



## Newsletter 4<sup>th</sup> June 2020

### Return to school

This week some children from Reception, Year 1 or Year 6 came back to school. Thank you to those children and parents for your social distancing and patience waiting to come in and go home. Thank you also to all of the staff who have been working very hard to ensure that everyone can stay safe.

Please ensure that your child:

- Wears clean clothes every day;
- Come to school wearing sun cream and a sun hat if the forecast is for sunny weather;
- Brings a coat if the forecast is for rain (we will be doing a lot of outdoor learning);
- Brings a jumper or jacket on cooler days as classroom doors and windows will be open for ventilation.

### Reception, Year 1 and Year 6

If your child is in Reception, Year 1 or Year 6 and you would like them to return to school next week we need to know today please. Please call or email the school office. Going forward we need to know by 3pm on a Wednesday that you would like your child to return the following Monday. This is so that we can prepare resources. Please call or email the school office.

If your child has already returned to school, please be aware that if they exhibit any symptoms we will call you to come and pick them up. This is to safeguard everyone in our school community.

## Main symptoms

The main symptoms of coronavirus are:

- **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

We strongly advise that you have your child tested, once we receive acknowledgement of a negative test result your child is welcome to return to school. If you choose not to have your child tested the guidance for those who do display any symptoms is that they 'self-isolate' for fourteen days to protect themselves and the health of others.

For further information on what to do if anyone in your family has symptoms follow this link:

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

### Home Learning

Teachers will continue to add ideas and interesting activities to the School Story on ClassDojo. You can continue to upload what you have been doing to ClassDojo.

All the activities uploaded to ClassDojo are still there, so if you haven't completed all of these you can do those in the coming weeks.

### Writing a diary

Daily diary writing is an excellent activity for a number of reasons:

- Children can choose what they write about;
- A daily diary builds routine which is very helpful for reluctant writers;
- Children can express their feelings while writing a diary;
- Diary writing is part of the National Curriculum.

For further information and ideas read the article below:

<https://www.theschoolrun.com/diary-writing-for-children>

**For planned lessons you can use:**

BBC Bitesize

<https://www.bbc.co.uk/bitesize>

We have had some excellent feedback from parents about the nationally accredited resources created by the BBC in conjunction with the DfE. As we transition into the return to school, we have been advised by the DfE (Department for Education) to signpost you towards these resources. Lessons are provided for each year group and cover the National Curriculum.

This link allows you to see what daily lessons are coming up, often a couple of weeks in advance.

<https://www.bbc.co.uk/teach/bitesize-daily-lessons-schedule/zdtwjhv>

You can use this link to help you find daily lesson for each weekday and those that have already been uploaded.

<https://www.bbc.co.uk/bitesize/dailylessons>

The government have also funded The Oak National Academy. This has video lessons and a variety of resources for individual year groups. All of these activities are in line with the National Curriculum.

<https://www.thenational.academy/information-for-parents-pupils/>

### **Interest Led Project**

We are really excited to find out what projects you have chosen to do for your home learning. Some of you have already let us know, thank you! Please do tell your teacher what you have chosen to do a project about.

Project based learning is an excellent way to incorporate many curriculum areas into one extended piece of work. Talk to your child about something they are really interested in or motivated by. Your child could create a non-fiction book about their chosen topic, or they could do a series of linked writing, pictures, models and photos. Extra exercise books are available in a box outside of school if you need them.

The focus for your child's project could be:

Animals or plants,

Our planet or another planet,

Sport,

Film,

Music,

A famous person or historical figure,

your family tree,

dinosaurs,

A country or continent,

National/International days,

Oceans,

Food,

Kings and queen,

World religions,

Rocks,

The environment,

Themselves,

Their favourite book,

Origami,

The possibilities are endless,

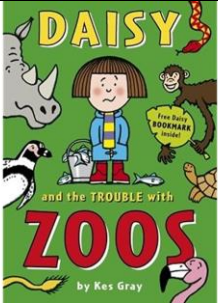
Special occasions or celebrations,

There are so many possibilities!

Twinkl has a huge amount of resources focusing on many different subjects. You can still join Twinkl for free:  
<https://www.twinkl.co.uk/resources/parents>

Lots of resources here.  
<https://www.twinkl.co.uk/resources/covid19-school-closures>

#### Assemblies this week:

Monday	Have you filled a bucket today? This book is a reminder about the benefits of kindness.	
Tuesday	Daisy and the trouble with zoos – Chapter 1	
Wednesday	Daisy and the trouble with zoos – Chapter 2	
Thursday	Daisy and the trouble with zoos – Chapter 3	
Friday	Daisy and the trouble with zoos – Chapter 4	

#### Well-Being

These are difficult times for many people, for many reasons. Some of these links may be helpful:

The NSPCC have some really useful information about children's well-being:  
<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

Here are some great links to help us adults look after ourselves too:

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>  
<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>  
<https://www.headspace.com/covid-19>

These are part of a larger collection in the Headspace app — free for everyone — called **Weathering the storm**. It includes meditations, sleep, and movement exercises to help you out, however you're feeling.

Action for happiness create monthly calendars with suggestions to help you look after yourself and those you love.



**JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)	<p> "Every day may not be good, but there is something good in every day" ~ Alice Morse Earle</p>				

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

# Thoughtful Conversations for Families Week 7

<https://dialogueworks.co.uk/wp-content/uploads/2020/05/Hometalk-week-7.pdf>

Activities for all ages from 3 years old upwards