



Jerounds Journal

Dear Parent/Carers,

"One, remember to look up at the stars and not down at your feet. Two, never give up work. Work gives you meaning and purpose and life is empty without it. Three, if you are lucky enough to find love, remember it is there and don't throw it away."

Stephen Hawking

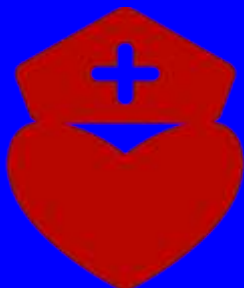
As another week concludes, during what can only be described as a rather 'surreal' period in your child's educational journey, I wanted to take a moment out to reflect upon the key messages that this period has taught us so far:

From an Educational Perspective:

It has been reassuring to see so many families embracing a new, 'virtual' way of learning - through online resources, the school website and through SEESAW - our exciting online platform. Whilst this virtual methodology may never replace the benefits afforded to a teacher pupil-relationship-type of learning, it has highlighted a possible future platform for homework, which would both benefit the environment and best prepare our children for secondary learning and the work place. More significantly, however, has been the reformation of reading, maths and writing. The reassurance in importance of these three basic skills has been quite marked: providing access to any subject, curriculum content and indeed assisting with a greater understanding of emotionally intelligent qualities. Such qualities, coupled with engaging, adult conversations around essential life skills (cooking, communicating, banking, etc.), will forever equip a child with all the necessary skills for the twenty-first century. Bravo, to all members in our community, who have supported home-learning in such a positive, inter-active way; challenging their own experiences of school, in order to embrace a 'brave new world' for their children. For those of you who have yet to take that leap of faith, I urge you to try, as the results to your child's development will be huge!

From a People Perspective:

Here, the response has perhaps been the most prevalent. Since the pace of life has been forced to slow down, for obvious reasons, and the environment has unquestionably improved as a result of lockdown, people have taken the opportunity, during their daily exercise to reflect, consider new ideas and most of all... to be kind. In point of fact, going for a walk has never been a 'friendlier' experience - and I love to walk! Whether, one is out with the dogs, passing by a queue to the supermarket or simply performing essential daily duties for the needy, EVERYONE greets each other with a smile a nod of the head, or sometimes even a hearty - 'good morning'. Our biggest hope therefore, is that these hugely important qualities do not simply evaporate as we now elude to the possibilities of a phased return to 'business as usual'. We are so fortunate here, at Jerounds, to work within an environment of **'teamship'**, where EVERYONE, staff, children and parents alike, always greet each other with a familiar greeting or smile. We tackle (quite literally on occasions!) any challenge and fully recognise the power and support network within our community and how it binds us inextricably together - for better. or for worse.



From a Social Perspective:

Here the ramifications are colossal!! This pandemic has proven categorically that schools are the nucleus of society - the golden thread combining all the discrete elements together, amicably: social care, medical care, child care, financial care and educational care.

Despite this plethora of challenges - financial, emotional and physical - schools have continued to support and drive stability to each and every one of our families. We have telephoned, emailed, published information onto our website, sent out numerous parentmails (!), delivered food, resources, all in a conscious effort to role model, that this has indeed been a national crisis and we, as professionals, have a morale and civic duty to support and serve those in our charge.

I feel immensely humbled daily, as I see the commitment and dedication of our staff to serve our community, I hope that you do too. I would also like to add, that it is not our intention to overwhelm families with our numerous weekly communications, or indeed contact from schools, we are simply here to ensure that all is being done to support the needs of your children and their extended family.



Preparation for Re-opening of Schools:

Until we receive further information from the Department of Education, next week, regarding how they intend to organise a phased return to school for our children, we have nothing yet to report to you. However, I will in touch with you again next week, to discuss any further developments from the Department of Education regarding the planning and preparation for any phased return.

Finally, as I continue to '**brow-beat**' our entire community with the importance of reading, as a means to gain access to an infinite set of possibilities, I have attached a hugely useful link to Pearson's reading. This link provides many exciting free reading links, but also a sound philosophy for encouraging further reading in the home. All teachers are currently sharing excellent examples of good reading practice, three-times weekly with your children. Subsequently, I urge all parents and carers to take the time out this week and read.

