

Dear Children,

I am writing to you because I know this is quite a confusing time and I want to make sure that you are OK.

I know that you might be worried about the 'Coronavirus'. You might be concerned that you will catch it or that someone in your family will.

I don't know if I've got it or not but just in case, I have been staying at home. Mostly I feel quite well but sometimes I feel tired. After having a rest, I feel well again.

If you or most of your family do catch Coronavirus, most likely you will be a bit poorly, perhaps you'll feel tired or you might have a cough but you won't feel too bad and you will soon be back to normal.

The reason there is so much in the news about Coronavirus is that if an older person catches it or someone who is already unwell gets it, they could become quite poorly. We really want to stop older people catching it and that is why we are 'self-isolating' which sounds quite scary. All it means though is staying at home and away from people to try to stop Coronavirus spreading.

I'm staying in my bedroom, where I'm doing school work. Luckily, I have a TV so I'm catching up on some of my favourite programmes so self-isolating isn't so bad!

You might need to stay at home too. Either because you or someone living with you has a cough or a fever, (which means feeling either cold and shivery or hot). It doesn't mean you've got Coronavirus; it's just in case. If you are at home, you'll need to do some work too. Your teachers have uploaded some work to the website and do read plenty of books. Though I'm sure you might be allowed to watch a bit of TV too!

I'm really sorry that we have had to cancel some of the fun things we do in school, like Wild Tribe. This is because we are trying to reduce the number of people everyone comes into contact with because the fewer people you meet, the less chance of passing on the Coronavirus.

Some of you might be worried that school will close (or you might be excited!). If school does close it will be because the government decides that they want to keep people away from each other to stop the spread of Coronavirus. The other reason might be that too many teachers need to stay at home and we don't have enough to safely supervise you.

If the school does close, you will definitely have to work at home. That's really important so please do listen to your parents when they tell you that you need to work. Your teachers are setting up something called Class Dojo so they can send you home learning.

I hope that my letter has helped you feel more positive and less worried. You are very lucky to have fantastic teachers and teaching assistants. Please talk to them and your parents about your worries, it's really important not to bottle things up.

And don't forget to wash your hands and cough and sneeze into your elbow.

I really look forward to seeing you all again soon.

Take care,

Mrs Alford