



Newsletter 26th March 2020

Community News

Dear All,

It has been a really different week for all of us. We are all living under totally new circumstances and it is going to take a while for all of us to get used to this.

We, as a staff send you lots of love and want you to know that we are really missing everyone. In this rapidly changing situation, we hope that you are all safe and managing to find fun and exciting things to do.

Judging by the things people have been sending their teachers via Class Dojo you are keeping busy and doing your learning in lots of different ways. There have been activities covering all areas of the curriculum. All the teachers are really impressed with children and parents for all of the effort you are putting into your home learning!

Mrs Bowden said, "Please say thank you to everyone for sharing ideas of learning, telling us what they are getting up to and for keeping in touch."

Mrs Hart said "I've been struck by the sense of community in class 1. The children are all messaging, zooming, emailing each other and staying in touch. The school community appears to be thriving, even in these challenging times. Parents are making a huge effort, so massive thanks from me to them!"

Mrs Reynolds said "Well done everyone for all the physical activity you are doing! It will help keep you healthy and happy. Great ideas and photos showing how creative you can be in your own homes. Keep it up and try your best to do 60 mins a day. Thinking of you all!"

Thank you for supporting the work of our school. We will continue to send you ideas for age appropriate learning. I had planned to put some Class Dojo photos in the newsletter but there are literally too many to choose from! If you want to send your class teacher photos via Class Dojo you need to download the app - you can't do it via the website.

I hope you are all feeling proud of your achievements and learning behaviours this week.

The Community Choir

The Community Choir still ran on Tuesday, and it was wonderful to have some new members. Mrs Bowden said things were a little out of sync, but you all persevered, having a lovely time and a good laugh which is crucial in these challenging times. Thank you to Suzi for organising the online choir.

Sandon Litter Pick

It feels like a really long time ago that we did a school litter pick, to help with the whole village litter pick. I was actually only two weeks ago. Isabella Cannon has written a poem about litter.



The Litter Pick



If there's litter all around than pick it up,
For example: a ball, a wrapper or even a book.
If there's something with silver inside than it can be recycled,
You could also be having a cycle!

If there's litter all around than pick it up,
Otherwise it will just keep piling up.
Do you really want rubbish in the sea?
If not than a litter pick is the right place to be.

If there's litter all around then pick it up,
It might make people wake up!
This situation is getting huge,
Life isn't just one big cartoon.

By Isabella Cannon

Thank you to Isabella, for that important message.

Staying healthy

In these extraordinary times it is really important for us to stay healthy. We can go out for our daily exercise and do exercise at home. It's also important to look after our mental health to. We have been sent some useful signposting information by Hertfordshire NHS.

1. *Young Minds* have published great resources and ideas about things adults and young people can do to manage any stress and anxiety they may experience in relation to coronavirus: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
They also have a mental health advice line available for parents operating between 09:30am-4pm, Monday- Friday: 0808 802 5544
2. The following *Young Minds* link addresses how to look after your mental health when self-isolating: <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
3. Centres for Disease Control and prevention provide some helpful messages on how to talk to children about Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
4. *Every Mind Matters* provides general information about looking after your mental health which would be relevant during this challenging time as much as at any other time and provides top tips to improve emotional wellbeing: <https://www.nhs.uk/oneyou/every-mind-matters/>
5. *Mind* website provides useful information about how to cope if people feel anxious about coronavirus, how to manage staying well at home if being asked to self-isolate and taking care of your mental health and wellbeing among other tips and advice: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
6. *Education Support* website is dedicated to supporting the mental health and wellbeing of education staff in schools, colleges and universities. It contains free information including a free 24/7 helpline – 08000 562 561: <https://www.educationsupport.org.uk/>

It also has financial advice information for supply teachers:

<https://www.educationsupport.org.uk/helping-you/information-supply-teachers-contractors-coronavirus>

7. *Mind Hertfordshire Network* provides a crisis helpline for anyone experiencing mental health distress or requiring emotional support and signposting. Professionals, family/ friends can call on someone's behalf with the individual's consent. Crisis Helpline number: 01923 256 391 or visit <https://www.hertsmindnetwork.org/>

8. The Anna Freud Centre 'Schools in Mind' have worked closely with settings to help promote whole-school and college approaches to wellbeing. They are conscious that the Coronavirus is creating increased pressure and additional workload for school and college staff at an already busy time of the school year. Therefore, they have produced this following document which they hope will give some guidance about how to maintain children's wellbeing at a time of uncertainty. You can access it here: <https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>

They have also developed three videos which will hopefully be helpful to share as follows:

- Video for schools staff:
<https://www.youtube.com/watch?v=SjSh5SYWFqM&feature=youtu.be>
- Video for parents:
<https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be>
- Video for children and young people:
<https://www.youtube.com/watch?v=ME5IZn4-BAk&feature=youtu.be>

9. Addressing social stigma associated with Covid-19 published by the WHO and UNICEF: https://www.epi-win.com/sites/epiwin/files/content/attachments/2020-02-24/COVID19%20Stigma%20Guide%2024022020_1.pdf

We will be providing a weekly update via the Healthy Young Minds in Herts website where the information above will also be shared:

<https://healthyyoungmindsinherts.org.uk/schools/how-look-after-your-mental-health-and-emotional-wellbeing-during-covid-19-outbreak>

We will also ensure there is helpful safe advice around managing self-care. There will also be a webpage for young people and families, focussed on how to cope during periods of self-isolation, appearing very soon on www.justtalkherts.org

Talking about our current situation

Sometimes it is really hard to know what to say to children about important or frightening global events, something which might help you talk as a family is:

DialogueWorks - this company has rapidly created a new page on its website www.dialogueworks.co.uk called 'HOMETALK' to provide free resources and advice to parents and carers, most of whom are now facing an indeterminate spell at home with their children, in circumstances very different from normal holiday time.

