

Hello all

Over the last week, we've been working hard to support parents who are helping their children with home learning. We've heard so many fantastic things about what teachers have put into place to provide resources, contact, inspiration and motivation for children during this time.

As many of you know, we are both long serving teachers and (not so long serving!) parents, passionate about making sure that every young person can grow to be the best version of themselves.

Our focus during this time has been, as always, to support learning by making sure that pupils are maintaining their health and wellbeing. To reach our full potential, we need to know how to care for ourselves - especially during times of difficulty and uncertainty!

Here's what we've been doing to support parents, please feel free to share with anyone in your school community you feel would benefit:

1. We are releasing daily videos in our Facebook group for parents to provide links between the 5 'Ways to Wellbeing' adopted by the NHS and the curriculum.
2. We're also providing advice for parents who children have ASD/ADHD and 'Top Tips' for those whose children are difficult to keep motivated and focused!
3. The main ethos of the group is to foster a mentoring community, where friends or other members of the school community known to the parents video call with their child each day to check in with how things are going. To guide the mentors, we suggest coaching questions and encourage them to talk about our 'daily challenge' with their mentees.

Some examples of the resources available in the group are attached and the group can be found at: <https://www.facebook.com/groups/dragonflyontrack/>