

Dear Parents

I trust that this mail finds you and your family safe in this crisis that has brought the entire world to a standstill.

In South Africa, we have progressed from a National State of Disaster to a Country Lockdown, we can only hope and pray that we are effective in combatting this deadly spread of COVID-19. Let us adhere to all the guidelines and safety precautions given to us so that we can look forward to re-established stability and eventually enjoy again all that we have taken for granted thus far.

The ramifications of a lockdown will severely impact on all aspects of our lives and we are very mindful that your child's academic year will be a huge concern as well. Whilst Bryandale Primary is fully committed to ensuring that your child will not be prejudiced when it comes to covering the CAPS Curriculum, **please remember that you are not alone in this.**

Over the next few days, we will be providing guidelines to you regarding accessibility and the use of Microsoft Teams. Before we commence, there are a few things that I would like to draw to your attention:

REMEMBER: We have not been in a fragile situation like this before, the challenges that we will be facing will be unique and each person's reaction will be totally different. Please be prepared for all types of behaviour patterns and adapt accordingly within the family realm. Your reaction and coping skills will be very important as it will leave a lasting effect, **this experience will become forever etched in all our memories.**

Some examples of what to expect are listed below:

Your Action	Expect	Your reaction should be
You will set up a proper workstation	Your child to be all over the show	Allow them to work where they feel comfortable
You will have a planned session for academic activities	Your child to throw a tantrum/be negative or show total disinterest	Allow them flexible time to do their work and don't watch the clock
You will want structure	Every day to be different	Challenge yourself to be spontaneous
All academic work to be finished by the end of the week	Varying outcomes	Focus on what is done. Provide positive incentives.

Some Tips:

- Don't try to fill a normal school day. It is logically not possible to do so in a home environment
- Relax and have fun – make indoor or outdoor camp tents
- Use your home as a learning tool- look for projects/ skills that you never had time for before
- Make sure that normal sleep routines are kept.
- Eat well and develop a good exercise routine for all
- Have time to destress and let everyone have their own "ME" time

Be Safe

Mrs T. Suklal