

DAILY UPDATE

office@linkprim.org.uk

020 8688 5239

SANDY'S DAILY MESSAGE

Another week comes to a close and as I said goodbye to the children as they left for home today, I reflected on how well they have all adapted to our new regimes. Having their temperature taken and hand gel applied on arrival is now 'the norm'. They enjoy seeing their 'numbers' on the infra-red thermometer each day and some are even now telling me they are higher or lower than yesterday. After having their temperatures taken by me, they automatically head to Sue R and hold out their hands ready for their squirt of hand gel.

Children adapt far more easily than we give them credit for and the time we have taken previously, developing quality relationships within the school community, most certainly helps this resilience they have.

Sandy

ACTIVITIES / LINKS THAT MIGHT BE USEFUL

For those children who have been really missing their weekly [CPFC football sessions](#), Ben, one of the trainers has provided a link where he demonstrates some skills that everyone can attempt.

<https://photos.app.goo.gl/6DZswz1jxVn6rzwYA>

He is also going to set a weekly challenge and would love to have feedback and hear how you all get on. The scoresheet for the first weekly challenge is attached. We look forward to hearing how you all get on!

Today, we are also pleased to share some links given to us by Brenna, our Drama Therapist from Roundabout Dramatherapy.

The first is their updated Covid 19 pages, which provide information for people of all ages, families and some of the

specific clients groups
Roundabout work with.

This may help those who are:

- Very anxious
- Worried about going back to school
- Feeling lonely
- Worried about the future
- Struggling with lockdown
- Feeling their emotions are all over the place
- Generally finding this time difficult
- Are looking for activities to do at home.

There are activities and resources created by Roundabout drama therapists alongside links to useful online materials.

<https://www.roundaboutdramatherapy.org.uk/covid-19-update/>

With an emphasis on creativity, these pages cover therapy and well-being, stories, activities and learning as well as general health information.

Another resource on their website is a video link where some of the roundabout team, including Brenna, perform "The Story of the Rainbow", a story with themes of conflict, conflict regulation, celebrating diversity and working together.

<https://vimeo.com/431384809>

WHAT'S EVERYONE BEEN UP TO?

Rania's weekly dance sessions have been going strong throughout lockdown. The children look forward to their Thursday morning sessions. Ever adaptable, Rania has worked her magic in many ways, from lessons in the garden to individual sensory movement and dance sessions, ensuring all attendees get moving!



Have a lovely weekend everyone and remember to Stay Alert and Stay Safe.

Let's not kickstart Covid 19 and cause a second spike!