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Dear Kids (and by popular demand, Grandkids!)

So how was week one for you? I hope you have enjoyed the sunshine.

Thank you very much for your lovely replies to my last letter. I have started to stick them to my office door so we can see them when we walk past. They are cheerful and make us smile.

It is so good to hear how proud you are of your parents and grandparents! I am proud of them too. They are doing an incredible job keeping our place running.

This week we have had to make a lot of changes at work to make sure that we are doing what Boris Johnson told you and everyone else to do. So we help stop the spread of germs. It is taking a lot of energy to make these big changes in our prison.

Everyone is working together. Doing new things, doing extra things, doing thoughtful things. I think that your teachers would give everyone here House-points for their teamwork!

If your mum or dad or Grandparent seems a bit tired or is self-isolating to keep other people safe, find a way to be kind. Say thank you. And be proud of them again!

Your creativity for how to spend your time when you are not at school is awesome: I love all of your ideas. I have used some of your favourites and found some more to put on the back of this letter. I hope you have fun doing some of these. Let me know which ones you enjoyed the most.

I will be back in touch soon to share updates about what the Kirklevington team are doing. I am glad that you are part of that team.

Best wishes,

Rebecca

<p>Be kind to your mind and to each other</p>	<p>Is your schedule working? Can you make it better for next week?</p> <p>Raise your spirits and sign up with your family for Gareth Malone's Great British Home Chorus. Search for him on YouTube. Every day at 5:30 he teaches choir. You can send in your recordings which will be made into a professional song!</p> <p>Exercise. Play Twister with your sister. Go for a jog with your dog. Dance around your room to your favourite tune. Just enjoy what you do and do something every day.</p> <p>Do something kind. Find out what 'We not Me' means. Ask your mum or dad if you can call or video-call a relative who lives alone to talk about it. Tell them about your day too. Ask about theirs.</p> <p>Eat your lunch in the garden.</p>
<p>Get creative</p>	<p>Ask your mum or dad if you can have a look on the internet for #HomeTopBinChallengethen do your own. I won't tell you how many attempts my son took to kick a ball into a box via a bouncy net...but the end result was cool!</p> <p>If you have not already made a rainbow for your front window, get drawing! This will spread hope and cheer to other children on their daily walks and to key workers like your mum or dad travelling to and from work.</p> <p>Write a song about Coronavirus. The sillier the better.</p>
<p>Feed your brain</p>	<p>Learn to make a new meal. Bake. Make bread. Learning is a lot of fun when you can eat the results.</p> <p>Make a den and snuggle in it to read. Then read to someone else. Then get them to read to you. Then read some more!</p> <p>You won't run out of books...Amazon have made all their books and audio stories free https://stories.audible.com</p>
<p>Keep informed</p>	<p>Watch the news sometimes with your family. Avoid fake news on the internet and social media.</p> <p>Remember to ask mum or dad or another trusted adult questions if you need to.</p>

