

17 March 2020

Dear Kindergarten Parents and Carers,

Coronavirus: Kindergarten Update

We hope you are well.

We are looking ahead to how we can provide an ongoing education and educational rhythm for the Kindergarten children in the event of school building closure, and also for those families who are self-isolating at this time.

We want to help you find ways to bring simplicity, trust, confidence and goodness to your children in these stressful times. We would like to share resources and suggestions with you that we hope you will find helpful.

Below you will find several links that you may find useful reading (please note these are for parents, not to be read with children).

Anna and Gail will be contacting you individually by phone each week to hear your news and offer support and advice regarding the curriculum.

We will be preparing activity packs that will include songs, ideas for play, stories, recipes (including packs of some ingredients), and seasonal craft. These can be collected from the school, from Monday 23rd March. These provide the seasonal curriculum up to the Easter break.

There will be a further update at the end of this week.

Best Wishes



Anna Podesta and Gail Chester
Kindergarten Teachers

Useful links:

- [How Do I Find and Create Goodness for My Children](#)
- [Communicating with Children and Supporting Them in Difficult Times](#)

[contd. over]

Other Resources for Families:

- [How to Stay Sane When Working from Home with Young Children](#)
- [Why the Coronavirus \(Mostly\) Spares Children](#)

From a Norwegian kindergarten:

Steiner Kindergarten ideas for parents in this time

Dear parents,

We know from both experience, observations and conversations, that two weeks (or more?) at home with children who are healthy can be a challenge. Especially when you cannot go to the swimming pool, indoor playgrounds or the shopping mall. Maybe some parents have to work from home. And in many families older siblings have to do their school work at home.

We hope that you as a family can have a nice time together and that these weeks with a state of emergency can cause something positive for the children. We have the following advice:

- *Make a plan for the day (schedule the time for eating together, bed times and maybe «work time for mom or dad» and «school time» for older siblings.*
- *Be a clear about the fact that you are in charge, you have the responsibility and therefore have to make the decisions.*
- *Do chores like making food, cleaning and laundry together with your kid/kids.*
- *Go outside a lot. Go for walks and enjoy the winter and/or the first signs of spring.*
- *Play together, but let your kid/kids play alone as well, when you are there, but busy with something else.*
- *Read books together.*
- *It is actually allowed to be bored!*
- *Limit screen time! Check age recommendations for games and movies!*