



Dashwood Banbury Academy

an Aspirations Academy

Growing together; succeeding together

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Dear parents/carers,

We hope you have found the recent assemblies and our full opening letter useful to explain exactly what we will be doing to support the full return of pupils to school. Alongside these, we have introduced our daily, fun registration activity to support the children who are finding structure in their day difficult. We would like to pass on some final information in preparation for the return which we hope you will find helpful and support both you and your child(ren).

The local infection rate is dramatically lower than it was in January 2021 which is great however the cases in the area have started to rise again so it is vital that we all continue to ensure that we follow all the guidelines which includes no mixing outside of school. We were disappointed last week to see a huge group of older teenagers in the local park everyday between 4 and 5pm. We contacted the police each time and are pleased that this is no longer happening but we would like to ask you to ensure if you do have older children especially, they are also following all guidelines too. As the school opens, we know that we are working so hard to keep everyone safe and if we can all continue the great work we have been doing so far, it will help to protect us all. Thank you in advance for supporting us and the country with this, we have come so far and we can definitely do this together – We Are Dashwood!

As appendices to this letter are two documents we have created. The first is a short guide for you with further tips on how to support your child and prepare them before we return. The second is a copy of our updated Home School Agreement. Please remember that you should arrive at your staggered start/end times, wear a face covering and stick to our one way system. Pupils need to wear their full uniform, bring in PE kits and attend school daily (unless they have to isolate due to symptoms, contact with a positive case or are clinically extremely vulnerable). Please also ensure you have signed up for school dinners on ParentPay and have healthy snacks and a water bottle ready.

I truly cannot wait to see you all on the 8th March and am so excited to be able to welcome every year group back. Please remember we are here to support you and your child everyday so if you have any further questions or concerns, please contact us via Tapestry/Seesaw, calling the office or emailing us.

You have done an amazing job home schooling and working as teachers and key workers and I am so proud of everyone in the Dashwood community. Thank you for your support and hard work. Stay safe and I will see you all in 6 days! You've got this!

Yours sincerely

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Mrs Amy Rogers
Principal

Appendix 1

How to support and prepare your child to return to school after lockdown

We are delighted that all of the children are returning to school on Monday 8th March. However, coming back to school will be a big change in routine for you and your child. There will also be many different



feelings about coming back, including anxiety and excitement. With this in mind, we have thought carefully about how we can make this transition a little easier for you all by making some suggestions about how you can support your family in their return to school.

If your child needs support with structure:

- **Keep up to date** with the information we send home via **letters and assemblies** to make sure you feel **fully informed about procedures and safety measures** we have put in place and can explain these to your child before they return.
- **Reassure** your child that things in school will feel **very similar** to how it was before Christmas as the routines in school are the same (e.g. staggered starts/ends, breaks and lunchtimes).
- Make sure there is a **clear bedtime routine** in advance of starting school and ensure they are **getting up** at a time which suits school hours. To support a comfortable night sleep, ensure they are **not using screens** in the hour before they go to bed as this can stimulate them; it will affect how quickly your child falls asleep and how long they sleep for. Children need at least 9 hours sleep so getting into the routine of sleeping by 9pm at the latest (age dependant) will really help them.
- If they are not already doing this, make sure your **child logs into Tapestry or Seesaw** to complete **a fun activity to register** between **8.30-9am**. Make sure they have **got dressed** and had their **breakfast** by this time each morning as it will help for when they have to be **up and ready to get to school on time**. Activities include ideas such as a fun challenge to complete, a song to sing or a question to answer.
- Prepare your child for our normal **attendance** procedures by talking to them about how they will be **coming to school every day** but we will be planning in fun activities and we are aware that they may get tired or find concentrating all day tricky so we are planning shorter lessons to keep them engaged.

If you feel your child needs more emotional support:

- Ask them **how they are feeling about returning to school**; help them to name their emotions and help them to understand that their **feelings are normal**.
- Ensure you **make contact** with your child's teacher as **early as possible**, either by phoning the school office or post a message on tapestry or seesaw, to inform them if your child is feeling particularly anxious about returning. Their **teacher will be happy to**

Which zone are you in?

