



A Huge end of term 3 thank you:

Thank you all (parents, teachers, TAs and other staff) for everything you have done to support the children at home and at school this term. Our home learning survey came back very positively and I am pleased to know that you as parents feel well-supported and part of the whole school community.

A few of you were unclear how teachers can be contacted. To clarify; you may call / email the school office or if your child is stuck, they can contact their teacher directly via the 'channel' - the children should see their name on the left hand side of the screen on Teams (these messages are private between teacher and student with oversight from Mrs Garbutt).

We continue to review our home learning and to tweak and improve our practice, we have taken all your comments on board.



We have delivered one of the above treat parcels to every child in school (the last few are arriving this afternoon or are being posted) as a way of recognising their hard work and effort during this difficult time. Their resilience and commitment to home learning has been impressive.

Return to School:

There is no clarity on this yet but we will be in touch as soon as we possibly can! We are eagerly awaiting the Prime Minister's announcement on 22nd February.

Spread some positivity through pictures:

We have been asked if we can provide some cheerful pictures to the residents of Seymour Court. If your child is at a 'loose end' over the holidays and would like to brighten up the elderly residents, please encourage them to draw, paint, write or create something positive. I will be putting a box out to collect contributions after the holidays or please feel free to pop in through the school letterbox with your child's name on the back.

Children's Mental Health Week:

We know that children are under increased strain at the moment. There were numerous class conversations across the school and activities to support mental health week last week. It is always easy to think 'my child is fine' but mental health issues are increasing and we believe that having conversations **before** children encounter problems is key. The following resources are from CAMHs

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 1 Know how to spot the signs**
If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.
- 2 Talk to your child**
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.
- 3 Create structure and routine**
Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.
- 4 Give children a sense of control through information**
Look online with your children to find useful information and resources that help children feel they have control.



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

5

Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.



8

Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.



THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



Storytelling Week:

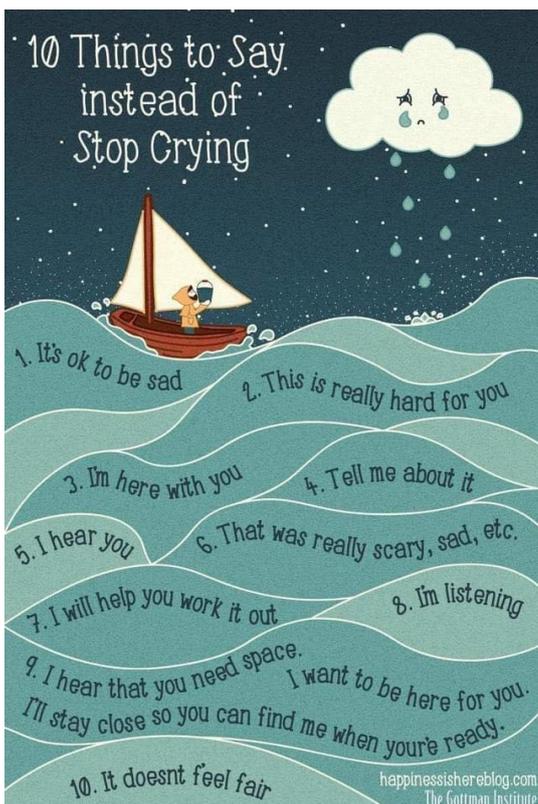
It has been lovely to have so many positive comments about the children enjoying the storytelling menu last week, thank you 😊

Oliver's Charity Fundraising:

Oliver raised a fabulous £321 for Cancer Research, thank you to all of you who have supported him.

Dylan is running for the NHS:

Some of you may have heard that Dylan is running a mile a day to raise money for the NHS. He has already raised an impressive £1000. We are very proud of Dylan taking on this challenge for such a good cause. If you would like to donate, please use the following link:





https://www.justgiving.com/fundraising/dylan-turner3?utm_source=sms&utm_medium=fundraising&utm_content=dylan-turner3&utm_campaign=pfpsms&utm_term=71bbcae5647745b8bd3353331e25e42d

Internet Safety Week:

We hope the children will take part in the competition over the half-term. We will be continuing to focus on internet safety as it is much needed as our learners are spending a large amount of time online.

Maintenance Work over the holidays:

Please do not panic if you see scaffolding at school over the coming week. We are finally managing to replace some cracked windows in our glass atrium. Unfortunately this work had to be postponed last year due to the virus.

We are also having our carpark lines re-marked over the holidays. There will be 3 clearly marked bays for disabled users. This should mean each person with a blue badge can park in an allocated bay.