I have attached a super link that I hope will justly reinforce many of the excellent practices that your children have already been taught at school, coupled with some new ideas to help parents engage with their child's reading journey and love of learning:

All that leaves me to say is well done for getting through another week. Boris Johnson announced yesterday and high level plans to relax the lockdown will be revealed next week, including re-opening schools, so the work we are currently doing can hopefully dovetail into any forthcoming announcements. Over the weekend, once again please do take time to unwind and relax and also to reflect again on all you and your staff are doing to support both critical workers and vulnerable pupils during this challenging time.

Wishing you all a lovely weekend and week ahead,

With very best wishes,

Mrs LauraÇiftçi BA (Hons) MEd
Head of School



Keeping in touch



Follow us on Instagram

https://www.instagram.com/net_jerounds/



Follow us on Twitter

https://twitter.com/NET_Jerounds



Follow us on YouTube

<https://www.youtube.com/channel/UC1XzM1rHjqK6s3UgOEFj2lw>

Local Information



**HARLOW HERO
BADGE DESIGN
COMPETITION**

Robert Halfon
WORKING HAND FOR HARLOW AND THE VILLAGES

AGES 5 - 18

1. DESIGN A LOGO FOR OUR CORONA HERO BADGE THAT WILL BE GIVEN TO ALL HEROES AFTER SOCIAL DISTANCING RESTRICTIONS ARE LIFTED.
2. GET AN ADULT TO HELP YOU TAKE A PHOTO AND SEND IT WITH DETAILS TO: HALFON@HARLOW@ROBERTHALFON.CO.UK
3. THE WINNER WILL BE ANNOUNCED ON THE 22ND MAY AT 3PM ON ROBERT HALFON'S FACE BOOK PAGE.

CLOSES 15TH MAY 2020

Terms and Conditions: Competitors must live in Harlow, Essex. The winner will be announced by Robert Halfon MP live on the 22nd May 2020 at 3pm.



Boxes of Hope HARLOW

Head to www.rbf.org.uk/harlow where you can order your Box of Hope - filled with fun activities for families and even topped up with essential food and supplies. Buy one, donate one to a keyworker or claim one for free if your family cannot afford one...

there's a Box of Hope for everyone!

working together...



HARDSOFT
Supporting the most vulnerable

**transforming
100 lives for good**

**Red
Balloon
Foundation**

Safeguarding Resources

[Essex Child and Family Wellbeing Service](#) > COVID-19 Resource Hub

COVID-19 Resource Hub

The COVID-19 pandemic is undoubtedly a challenging time for families, children and young people. Personal health and bereavement aside, family life and daily routines have been significantly impacted upon. The closure of schools and enforced social distancing, including home working for many households, places a particular strain on family life. The purpose of this resource hub is to equip families to cope in these challenges times.



[Talking with your children about COVID-19](#)

- Be **reassuring** and let them know they are **safe**
- **Limit their exposure** to the news
- Take their concerns seriously



[Emotional and physical wellbeing – keeping positive](#)








- Try to get your news from reputable sources – e.g. BBC
- Set aside time each day to connect with **friends and family** via telephone or social media
- Keep **active** – this can be achieved easily at home with no special equipment
- Try to do the “COVID 5 a day”, which is a daily set of **goals** or practices that will improve how you feel

Supporting home learning routines

Planning the day

Consistent routines are important for behaviour and wellbeing in school and our routines at home have changed significantly. Routines support behaviour and you will be finding a new rhythm with your family. You could share this checklist with your child. Talk to them to help them plan their new routines.

The importance of simple approaches as part of a regular routine is key recommendation 4 of the EEF's guidance report [Improving Behaviour in Schools](#)

	M	T	W	T	F
 I woke up at a good time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I did some exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I had regular meals and drank water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I enjoyed some reading in a quiet space.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I practised a maths skill.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I completed some school work at my work space. I chunked it so I had some breaks too.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I talked to my family about my day and how I am feeling. I asked them about their day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I helped with a household job and talked to my family while I did it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I contacted my friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I spent some time on my creative hobby.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 My parent/carer told me what I did well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 My goal:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 My goal:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the '**Glass test**')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies **ICON**
- Additional **advice** is available for children with complex health needs and disabilities.

Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111