

TRANSITION FOR ALL

Hello

For this weeks newsletter we decided to bring a little ray of sunshine into your lives! I hope you like the new format.

How did week 2 go for you all? I am finding it really uplifting hearing all the stories from various families and how they are coping with our new way of living and working. It is fantastic to see that there are so many good news stories coming out. In this time of uncertainty it is important to keep as much positivity in our lives as we can.

Thank you to everyone who has shared experiences with me. As I said in the last issue I am keen to hear the good, the bad and the ugly! Please keep in touch with me at

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If I can start this week with a message from a family member, who is isolation with his wife. He is keeping himself busy by writing a daily update to his group of friends. He was good enough to share some of these writings with me and I thought this was particularly funny and I thought I would share with you!

I'm already getting fed up with Marg. saying "when you've got a spare minute can you just ". I've got nothing but "spare minutes"! The list of things to do "when I've got a minute" is growing by the hour. Don't know how long I can hold out from starting on the list, I'm running out of excuses.

I love this—it shows that in all the madness, we can keep a sense of humour.



[Photo caption]

Who can help?

Here are some fantastic ideas to help

<https://www.healthysandwell.co.uk/self-isolation/>

You are not alone

We promised you all a tale each week of how we are all coping with our new roles as educators and parents. The following story is from a member of our homeschooling team here in Sandwell.

My eldest is self isolating most days and definitely not needing my interference whilst my youngest is happy to pop up at my side at any given opportunity with a maths problem I cannot solve! **My tip** is operate an open door close door system, i.e. door open you can interrupt me, closed door leave me a note and I will come find you later which works on whole until someone can't find a badminton racket and decides that is an emergency! We have now defined what is and isn't an emergency! It's a work in progress!





Free School Meals.



[Photo caption]

As you might be aware the Government have announced that young people who qualify for free school meals will be able to claim a £15 supermarket voucher to access meals while at home. This could leave many families wondering how to make the most of their limited budget.

An organisation called BiteBack2030 have come up with some ideas about how best to spend this money and have come up with some meal planners and a suggested shopping list.

<https://biteback2030.com/real-story/making-your-ps15-free-school-meal-voucher-go-further-home>

I have found this particularly helpful as my family try to keep to some sort of routine. We are really enjoying spending 3 meal times a day as a family but even we are running out of ways to feed the children when the shops and food is far less accessible than usual.

Dos and Don'ts

Do - Plan some outside/fresh air time into your day.

Don't - Worry if you can't get outside. Sitting by an open window feeling the wind in your face is enough of a break if that is all you have.

Do - Remember we are all in the same boat. The size and shape might be different but we all feel a little bit stranded at sea.

Don't - worry if you have a 'bad patch'. It is perfectly OK to have a wobble here and there. The key is to refocus as quickly as you can and start again.

“The family is the nucleus of civilization.”

