

# Kyra Wellbeing Newsletter

W/C Monday 11th May 2020



**“Remember, no children are behind, in fact your children are exactly where they need to be.”**

**A reassuring message from Helen Taylor, Assistant Head teacher of Saint Lawrence C of E Primary School, sent to their school families this week. Shared with kind permission:**

“Over the past few weeks, in the media, we have started to hear phrases like ‘parents worry their child will have fallen behind’ and ‘some children will be left behind’ when children return to school. This worries and upsets us as we feel that some of you may start to pick up on this and feel the same way. Some of you may be at home feeling that your child is falling behind while they are at home with you. Some of you may be worrying about your child being ‘left behind’ educationally while others are streaking ahead of them. Please be reassured that none of this is true at all. In fact, we are impressed with the new skills your children are acquiring during the ‘new normal’. We are impressed that we have children who understand key concepts like measures, time and money in a real life context. We are proud that we are growing a generation of children who will be able to cook for themselves, care for younger siblings, be creative with limited resources and be independent and resourceful. It has been said that children don’t know how to be bored, well maybe now they do, and because of this, they have found new ways to learn and play.”

[CLICK HERE TO READ THE FULL BLOG POST](#)

## Blog: Lockdown Reflections

**Blog written by Claire Blackburn BSc (HONS) dip couns BACP (reg), Counsellor Private Practice.**

“Lockdown is an experience that has given the opportunity for many emotional responses. For some it may have been a time for reflection on their life, perhaps brought some areas of life into sharp focus or made other areas of life more fuzzy; perhaps a mix of the two or other things also. How has Covid-19 and lockdown impacted you as a person and parent or significant care giver? How has it impacted your children and family? And what does that mean for you all?”

[CLICK HERE TO READ THE FULL BLOG POST](#)

## Home Schooling Week 8 – The Importance of Play

**Anna Miller**

“He just wanted to run around with his friend and play the playground games that they used to, including ‘lawnmowers’ a game that seems to involve a couple of his friends running around cutting the grass and scything down bushes together! We had seriously underestimated how much he was missing this type of play. We thought we had most bases well covered in our home-schooling timetable but this week, a stark reminder that some things just can’t be replicated and the huge importance of peer social interaction and play.”



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## Useful Links

**The Importance of Play During Covid-19:** South Yorkshire Futures have outlined some information regarding the power of play for children’s wellbeing. [Click here.](#)

**A Parents’ Guide to Promoting Early Learning and Development at Home: Supporting Families During The Coronavirus Pandemic And Beyond:** Booklet and poster guide. [Click here.](#)

**GOSH Charity (Great Ormond Street Hospital) The Power Of Play:** A treasure trove of games, tips and resources from the Play team to help your family through this worrying time. [Click here.](#)

**How to Keep Children’s Stress from Turning Into Trauma:** Article from the NY Times. [Click here.](#)