



HOME SCHOOL LINKS

Family e-Newsletter



Note from the author:

You may, by now, be feeling more settled in lockdown and getting used to your new way of living. As we are aware, change is ahead so what can we do mentally to prepare ourselves for the reintegration process?

“Your feelings are valued, know you are doing your very best”

With the weather warming up and summer on its way, you may be starting to reflect on the holidays that you have been looking forward to. Understandably this will be a frustrating time for you, not knowing if your plans will go ahead. This week I will be sharing creative ways to keep yourself and your family entertained this summer.

How to celebrate VE Day in lockdown

Moment of silence - There will be a two-minute period of silence at 11 am on May 8th to commemorate those who died in the war. The silence will be broadcast on the BBC.

The Queen will give a televised speech from Windsor Castle on May 8th at 9pm on the importance of VE Day.

The Red Arrows and the Battle of Britain Memorial Flight will fly over Buckingham Palace during the day.

Topics covered this week include:

- VE Day celebrations in lockdown
- Keeping children's brains healthy
- Being Mindful this May
- Helpful tips and resources



Have a stay at home street party

Decorate your house Red, White and Blue

Enjoy a picnic in the front garden

[Twinkl are offering Free printable template bunting](#)

Helping children keep their brains healthy



Helping children keep **their brains amazing!**

CUES-Ed is an innovative psycho-education project based in primary schools developed by Clinical Psychologists and CBT therapists from the South London and Maudsley NHS Foundation Trust. They have created a free resource for children and parents to share tips on looking after themselves while schools are closed and they have to stay at home. Click on the Link [Here](#)



PSHE Association

PHSE Association

The PSHE Association are offering **FREE** [home learning resources](#) for families



- **Try to find a regular time each day as part of a routine for managing during lockdown.**
- **Choose activities you can complete alone or with your family that respect social distancing.**
- **Being outside and appreciating an open vista works wonders for our mental wellbeing.**
- **Gardening is as good an activity as running or cycling. In spring, there is plenty of digging to be done.**

TOP TIP OF THE WEEK



All of us can experience loneliness at some point in our lives. It's time we started [talking about it](#).

CREATIVE CORNER



The Great Big Design a Van Competition

Ocado are calling all awesome artists to help them redesign some of their Ocado vans and need your help. Simply show us how you think the side of an Ocado van should look.

Get creative and send us your best ideas and win prizes, including £500 for your school.

Follow the steps [here](#)

ONLINE RESOURCES
Click on the links below

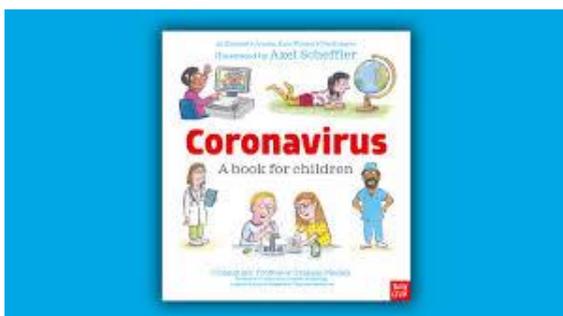


Looking after your mental health during Coronavirus – top tips for making Resilient Moves when Computer Gaming! – Resilience Revolution

You can [download a free copy of the guide.](#)

Mindful May Calendar
Action for Happiness have published their latest calendar: Meaningful May 2020

[Together let's make May more meaningful](#)



Nosy Crow are offering a **FREE** downloadable book to help children understand the coronavirus illustrated by Axel Scheffler. Download your copy [here](#)

“Keep safe and stay at home”

Look out for next week's edition of Home School Links