

18th March 2020

Dear Parents/Carers,

Daily Update

Once again, we find ourselves waiting until the end of the day for more information and updates. However, I would like to thank everyone for their kind words and support as we all try to understand the advice and do what is best to help everyone stay safe.

All staff at school are being conscientious and professional in their approach to this crisis and are trying their hardest to stay at school. Obviously, if they fall ill or have to self-isolate with their family, this will impact on our ability to stay open. The following links have been sent to us via County and give further advice on COVID-19, social distancing and guidance for staying at home.

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

for social distancing <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

and stay at home guidance: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Listening to the Prime Minister tonight, we understand that our school will be open until the end of Friday for all our children who are able to attend at this time. Following Friday, if I understand correctly, we should be open for certain groups of children, for example children of parents/carers who are critical key workers. I will give further advice on this once I know more.

Today we have also received extra information to support families at home to stay active; please read below:

Love learning, work together, *achieve* and shine.

Tatworth Primary School School Lane Tatworth Chard Somerset TA20 2RX
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Company Number: 7700773

www.tatworth.somerset.sch.uk



Physical activity and exercise can improve our health, make us feel better, give us more energy and it reduces the risk of developing several diseases like diabetes and heart disease. In this time of increasing restrictions on our movement with Coronavirus, it is still crucial we are active for 60 minutes a day. Being active also releases natural endorphins that make us feel much happier.

There are many ways we can keep fit at home with no equipment. Government advice is to still be active and even if self-isolating. It is important to go out, but keep away from others. This means a walk, a run, a cycle or scoot is an option, but no close contact with anyone.

Home Circuits:

This is a really fun way to keep fit - design your circuit, set up your timer, get some music on and off you go! Activities could include: star jumps, press ups, sit ups, sprint on the spot, tricep dips, lie on back and do leg raises, jumping squats, plank, punches (stand with legs apart and punch forward with alternate arms as hard as you can), squat with alternate knee raise, punch up in the air (straight up above your head) with alternate arms, crunches.

Start with 30 seconds work and 30 seconds rest between each exercise, then try 35 seconds work with 25 seconds rest and aim for 40 seconds work and 20 seconds of rest. Enjoy!

Chicken Pox

Just to keep you aware, we have had a couple of cases of chicken pox in school this week.

Pixies Holt

We are in conversation with Pixies Holt to investigate possibilities for moving the date of the residential into the Autumn term 2020. We will update you when we know more. Thanks.

Kind regards

Tracey Hart
Headteacher

