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20th March 2020

Dear Kids (big and small)

Your mum or dad (or maybe both) are doing an epic job of helping us keep each other and our prison going. So I wanted to write to you so you know what a difference they make.

They look after the public in the job they do every day. And now you have a job like theirs to do. You will already be protecting the public with your hand washing. And might now not be at school which is another type of protecting the public by stopping germs spreading. You might be in school which is a good way to stop you getting bored.

Whatever you are doing, thank your mum or dad for what they are doing: looking after you and doing their amazing job. Be kind to them if they are ill (don't nag them too much about going square eyed like they do to you!).

Now is a great chance to do new things. I have got children too and they are wondering about how to use their time at home. They are high school students so will be set plenty of work by school, but they are also going to look for a new skill to learn and something kind they can do. I wonder what that will be?!

What will you do? There are lots of ideas about, so I've put some of my favourites so far on the back of this letter.

If you want to let me know what you have done, I love getting letters!

I hope you make the most of this different time.

Best wishes,

Rebecca

Be kind to your mind and to each other	<p>Set yourself a schedule. And try to use it each day.</p> <p>Exercise. Ask your mum or dad if you can look for The Body Coach on YouTube - at 9am each day from Monday 23 March he will be doing a fun children's exercise class you can do.</p> <p>Volunteer to do something kind. Write a letter to a neighbour. Help with shopping. Or invent something kind you can do.</p> <p>Keep in touch with people. Tell some jokes! Get a pen friend. Everyone loves a letter, especially a hand written one!</p> <p>Get fresh air. Sit in peace and quiet.</p>
Get creative	<p>30 day Lego challenge looks fun. I like day 1..."you were hired by an amusement park to create a new roller coaster". I think mine would have to involve loops. Is that even possible?</p> <p>Quick quick, make a Mother's Day card!</p> <p>Make up a game for mum or dad to do when they get home. Make sure the prize is something you have made too!</p>
Feed your brain	<p>World Book Online have just made 3,000 ebooks and audiobooks for children available for free. I'm going to listen to a book on my way to work. You can find them at https://worldbook.kitaboo.com/reader</p> <p>Try explaining a book you have read using only emojis!</p>
Keep informed	<p>It is a good time to learn about something pretty interesting: viruses. Maybe you could do some research and find out more. Watch out for fake news!</p> <p>Remember to ask mum or dad or another adult questions if you need to.</p>