



## THE KING'S SCHOOL

**The King's School**

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Dear Parent/Carer,

### **COVID-19 Response**

We hope this email finds you safe and well. We would like to thank you for your ongoing support and for ensuring that your child is supported during the school closure. We appreciate that many of you are balancing your own commitments, supporting your children with their learning and supporting extended families, as well as managing your own wellbeing.

The Kings School and local authority will consider the needs of all young people with an EHC plan, alongside the views of their parents, and make a risk assessment for each young person. This will involve phone calls on a weekly basis to ensure that your child's needs are continually met as outlined in the EHC plan using reasonable endeavours.

Children with an EHC plan in England receiving limited or no personal care from their education setting can be safely kept at home if what care they do need can be provided there instead.

Our advice to parents and carers during these unprecedented circumstances is as follows, maintaining routine and structure is key to successfully supporting your child's wellbeing and development.

- Set an alarm, get up at your normal time and maintain your morning routine as much as possible.
- If you are also working from home, set your boundaries as part of your routine along with your child. Working or learning from home makes it vital that you have a beginning and end of the working day. Make a home timetable to clearly show a routine, a beginning and end point to your day. There are some great examples of printable timetables on twinkl.
- Encourage as much natural light and fresh air into your living space as possible.
- Plan regular breaks and a lunch time.
- Where possible encourage your child to exercise during break, inside or outside. Have a stretch, go for a walk and keep moving. Joe Wicks is running live [PE session](#) on You Tube every morning at 9am.
- If you are currently unable to access Physio, Bumble bee physio London are doing live physio for children who are wheelchair users at 10am on [their Facebook page](#).
- Encourage your child to stay in (virtual) contact with their friends and family. Embrace the video call, phone, text. Maintaining social skills is crucial!
- Build in alternate educational activities to break up the boredom. Reading is a perfect way to escape. [David Walliams](#) is releasing a free audio story every day for 30 days for those who'd prefer to listen.
- Amazon have announced free audible books for children whilst the schools are closed. All stories are available from desk top, laptop, tablet, or phone using the following link. <https://stories.audible.com/start-listen>

- If your child is finding some of the learning tricky, please encourage them to message their teacher via SMHW. All our teachers are at hand to offer support and guidance. If your child is finding home learning tasks particularly difficult, please share this during your weekly phone call to ensure alternate tasks can be sought.
- Try to limit your news intake, both TV and digital. Set a time during the day to get a news update. Do what you can to maintain perspective, keep yourself informed, but allow yourself some escapism to remain positive.
- If your child has complex needs, [advice](#) is available to support in caring for a child with complex needs. There is also a [social story](#) available to support with the explanation of Coronavirus.
- Learning Support Service have provided a [link](#) to access mental health and wellbeing resources, many of which are tailored to SEND learners.
- There is also a wealth of [advice](#) for supporting young people who are experiencing anxiety while self-isolating. The [Calm app](#) provides a multitude of strategies to self-manage anxiety. Support is also available for young people to encourage them to take care of their [mental health](#) and [wellbeing](#).

Please do not hesitate to contact me at [gbrown@kings.patrust.org.uk](mailto:gbrown@kings.patrust.org.uk) for additional support with any difficulties you may be facing. Take care and stay safe.

Kind regards,



**Miss Brown**  
**SENCo**