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Dear Junior Keyworkers

Wow! You have done seven weeks of government 'lockdown'. And you have done it so well. You have stayed indoors. You've followed new rules. You've been staying in touch with your family and grandparents from afar. You've not played sport with your team. You've not been to your afterschool and weekend clubs. You've learned to be bored and found ways to deal with it. You've done homework without your normal teachers supporting you. You might not have been to school. And if you have it will have been very different.

So this letter is to say that you are hidden heroes too.

On Thursday nights when people clap for the NHS, you probably already know that they are clapping for other carers. That they are clapping for other Keyworkers keeping our country going. For your parents or grandparents that work in our prison. Did you know that when people clap on Thursday nights, they are also clapping for you?

Without you getting up every day and trying your hardest to adapt to what is going on, we couldn't do what we need to do. You have been truly amazing.

Thank you for being part of our team. Everyone is working together. Doing new things, doing extra things, doing thoughtful things. And that means that we are doing well during these different times.

I have been keeping my eye out for some things for you to try and have attached a new selection to the back of this letter. I hope you enjoy trying some of them.

For now, not much will change here at Kirklevington or at school for you. But I know that when it does, you will be ready to adapt. Like you have all along. What heroes you are. I will be clapping extra hard this Thursday night. For you.

Best wishes,

Rebecca

<p>Be kind to your mind and to each other</p>	<p>Routine is helpful. Think about what helps you stick to yours and use it to motivate yourself next time you need it.</p> <p>Find something to make you laugh. This is a bit of a rude one but worked for us – my son laughed so hard at his own joke that he couldn't breathe! Ask your parents to check this family edition of a popular game that has been launched for free to print-at-home. Remember to breathe! https://www.cardsagainsthumanityfamilyedition.com/</p> <p>Write a gratitude A to Z. What are you grateful for? What are the little things that make a difference to your day?</p> <p>Offer to clean or tidy something for mum or dad. There is nothing better than someone doing something helpful without being asked!</p> <p>Write to yourself in the future. What do you want to tell yourself? What do you want to remember about lockdown? Seal it up until September.</p>
<p>Get creative</p>	<p>Join our Jigsaw Drawing Project. We're making a huge installation of pictures from everyone here – you, our staff team, prisoners and their families too. What makes you happy or makes you hopeful? Draw it on the template and send it in to us.</p> <p>Paint a pebble and leave it somewhere on your daily walk for someone else to find. I saw a lovely sleepy dog pebble last week.</p> <p>Scouting and Girl Guiding have put together some brilliant activity ideas for all ages. Get inspired at https://www.scouts.org.uk/the-great-indoors/ and https://girlguiding.org.uk/what-we-do/</p>
<p>Feed your brain</p>	<p>Grow something. It was National Garden Day yesterday so I'd like to give you some of our plants to grown yourself. Ask your parent or grandparent to email Shaun or Martin in Gardens and they can pick up a pack of plants and some care instructions for you.</p> <p>Take a virtual trip. Research another country. Send a postcard from there. Make a traditional meal. Where will you go? Mexico, Italy, France. Can you think of an even more adventurous imaginary trip you could take? How about space? Someone would love to receive your postcard from there!</p>
<p>Keep informed</p>	<p>Watch the news sometimes with your family. Avoid fake news.</p> <p>Remember to ask mum or dad or another trusted adult questions if you need to.</p>

