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Dear parents,

As we get ready for all pupils to come back to school on Monday 8th March, I would like to ask for your help in making sure that their return is as smooth as possible and that they settle quickly into their learning.

Here are some things that I would like you to have rehearsed and have in place before pupils return.

- **Sleeping and waking times**
 - o Getting your children to bed at a sensible time and getting them up nearer to the usual school time will help to avoid tears and tantrums before the 8th.
- **Dressing**
 - o Many children (and adults) have been avoiding getting out of their pyjamas during the day. Getting children dressed after breakfast will help set the routine for returning to school.
- **Eating and drinking**
 - o Where things may have slipped, encourage your children to eat at the times that would be normal for school days and try to keep to a healthy diet and drink plenty of water.
- **School work and Screen time**
 - o The work that school has been set for pupils for their return follows on from what they should be doing now. Please encourage children to look at and attempt the activities that are on YouTube and also have a go at reading the texts that have been given. These books will need to return with the red workbooks but other resources can stay at home for now.
- **Stay positive**
 - o Try and focus on the positive aspects of coming back and how pupils will see their friends and teachers. Avoid talking about catching up or hard work as this may make them more anxious.

It is going to feel a little different after all of this time away from school but encouraging routines and pointing out the positives will make a real difference to pupils settling back into their learning; however, avoiding these aspects will make returning tougher, increase upset and slow the progress of your children.

Yours faithfully,

Mr F E Westmorland
Headteacher

