



AVANTI HOUSE
Excellence · Virtue · Devotion

AVANTI HOUSE
PRIMARY SCHOOL
Common Road
Stanmore
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AHS.primary@avanti.org.uk
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Tuesday 7th April 2020

Dear Parents and Carers,

I hope that this letter finds you and your family in good health.

Thank you all for heeding the advice of the government and keeping your children at home, unless it has been unavoidable. You are keeping them safe and helping to keep your school's staff safe. Thank you.

*You are part of history!
Yesterday is history,
Tomorrow is a mystery but
Today is a gift. That is why it is called the present.*

I came across a post recently, which I wanted to share with you.

***At the moment we may feel stuck at home, but we are safe at home.
We might feel bored or sad we can't see our friends, but we are living through history-how will you remember it?***

In 1965, during the plague, academic Isaac Newton was stuck at home, during this time he developed the theory of gravity. The best things came from having the time and space to think and be creative.

In years to come children will study the time of covid-19. They will learn how rainbows were a sign of hope. They will hear how people came together to cheer and clap the amazing people who saved lives and kept the country going.

A time where families spent time together, talking and playing games, a time where we treasured our one walks a day. We will remember when seeing our friends and family meant seeing their faces on a screen. When school went online, and parents became teachers.

We are living through history! How will you encourage your children to remember it? Will they create a scrap book, write a diary, create a time capsule or make a film.

During difficult times, our mind is usually disturbed, our intelligence confused, and our ego hurt. I have listed seven quotes below from Radhanath Swami's book "The Journey Within", three are for the mind, two for the intelligence and two for the ego. The Journey Within is an extraordinary memoir written by

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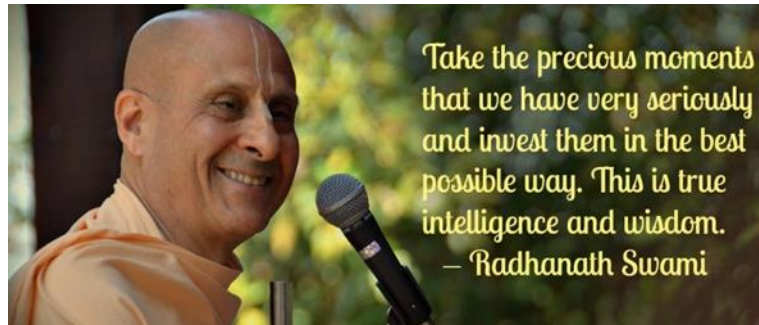
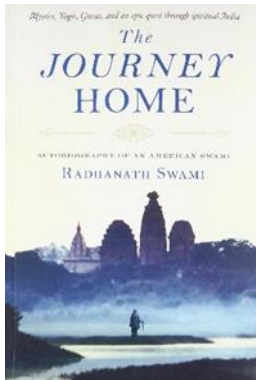
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Radhanath Swami, a spiritual teacher and New York Times best-selling author. If you have time, I would encourage you to read this book at home.



7 Quotes to Remember in Difficult Times

For the mind

Mind has three functions: thinking, feeling and willing. Keep thoughts positive, be hopeful:

1. Hope can nourish, sustain, and inspire us to grow even in challenging circumstances.

Here is a quote to help you cultivate the right feelings:

2. If we're grateful, patient, and faithful during bright periods and dark, the light of grace will shine upon us.

And never lose the will to grow.

3. The will to grow despite the heat of adversity is necessary if one wants to thrive.

For the intelligence

Use your intelligence to learn lessons from the situation and make the best out of it.

4. Karma is not just a mechanical law; it's responsive and dynamic - nature's way of restoring health. What feels like punishment is actually for our ultimate benefit.

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5. Wisdom is to transform a curse into a blessing, a challenge into an opportunity. It's just a matter of how we interpret the situation.

For the ego

Difficult times are times to learn modesty and humility. Seek help from good people, and especially from God.

6. Intense grief is like a fortress wall, difficult to penetrate with words alone, but shared sorrow can help make those words more meaningful.

7. On my own spiritual quest, the Hare Krishna maha-mantra has come to protect me at times when I was in the greatest physical, emotional and spiritual need.

By HH Radhanath Swami Maharaj
<https://www.radhanathswami.com/>

These quotes may help us cope with anxiety during these uncertain times. Please also find a poster below by the World Health Organization to help children cope with stress.

Free School Meals

Avanti Schools Trust have thankfully been providing allowances for children who are entitled to Free School Meals. After Easter, unless there is further guidance and support from the government, you will receive an e Voucher to the value of £15 each week for every child eligible for benefits-related free school meals who is not attending school.

Thanking the NHS

Some children have been encouraged by their class teachers to write a letter of thanks, write poetry or create a work of Art in honor of NHS staff who are really hard to look after people who are unwell. Thousands of people across the country stood in their gardens, opened their windows and went out on to their balconies for a massive round applause on the Thursdays of 26 March and 2 April. Please do encourage your child/children thank the NHS by writing letters or create 'thank you rainbows' on your windows to show support.

I would also like to extend **a special thank you to Mayuri Bhudia** who is supporting the charity Project Giving for collecting the generous food donations given by our parents. The project is providing food to those in isolation as well as working in hospitals.

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The past weeks and the coming months will change how we work, live and interact as a society. Through all of this, one thing remains constant: **The need for us as humans to take care of each other.** Thank you to all of you who have sent in kind words to class teachers via Google Classroom and shown support. We are all working hard to do the best for our children. Thank you for your patience and understanding as we learn how to cope with these unprecedented changes.

Enjoy the Easter holidays, and those of you who find you love teaching your children and have an aptitude for it – why not consider training to be a teacher when this is all over? 😊

Thank you once again for all your support and all that you are doing to support this national effort. Very best wishes to you all.

Mrs Bellare
Principal

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Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

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