



MAHARISHI SCHOOL
CONSCIOUSNESS - BASED EDUCATION

21st March 2020

Dear Parents and Carers,

On behalf of the staff, I would like to thank you for your understanding and kind words of support during what has been a very uncertain time for us all. All of your good wishes have been passed onto our staff and have been greatly appreciated.

As you know, from 3:30 yesterday school closed to all pupils except vulnerable children and children of key workers. If your child falls into one of these two categories, please drop them off at the primary site only from 9:15 - 3:30. If we haven't already spoken to you and you fall into one of the two categories, please let us know in advance of dropping off your child so that we can ensure we have enough staff on hand. We will continue to operate Out of Hours Club from 8:00 and again from 3:40 - 5:40. The usual charges will apply. Please let us know

if you will be using the Out of Hours service via
<mailto:parents@maharishischool.com>

Pupils can wear their own clothes when attending school on these days. Comfortable clothing will be preferable as we will incorporate some physical activity into each day. Please send your child to school with a packed lunch and a full water bottle. If your child is in receipt of Free School Meals, we can now only provide a packed lunch. Please let us know by email if you want this for your child. We will be sending vouchers early next week for pupils in receipt of free school meals who are not attending school.

We are delighted to be able to tell you that we will be having a group meditation twice a day which staff, parents and pupils from years 6-11

are welcome to participate in by logging into Google Classroom. Your child must have accepted

the invitation by joining the 'classroom'. Instructions on how to proceed will be posted on this 'classroom'. If you have any technical difficulty joining us, please email us to let us know and we will be able to give some guidance before the next meditation session.

This is a great opportunity for us to look after our own health and wellbeing, as well as contributing to coherence around us. In the morning we will meditate at 9:30 and our afternoon meditation will be at 3:15. If your child is in reception - year 5, please encourage them to continue to practise their Word of Wisdom at these times each day. We hope that by keeping a regular routine of TM/WoW and school work our pupils will be able to keep a sense of normality in their daily lives. Please find attached a 'coping calendar' that shows other suggestions for managing the situation over the coming weeks.

Our teachers have been working very hard behind the scenes preparing work for our pupils to complete at home during the closure (and, in some cases, getting to grips with new technology!). Work will be provided for each class in the following way:

Reception	There will be daily updates on our Class Dojo community with teacher support in a number of different formats: through activity ideas, links to websites and PDFs that will enable parents to follow the EYFS curriculum at home. Parents can communicate with Miss Riaz through Class Dojo messages and can upload files, photos or videos. A pack of activities has also been sent home.
Y1-2	Each day one document will be uploaded onto Seesaw (instructions for this have been sent separately). The activities will cover maths and English plus two more subjects each day. A pack of activities has also been sent home.
Y3-4	Each day one document will be uploaded onto Seesaw (instructions for this have been sent separately). The activities will cover maths and English plus two more subjects each day.
Y5-6	Year 5 and 6 are using Google classroom for work and Seesaw as a diary or journal for any "feel good" activities they wish to share each week. This will be updated weekly. Instructions for how to use these platforms have been sent separately.
Y7-9	Work will be uploaded onto Google Classroom. Pupils have been shown how to submit their completed work via the Google platform

Y10	Work will be uploaded onto Google Classroom. Pupils will be able to communicate with their subject teachers via the Google platform during their normal timetabled lessons if they want an immediate reply.
Y11	Work will be uploaded onto Google Classroom and some lessons will be delivered 'virtually' using the Google platform. Pupils will be able to communicate with their subject teachers via the Google platform during their normal timetabled lessons. We have also contacted local colleges who are providing some work to help pupils to 'bridge the gap' from KS4-KS5. St John Rigby has produced Subject Guides which can be accessed from this link http://sjr.ac.uk/y11_subject_guides2.asp Winstanley College will be working on materials next week. I will write to year 11 parents separately next week with details of how we have been instructed to assess our pupils

We have been made aware of two online activities that we will be incorporating into our plans for pupils who are still attending school and thought that you might also find them useful at home. Joe Wicks has declared himself 'the nation's PE teacher' and will be presenting a daily PE lesson 9am on his YouTube channel 'The Body Coach TV'. <https://www.youtube.com/watch?v=K6r99N3kXME>

Also Rock Kidz Live will produce a live stream on Youtube every day from 2pm with music, PSHE content, exercise and lots of fun for children to engage with.

During the school closure, there will be a member of staff in the primary school office each day if you need to call us for anything. You can also contact us via parents@maharishischool.com

That's all for now. In the words of Vera Lynn, we'll meet again...

Take care of yourselves.

Kind regards



Lisa Edwards

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COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

1 Make a plan to help you keep calm and stay in contact.

8 Take five minutes to sit still and breathe. Repeat regularly

15 Make some progress on a project that matters to you

22 Find positive stories in the news and share these with others

29 Connect with nature. Breathe and notice life continuing

2 Enjoy washing your hands. Remember all they do for you!

9 Call a loved one to catch up and really listen to them

16 Rediscover your favourite music that really lifts your spirits

23 Have a tech-free day. Stop scrolling and turn off the news

30 Remember that all feelings and situations pass in time

3 Write down ten things you feel grateful for in life and why

10 Get good sleep. No screens before bed or when waking up

17 Learn something new or do something creative

24 Put your worries into perspective and try to let them go

4 Stay hydrated, eat healthy food and boost your immune system

11 Notice five things that are beautiful in the world around you

18 Find a fun way to do an extra 15 minutes of physical activity

25 Look for the good in others and notice their strengths

5 Get active. Even if you're stuck indoors, move & stretch

12 Immerse yourself in a new book, TV show or podcast

19 Do three acts of kindness to help others, however small

26 Take a small step towards an important goal

6 Contact a neighbour or friend and offer to help them

13 Respond positively to everyone you interact with

20 Make time for self-care. Do something kind for yourself

27 Thank three people you're grateful to and tell them why

7 Share what you are feeling to and be willing to ask for help

14 Play a game that you enjoyed when you were younger

21 Send a letter or message to someone you can't be with

28 Make a plan to meet up with others again later in the year



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



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Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

