

# Weekly Newsletter

Dear Parents and Carers

We hope that you and your families are keeping safe and well at home and that your children are taking advantage of the wealth of home learning resources our schools are providing.

During this period of uncertainty, we want to provide you with as much useful information and advice as possible and will be sending a newsletter out each week while our schools are closed.

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## Supporting key workers and vulnerable children

Thank you to parents and carers for keeping children at home wherever possible. It is essential that we keep our schools as empty as possible to protect those children who need to attend and the members of staff who are supporting them.

If your work is critical to the COVID-19 response, as outlined below, and you have no alternative childcare arrangements please contact school.

Key workers include those who work in health and social care, education and childcare, key public services, food and necessary goods, public safety, national security, transport, utilities, communications and financial services linked to the COVID-19 response.

For more information about the guidance for schools on maintaining education provision, visit:

[www.gov.uk/government/publications/coronavirus-covid-19-maintaining-educational-provision/guidance-for-schools-colleges-and-local-authorities-on-maintaining-educational-provision](http://www.gov.uk/government/publications/coronavirus-covid-19-maintaining-educational-provision/guidance-for-schools-colleges-and-local-authorities-on-maintaining-educational-provision)

## Coronavirus: information and advice

We have setup a page on the Pathfinder website where you can find the latest information and updates, including copies of our weekly newsletter.

**LATEST UPDATES**



## Easter Craft Competition

To celebrate Easter across our schools this year, we are launching an inter-school Easter Craft Competition.

Open to all staff, pupils and their families, use your creative craft skills to give a household item an Easter themed makeover.

Send a photo of your entry, along with your name and school to [info@pmat.academy](mailto:info@pmat.academy).

Prizes for the best 3 entries!

Post updates on social media and share your creations with us on Twitter using [@PathfinderMAT](https://twitter.com/PathfinderMAT).

## Contacting school

If you need to contact one of our schools, you can continue to do so in the usual way. Emails and phone messages are also checked daily.

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## Free School Meals

For all children who are entitled to a free school meal, the government has launched a national voucher scheme providing a weekly £15 voucher to spend in Morrisons, Tesco, Sainsbury's, Asda, Waitrose or M&S.

Our schools will be in touch with further details for those families in receipt of free school meals.

The children of key workers and vulnerable children still attending our schools who would normally have a free school meal will still receive one on the days they are in school.

## Keep active

While we are all confined to our homes, it is important to keep active and exercise as best we can. Not only does this help to keep us healthy but also improves our mental health and wellbeing.

Top tips for keeping active:

Joe Wicks, The Body Coach, is streaming daily half hour PE sessions on his YouTube channel at 9am:

[www.youtube.com/channel/UCAXW1XT0iEJo0TYIRfn6rYQ](https://www.youtube.com/channel/UCAXW1XT0iEJo0TYIRfn6rYQ)

The Sport England website has useful advice and guidance on keeping fit in and around your home:

[www.sportengland.org/stayinworkout](https://www.sportengland.org/stayinworkout)

The government's advice allows you to leave your house once a day to exercise in your local area.



PROTECT THE **NHS**

♥ save lives

It is vital that we all do our part to help prevent the spread of the coronavirus. We strongly urge everyone in our school communities to follow the government's guidance:

### Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home

Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms.

## Useful links and information

You can find the latest government guidance at the following links:

- [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)
- [www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19](https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19)

City of York Council also have information on their website which can be found here:

- [www.york.gov.uk/coronavirus](https://www.york.gov.uk/coronavirus)

The Department for Education have setup a helpline to answer questions about coronavirus related to education. Staff, parents and young people can get in touch by:

T: 0800 046 8687

E: [DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk)

Opening hours: 8am to 6pm (Mon to Fri)