



Dear parents and carers,

I hope you and your families are well. This is a very challenging time for all of us, and I can only imagine what it must be like for you, living with small children whilst trying to keep them indoors and entertained.

If you have not done so already work and learning based activities for your children set by the Smithy Street teachers can be accessed via our website using the Closure Information and Homework button on the front page. Via this link you can access the year group for your child where there is a further button to download the activities set for each school day by the teachers. There are also a number of extra links to a vast range of useful websites for keeping pupils (and possibly you) engaged in learning beyond the tasks set by the teachers.

We have been working very hard to ensure that the children have been given school work to do every day. We hope you have been able to access this work in the last week. As we will be on the Easter break, there will be no work sent to children during the next two weeks.

Please call the school on 0207 702 7971 if you have struggled to access the work and leave a voicemail. Alternatively you can email admin@smithystreet.towerhamlets.sch.uk. Someone will get back to you as soon as they can during office hours.

We are very keen to hear how you are all getting on, both in general and with the work, so I've asked Khaleda and Sabia to make a phone call to each home. This will happen either this week, or just after the Easter holiday.

We continue to work together with Tower Hamlets and local schools and follow Government advice. Please make sure you also follow Government guidance and only leave your home for essential trips. Staying at home will save lives.

I will be writing to you again soon after the Easter break.

All the best,

Edith Philipsen

Headteacher Primary Street Primary School



Tower Hamlets Council has set up a new phone line to support residents that have been extremely vulnerable and at the highest risk of severe illness from COVID-19 caused by coronavirus.

Phone line

People at the highest risk of severe illness from coronavirus and extremely vulnerable residents can call the council 020 7364 3030.

This number is for Tower Hamlets residents, their families or their carers to let the council know if they have any urgent requirements.

The line can also be used to discuss any concerns around social isolation and help people may need with food supplies, access to medication or worries about debt, for example.

The phone line should also be used by other vulnerable residents that need help during this difficult time, including the very elderly, people with disabilities or those self-isolating with underlying health conditions.

The phone line will be open: Monday – Friday (8am - 8pm), Saturday (10am - 5pm) and Sunday (10am - 4pm).

For further information please visit www.towerhamlets.gov.uk

We have helpful websites that have resources with tips/advise to help children's mental health and well-being. You can find these resources on our school's website go into Closure info and click on Well-being. www.smithystreet.org.uk

Self-care strategies- the Anna Freud Centre

There are selections of self-care strategies that have been developed by young people to help manage their own wellbeing. During a time when access to regular appointments may be disrupted or anxiety might be heightened, it might be helpful to try one or some of these strategies.

Helpful information to answer children questions about coronavirus -Place2Be

Talking to your child about the coronavirus - Young Minds

Coronavirus and your wellbeing - Mind

Worries about the world, Mood journal & Calm zone - Child line advice page

This website includes information on what concerns a child might currently have, for example about the coronavirus, and some things to try to address these worries. Children can sign up to Child line's "locker" and track their daily mood in the mood journal. This might be a helpful way for children to balance their mood during a period of uncertainty. There is a toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption.

Understanding anxiety illustration - Priory Group

Coronavirus comic strip - NPR