

Dean Bank Primary and Nursery School

Dean Bank, Ferryhill,
Co. Durham DL17 8PP
Telephone: 01740 651 512

E-mail: deanbank@durhamlearning.net
Website: www.deanbank.durham.sch.uk

Head Teacher: Mrs P Northcott
Chair of Governors: Mr J Davison



Believe, Achieve, Soar with Pride

From Monday 23rd March 2020 school will remain open for vulnerable families only and they have been contacted individually.

If your child is entitled to Free School Meals and Universal Free School Meals (Reception, Year 1 and Year 2 children), a packed lunch will be available to collect from the school office between 11:30am and 12:00 noon. Please contact the school office if you would like to pre-order a packed lunch.

Please find a list below of useful websites:

trockstars.com

www.primaryresources.co.uk

<https://garyhall.org.uk/>

<https://www.khanacademy.org/>

<https://beastacademy.com/>

<https://www.literacyshed.com/home.html>

<https://whiterosemaths.com/>

<https://urbrainy.com/>

<https://www.creativebug.com/>

<https://www.twinkl.co.uk/offers> - Code: UKTWINKLHELPS

<https://www.tes.com/teaching-resources>

<https://www.phonicsplay.co.uk/> (user name: march20 password: home)

<https://www.bbc.co.uk/bitesize>

<https://yogamike.tv/>

<https://www.brainpop.com/>

<https://www.tynker.com/>

<https://outschool.com/>

Things your children might enjoy doing in their exercise book:

- Keeping a diary
- Writing book reviews / draw book characters
- Writing their own stories or poems
- Writing reviews based on television programmes watched

Children could also:

- Continue to read
- Learn their spellings and timetables
- Help weigh out ingredients and assist with cooking
- Write letters to distant friends or relatives
- Be encouraged to learn new skill e.g. simple sewing, make do and mend

Further activities and suggestions will be posted on our Facebook page.



Information received from **Richard Crane, Head of Education and Skills**

Please find below links to support pupils around mental wellbeing:

<https://www.mind.org.hk/wp-content/uploads/2020/02/ResponseCoronavirusENG6.2.2020-.pdf>

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html?fbclid=IwAR3ZiNhgumvsqDnY9Ewh0WmDpbbcO3Mfr4UJdcB_doNnxaNLK9b42KZFnhw

<https://www.theguardian.com/commentisfree/2020/mar/02/stop-a-worry-becoming-catastrophic-how-to-talk-to-your-kids-about-the-coronavirus>

Anna Freud: Self-Care and Coping Strategies

<https://www.annafreud.org/selfcare/>

BBC: How to protect your mental health

<https://www.bbc.co.uk/news/health-51873799>

CBBC: Video and Questions

<https://www.bbc.co.uk/newsround/51861089>

ChildMind: Talking to Children

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

ELSA: Coronavirus Story for Children

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

National Association of School Psychologists: Parent Resources

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Young Minds: Feeling Anxious about Coronavirus

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>

