



Avanti Fields Wellbeing Weekly



Welcome to our Avanti Fields Wellbeing Newsletter. In this communication with parents and carers, we aim to bring together our whole school community by working together and sharing ways to support our young people and their families



Parent /Carer Support - A Guide to Home Learning

What parents can do

- Keep the conversations about learning going. Perhaps near bedtime, where everyone says three things they've learned that day (these don't all have to be about 'school' subjects – learning that your brother can't throw a balloon as far as you can is still learning!).
- Parents often feel that they can't support the learning of older children. It's not important that parents know the answers; it's fine to say, 'I don't know – how can we find out?'
- If your child is working on something that's new to you, ask them to explain it. This not only helps the child's self-confidence, it also helps to embed the learning.
- Try to be as positive as possible about learning at home. You don't need to recreate a classroom at home – classrooms are set up the way they are because they serve to support the learning of a whole group of children.
- Children and young people are adaptable, but they are likely to take time to adapt. They may also be frightened and not understand why all the changes are taking place. It's far more important that your children feel loved and supported than that they finish every possible worksheet.

Author: Janet Goodall, Associate Professor, Swansea University School of Education

Avanti Fields Home Learning

We hope that all students are settling in well to their new ways of working and connecting with their teachers.

A reminder to students that their teachers will take a pause in email communication over the Easter break, for two weeks.



Spiritual Insight

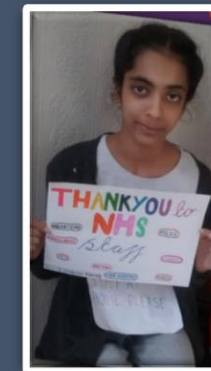
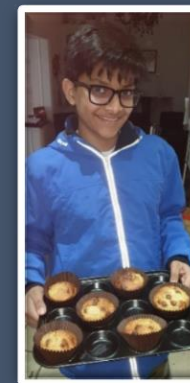
Follow the link below to the weekly Kirtan as arranged by Mr Patel and Mr Gajjar.

https://www.youtube.com/watch?v=3fT9k-bS_C0&safe=active

A nice song taken from a verse from the ancient scripture Srimad Bhagavatam – 'May all be blessed'



We have had some incredible work sent to us by our students to showcase their fantastic efforts at home, well done everyone!



A message from Mrs Marshall - A shout out to Shuchika, Mysha, Prem & Upayan from 7SMA for keeping everyone's spirits up with their lovely messages.

Enrichment Activities – Take a break

Click on the links for a complete package of activities / new skills to develop and enjoy at home with your family during the school holidays

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

https://www.scouts.org.uk/the-great-indoors?utm_source=twitter&utm_medium=traffic&utm_campaign=staticcopy3

Advice and Support



Follow the links for ways to support your child at this time:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

For practical support and help at this time:

<https://www.leicestermercury.co.uk/news/leicester-news/every-food-bank-leicestershire-how-3605101>

Questions to ask your child in self-isolation

YOUNGMiNDS

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What things would you like to do in the future?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?