

Frettenham Primary School  
Hainford Primary School  
Horsford Primary School  
Old Catton Junior School  
White Woman Lane School  
St. Faiths' Primary School



Nebula  
where stars are born

Ashley Best-White  
Executive Headteacher

17 April 2020

Dear Parents/Carers

### **COVID-19 Update – After Easter**

Thank you so much for everyone's kind words following my last letter and for all the support you are showing to the staff and schools. The sense of togetherness has been incredible, and we have been touched by so many heartfelt messages.

Now as we near the end of what was supposed to be the Easter holiday period, I just wanted to let you know what was happening as from Monday, 20 April. Our three school sites will continue to be open for the children of critical workers who have confirmed places and for those vulnerable children who have also been offered places.

The government guidance remains clear that schools remain open *'for those children of workers critical to the coronavirus response who absolutely have to attend'*.

We will continue to provide learning resources for children to complete at home. Your child's school will communicate with you directly about this and some further details can also be found later in this letter.

It has now been confirmed that it is going to be at least another three weeks in lockdown. There have been, and will be, further tears and tantrums (and that's just me!). This strange and difficult situation is affecting us all and I have noticed a few things:

I am struggling to know what day of the week it is. Sunday, isn't that different to a Wednesday.

I've noticed everyone is being kinder. When I go out for a walk, strangers nod, sometimes even smile and say hello. I really hope that 'continues', when all this is over...

I've no real need to go to Norwich city centre. However, it's the fact I can't - that makes me crave going.

If I'm honest, I don't especially miss long budget setting meetings, or meetings about buildings and the bandwidth of the internet connection. Nevertheless, it's the fact I can't.

I hate supermarket shopping, trawling the aisles and the huge queues. But now I'd do anything just to pop in whenever I want - to have a browse and buy things I hadn't actually thought we need - it's the fact I can't...

One thing that has struck me, is how fragile 'freedom' is. Or, to put it another way:

You only realise how precious something is, once you lose it. And I feel a bit ashamed that I've always taken 'freedom' for granted. Freedom to go where you want, do what you want, whenever you want.

That kind of freedom, hasn't existed for most of human history, and for many people in the world, doesn't exist today. It's something I've always known and taken for granted. But not truly 'felt' until now. And there is a subtle difference between knowing something. And feeling it. And it's this 'feeling' I really want to instil in our children.

That freedom is precious and fragile. That freedom is an unusual state of affairs for humans - and so when we have it - we must really respect, be grateful and appreciate it.

I never thought that buying a coffee in Norwich could symbolise so much.

As a teacher, I am keen that our children learn something from this experience. Over the course of the time our children spend with us in our schools, I am hoping our children will be taught to appreciate it, far more than I ever did.

Enjoy the little things in life ... because one day we will realize they were the big things.

### **Home Learning Update:**

The staff are continually updating the resources on the school websites and twitter pages. Please take a look regularly to see what might interest you and your child/ren. I have attached an NHS Learning project – show your appreciation for all they are doing by completing some of these activities perhaps? *Our only expectation is that you do what you can.* We appreciate how difficult it is.

From Monday the BBC will be also be available to help. **Bitesize Daily**, launches this **Monday April 20th** to support parents and children learning at home over the next 14 weeks. I'm sure you will be hearing more about the new service over the next few days via TV, radio and online trails. They are going to be offering a maths and English lesson, plus a foundation subject/project lesson every day for Years 1-10. Teachers have devised all the lesson plans.

The **BBC Bitesize Daily programmes** will be available on any TV via the Red Button and online on any device on BBC iPlayer with teachers, experts and famous faces covering what each age group should be learning that day. The **Daily Lessons** will offer a tailored learning experience for every age group between Years 1 and 10. They will deliver a newly created Maths and English lesson every day, as well as a lesson in another curriculum topic, for each year group.

There's a range of well-known faces to host the programmes including Karim Zeroual and Katie Thistleton, plus specialist subject support on Maths from Bobby Seagull and Rachel Riley, and on English from Matt Barton. Every week they will also have an age appropriate 'Book Club' for young learners with books being read in week one by Strictly Come Dancing stars Oti Mabuse and Diane Buswell, comedian Russell Kane and England rugby player Maro Itoje.

The full weekly schedules can be found following the following link:

[https://www.bbc.co.uk/bitesize/articles/znbnscw?dm\\_i=3YNL,14FJQ,2M5VAS,3Y9FW,1](https://www.bbc.co.uk/bitesize/articles/znbnscw?dm_i=3YNL,14FJQ,2M5VAS,3Y9FW,1)

### **Need Help?**

We understand that this is an incredibly challenging time, emotionally and financially for many. We are trying to support all of our families in as many ways as we possibly can. If you are struggling with things such as accessing essential food items then please do let us know and we will try our best to support you if we are able to. Please contact our Pastoral Manager, Natalie Brown, directly by email or text:

[pastoralmanager@nebula.norfolk.sch.uk](mailto:pastoralmanager@nebula.norfolk.sch.uk)

Or Text: 07748 255679

### **Mental Well-being**

I have included a copy of the Sandwell Educational Psychology Team's 'Top Tips for Teaching at Home' with this letter, which builds on the advice previously given about setting some routines for your child. Also attached, is a 30-day Mindfulness Challenge.

### **Free School Meals**

If you think you may be eligible for a free school meal, you can apply online using the following link

<https://fiso.norfolk.gov.uk/synergy/Enquiries/Citizen/FreeSchoolMeals.aspx/>

Stay safe and stay kind,



Ashley Best-White  
Executive Headteacher  
The Nebula Federation