**VIRTUAL SCHOOL AND COLLEGE UPDATE FOR CARERS 8th April 2020**

Dear Carers,

I hope you are well and managing to keep your young people occupied whilst looking after yourselves as well.

Below is a guide on the Tameside Council website with lots of interesting ideas and resources to try….if you haven’t exhausted them all already!

<https://www.tameside.gov.uk/TamesideMBC/media/policy/HL-Family-Resource-Guide-20200330.pdf>

For carers with young people who have some additional needs here are a few other ideas you may be able to use, thanks to Sarah in our team for sending these:

<https://www.youtube.com/watch?v=0vLvoEXLApA&feature=youtu.be>  an obstacle course for helping to regulate/proprioception

<https://www.youtube.com/watch?v=bJHupiDtJKA&feature=youtu.be> grounding 5, 4 ,3 ,2 ,1

<https://www.youtube.com/watch?v=kE9cvXKzpsA&feature=youtu.be>  hand gym and fine motor skills, the accompanying PDF is attached.

After the Easter period we will be getting in touch to do a revised PEP document to support you with any educational needs for your young people. As always, please get in touch if you have any issues arising.

If your young people do any Easter pictures or crafts please send a photograph of them to me and we will put on our website   Amanda.aylward@tameside.gov.uk

Best wishes from us all in the Virtual School and College team.

Amanda

 **Amanda Aylward**

**Virtual School & College Headteacher**

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