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**Houghton Conquest  
Lower School**

Growing together

**Headteacher**  
Miss C A McCarthy

Value of the month: Courage

26<sup>th</sup> March 2020

Dear Parents/Carers,

**RE: We are here to help – Stay Safe, Stay positive!**

We would like to send you our warmest well wishes and we hope that you and your family are well and are staying safe during this very difficult time.

We would like to take this opportunity to say how much we miss each and every one of you at Houghton Conquest; our school does not feel the same without its enthusiastic and spirited children filling the corridors and classrooms with laughter and chatter. We miss them all greatly!

Our Houghton Conquest family are still here if you need us, and until we know otherwise, there will be staff available at school. We have been operating each day with just a few staff in order to minimise social contact, whilst maintaining support for the children of key workers. We would like to thank all members of staff at Houghton Conquest Lower School for their dedication, commitment and continued hard work during this time. The children and staff at school have created a symbol of hope and peace to remind us there is hope during darker times; the beautiful rainbow is displayed within the preschool window, looking out onto the high street.



It is extremely important, during this difficult time, that we maintain a positive mindset and try to appreciate this unique time that allows us to spend quality family time together, whilst supporting learning at home. As we begin to settle into our new normal, finding a routine that best suits you and your family is key to keeping structure and balance through every day. Your class teacher has sent you a suggested schedule; please adapt this according to your own lifestyles, as this is just a guide. It is important to encourage your child/ren to work independently for short structured periods of time, then provide support where appropriate.



The weather has been beautiful, so please do take advantage of it and get in the garden and explore the natural environment. Children love to be creative and explore; they have amazing imaginations which can allow them to feel free and 'out of this world.'

Please take a minute to reflect positively on everything you are doing for your families, in order to keep day-to-day routine as consistent as possible and we thank you for your continuing support as we move forward during this difficult time. Remember we as individuals only have control over certain things- remain positive!



Below are some suggested resources that can further support learning at home:

- <https://www.youtube.com/thebodycoachtv> - a free daily workout at 9.00am, hosted by the popular Joe Wicks! We are completing this at school too, every morning!
- <https://www.outoftheark.co.uk/ootam-at-home> - Out of the Ark Music has an extraordinary power to bring us together, it can lift us when we feel low, energise us when we feel tired, and is something we all have in common. So, to help with the rhythms and routines of our new daily lives, Out of the Ark are releasing seven songs, one for each day, all with challenges and activities related to each song. Lots of children are familiar with these songs as we regularly sing them in assembly.
- <https://www.worldofdavidwalliams.com/elevenses/> - David Walliams is releasing a free audio book each day for thirty days! A chance for your children to sit and listen to a story being told.
- <https://stories.audible.com/discovery> - for as long as schools are closed, Audible is making hundreds of titles available for free to help people cope with self-isolation.
- <https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/> - Oxford Owl is providing a range of free ebooks that match our children's current book bandings. All you need to do is register with the link above, then select levels, then click book bands and select your child's colour based on their latest reading book. Hope you enjoy!

Please do remember, however big or small your query may be, we are available at [office@hcschool.org.uk](mailto:office@hcschool.org.uk) or by telephone on 01234 740202, so please do make contact if you need support or advice.

We will endeavour to update you, as and when we receive any information that may change current circumstances. Please continue to be patient, look after each other, continue to follow government advice on self-isolating and social distancing and take care.

Yours sincerely,



Miss J Heaslip  
**Acting Headteacher**



Ms A Harvey  
**School Business Manager**