



Mowbray Terrace
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St Nicholas C of E
Primary School

Kirkby Malzeard C of E
Primary School

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North Yorkshire HG4 3RT
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Head teacher Sarah Taylor
BA Hons QTS NPQH

31/3/2020

Good morning,

I hope this finds you and your families well.

I can only imagine what the social distancing, self-isolation and possible illness looks like in your family context, but please know that we recognise that everybody is having a different experience, and that we are here to support you in whichever way we can. Should you need any support or advice, or we can help in any way, we can be contacted via the staff email addresses or admin address.

The activities prepared and administered remotely by our teaching staff seem to be much appreciated by our children and by you - their families. Our staff are grateful for the time that you are spending in supporting the pupils' learning at home.

Planning, delivering and completing remote learning can present many different challenges for all involved. Please be assured the most important thing for us as a staff is that our children and families are well both mentally and physically.

Please take the time to look at the available support services and direct links listed below as these may provide you with some ideas or support.

The school holidays are fast approaching and there is no expectation that pupils will undertake school work in this period. That said, we will be sending out some **optional** Easter related activities that may support parents in keeping children engaged over this period.

All pupils entitled to Free School Meals will be contacted directly about the new arrangements put in place by the government as soon as this has been disseminated to schools.

Finally, we love seeing how everyone in our school communities are staying busy! It is lovely to feel like we can stay in touch as a community, even if it is whilst socially distancing. Please join us on Instagram – **parent accounts only please!** #kirkbvmalzeardstnicholas.

Take care and best wishes,

Mrs Taylor



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Mental Health and Wellbeing

We would like to remind you of the support groups, websites and text-based helplines that exist to help combat feelings of anxiety.

- Buzz Us – run by Compass Buzz and specific to young people from North Yorkshire; this is a text messaging service that connects students to a ‘well-being’ advisor on 07520631168 <https://www.compass-uk.org/buzz-us/>
- Young Minds - <https://youngminds.org.uk/>
- NHS Every Mind Matters - <https://www.nhs.uk/oneyou/>

Physical Wellbeing

Harrogate School Sports Partnership have put together some fantastic resources to keep our children active and physically fit. Please see the details of these below.

Home Mindfulness and Keeping Active support - this page give parents different ideas to keep their children active

Link to the website page: <https://www.harrogatessp.com/keeping-all-young-people-active/>

Home Personal Best Challenge - This page is offering a new daily Personal Best Challenge for both KS 1 pupils and KS 2 pupils (Starts 1st April)

Link to the website page: <https://www.harrogatessp.com/home-personal-best-challenge/>

Physical Activity adapted well know games with the family - Snakes and Ladders is the next game that will be uploaded by the end of the week

Link to the website page: <https://www.harrogatessp.com/physical-activity-games-with-the-family/>

Other interesting ideas:

PE with Jo Wicks – 9am daily on you tube

Maths with Carol Vorderman – ‘The Maths Factor’ website

Dancing with Dianne Buswell or Oti Mabuse – daily tutorials on their Instagram pages

Music with Mylene Class – daily video lessons to read and play music on Instagram

Story time with David Walliams – 11am daily/Audioelevenes