes  
Headteacher

and the wonderful team and governors at High Meadow Community School xxx



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