Blue	Green	Yellow	Red
			
sad tired sick bored	calm ready to learn happy okay	silly/ wiggly frustrated hyper worried	mad out of control angry yelling/ hitting

- **contact** them to chat things through and to ease their insecurities or worries.
- When they do return to school, **reduce the demands outside of school**, at least for the first few weeks. They will be tired and **need time to rest and relax** before the next day.
- Ask them how they are **feeling about being back at school**, **acknowledge** and **normalise difficult feelings** they may have. Try to use the language of our Zones of Regulation (which will be shared in Monday's assembly again).
- Use physical contact e.g. **hugs** to help **regulate their emotions**- this will be vital after a day of social distancing. You could do some activities that you enjoyed in lockdown together.
- **Reassure** your child that they will be back in their **normal classes** with their **normal friends** and **staff** overall so they will have lots of opportunities to talk to familiar adults and children and have fun. Let them know things will be very similar to how they were before Christmas and that we have missed them greatly and cannot wait to see them.

If you are worried about your child feeling safe, you could support them by:

- Ensuring your child is able to **wash their hands** thoroughly for 20 seconds on their own. Help them to sign the happy birthday song twice in their heads to make it more fun.
- Support your child to understand our **safety expectations** and that school is a safe place to be because of all our policies in place. This includes reminding them that they must cover their mouths if they cough and use tissues too.
- Letting them know that **we are working really hard** to keep them safe and we will continue to do so.
- **Explain** to them that as the national lockdown is still in place, this makes it safe to come back to school as people will **not mix out of school** right now whilst we settle everyone back in.
- Let them know they can **talk to adults** at home or school at any time if they are worried and we will help.

Helpful websites:

- <https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown/tips-parents-carers-return-to-school>
- <https://youngminds.org.uk/blog/supporting-a-child-returning-to-school-after-lockdown/>
- <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

We hope you find some of the suggestions useful and as always, please do not hesitate to contact us if you need further advice or support- we are always happy to help.

Appendix 2



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COVID 19 Home-school agreement March 2021

As these are unprecedented times, in order to protect pupils, staff and parents/carers during the current pandemic, we have updated our expectations for pupils and parents/carers of our academy. These will apply in addition to our normal expectations, until we have official advice that the virus is no longer a risk to the country's health. We thank you in advance for supporting these and helping to keep everyone safe.

Ready

- Parents/carers who drop off/collect their children (limited to a maximum of one parent/carer per household) must observe social distancing and stay 2 metres away from anyone not from their own household. This includes other parents/carers, all staff and all children other than those from their own household.
- Parents/carers must wear a face covering on site at all times.
- Parents/carers and pupils should arrive on time for their drop off/collection slot. Please do not arrive early or wait around after to allow for social distancing.
- Parents/carers to provide their child with a clearly named water bottle and a snack daily.
- Attendance - all pupils will be expected to attend school unless they have been advised to isolate due to having symptoms or being in contact with someone who has. Therefore, parents/carers should note that our usual attendance procedures will be in place. (<https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-in-the-autumn-term#school-and-college-attendance>)

Respectful

- Where appropriate, and especially for older pupils, everyone will have their own seat at a desk with their own resources for day to day lessons. For the youngest children, we will work to ensure that they maintain appropriate distancing within the classroom environment as much as is possible. Pupils must respect others around them by following the rules and not deliberately making others feel uncomfortable.
- Pupils will be taught in a class bubble and mix outside with their year group bubbles (a double bubble). They must not mix with pupils from other groups but they can mix with others and use shared resources in their double bubbles.
- Pupils should enter their classroom and wash their hands on arrival.

Safe

- Pupils, staff and parents/carers displaying **any symptoms** of COVID 19 or who live in a household where someone is displaying symptoms **MUST NOT** attend school or enter the premises. In these circumstances, national guidance must be followed in terms of self-isolating. Individuals displaying symptoms must self-isolate for 10 days and everyone else in the household must too. Symptoms of being unwell include showing signs of a raised temperature, a loss of sense of taste or smell or fever or a new continuous cough. All families are expected to follow the test and trace NHS guidelines at all times.
- To stop the spread of infection, parents/carers will not be able to enter the school building. Should you wish to speak to a member of staff, please speak to them at drop off/collecting times by keeping 2 meters apart or request to make an appointment by contacting the school in the normal way. A telephone call can be arranged in order for you to speak to the member of staff. The office should be used for emergencies only to support social distancing rules.
- Pupils will be asked to wash their hands regularly throughout the day or use hand sanitiser where appropriate.
- Pupils must comply with staff expectations at all times so that staff can keep them safe. If a pupil refuses to comply with the reasonable requests of staff, parents will be called to attend a virtual meeting and a support plan/relevant consequences will be put in place.

By sending children to school, parents and carers are confirming that they will abide by the agreement and support the Principal's decision regarding expectations during this pandemic.