



3rd July 2020

Newsletter

Dear Parents/Carers

I do hope you are all well.

Firstly, I would like to extend my appreciation to all staff members who have been doing a remarkable job. I know it has been a difficult time for some families and the struggles we have all faced throughout this pandemic. However, what an amazing job we have done by juggling our jobs and homelife.

We were delighted when we were able to open our doors to Nursery, Reception, Year 1 and Year 6, as well as continuing to provide provision for our keyworker and vulnerable pupils. We were able to further open our doors to accommodate Year 5. All children that have returned to school have settled well and are enjoying being back in school. I hope those who have not managed to get into school that you continue to enjoy the home learning provided on the school's website. I want to thank everyone for anything they have achieved but the most important thing is that we have happy and safe children.

New guidance has come out this week to support schools to open in September. We will keep you updated with our plans of how the school will open in September.

Have a lovely weekend.

Mrs N Chungh – Headteacher



Artwork by Lanya Ahmed
Year 5

Hope

Belonging

Respect

Tolerance

Quotes from some of our Year 5 pupils

'I've loved being back at school and seeing all my friends, we were all quiet to start with but then we remembered all the funny times we have had as a class and we keep laughing'

'I've loved playing basketball outside.'

'It's great that we get to have lots of time outside to be with our friends.'

Online learning

We have been really pleased to see that some children are accessing our online learning programs; Bug Club, Sumdog and Times Tables Rockstars. Since half term, an average of 12% of pupils have accessed Bug Club, 21% Sumdog and 16% Times Tables Rockstars. Can you help us to reach at least 50% of our pupils using each program over the last few weeks of term?

If your child cannot access their account or has forgotten their log in details please let us know so that we can pass the details onto you.

Look out for our Top Bugs, Top Dogs and Top Stars on our home learning overviews for each year group.

<https://trockstars.com/>

<https://pages.sumdog.com/>

<https://www.activelearnprimary.co.uk/login?c=0>



[Sumdog](#)



[Times Table Rockstars](#)



[Bug Club](#)

50 things to do before 11³/₄



You may have heard of 50 Things to do before age 11³/₄ produced by The National Trust. In this are 50 adventures nominated by children all over the country.

Over the summer holidays why not try some of the adventures suggested. Of course, some will not be possible due to restrictions in place from the current pandemic but we are sure you will have fun completing those can be carried out safely. Number 15 will have to wait until the winter if we get some snow!

The checklist page is titled '50 THINGS TO DO BEFORE YOU'RE 11 3/4' at the top. It features a bee illustration and a pink circular callout that says 'Sign up online to get your own virtual explorer, plus top tips and extra secret challenges!'. The checklist is organized into five categories: Adventurer (purple header), Discoverer (pink header), Ranger (orange header), Tracker (teal header), and Explorer (green header). Each item is accompanied by a small icon and a checkbox. The National Trust logo and website URL 'nationaltrust.org.uk/50things' are at the bottom. A copyright notice at the very bottom reads: '© National Trust 2015. The National Trust is a registered charity, no. 205586. Please recycle after use.'

Adventurer

1. Climb a tree
2. Roll down a really big hill
3. Camp out in the wild
4. Build a den
5. Skim a stone
6. Run around in the rain
7. Fly a kite
8. Catch a fish with a net
9. Eat an apple straight from a tree
10. Play conkers

Discoverer

11. Go on a really long bike ride
12. Make a trail with sticks
13. Make a mud pie
14. Dam a stream
15. Play in the snow
16. Make a daisy chain
17. Set up a snail race
18. Create some wild art
19. Play pooh sticks
20. Jump over waves

Ranger

21. Pick blackberries growing in the wild
22. Explore inside a tree
23. Visit a farm
24. Go on a walk barefoot
25. Make a grass trumpet
26. Hunt for fossils and bones
27. Go star gazing
28. Climb a huge hill
29. Explore a cave
30. Hold a scary beast

Tracker

31. Hunt for bugs
32. Find some frogspawn
33. Catch a falling leaf
34. Track wild animals

Explorer

35. Discover what's in a pond
36. Make a home for a wild animal
37. Check out the crazy creatures in a rockpool
38. Bring up a butterfly
39. Catch a crab
40. Go on a nature walk at night
41. Plant it, grow it, eat it
42. Go swimming in the sea
43. Build a raft
44. Go bird watching
45. Find your way with a map and compass
46. Try rock climbing
47. Cook on a campfire
48. Learn to ride a horse
49. Find a geocache
50. Canoe down a river

Have fun and enjoy creating your adventures. We would love to hear about these after the summer holidays.

Sleep



Sleep is so important for us and our children to feel physically and mentally healthy. We know during lock down children may have got themselves out of sync with their sleep, going to bed late and sleeping in the morning. Not having enough sleep can make us feel like we have no energy and we can't cope with our day and can really affect our mood. All sorts of things can come between us and a good night's sleep from caring duties for children; to noise outside our homes; to not being about to "switch off" from thinking or worrying. Our children and young people also experience difficulties with getting to sleep which can have a big impact on their emotions and behaviour. Some things which prevent a good night's sleep may be outside of our control but there are some simple things that we can do for ourselves and our children to make a good night's sleep more likely; good habits and routines we can put in place. This is called Sleep Hygiene.

It's completely understandable if sleep has become a struggle since lockdown with uncertainty and disrupted usual routines. The changes to routine can affect our body as much as our mental health.

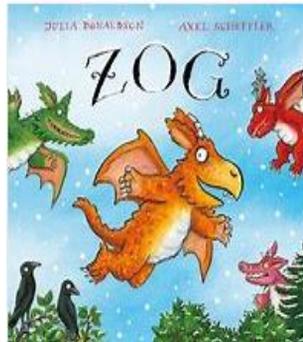
Here are some tips for getting your or your child's sleeping pattern back in place.

1. Wake up (and go to bed) at the same time each day – routine is good for sleep.
2. Use your bed only for sleep – this can be tricky with needing space for study and relaxing, however science tells us that building up associations with the bed can make it more difficult to get to sleep.
3. Try not to nap during the day – napping won't help your body with making a routine.
4. Implement a calm evening routine just before going to bed, such as having a shower or bath, spending quiet time with pets/children/siblings, doing meditation or relaxation or reading a good book.
5. Don't eat a big meal just before going to bed – your body needs time to digest food, especially sugary foods.

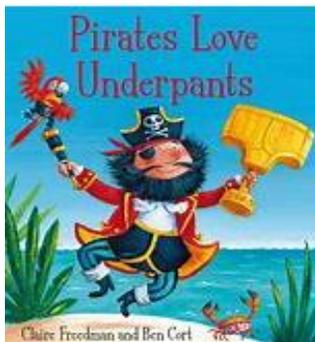
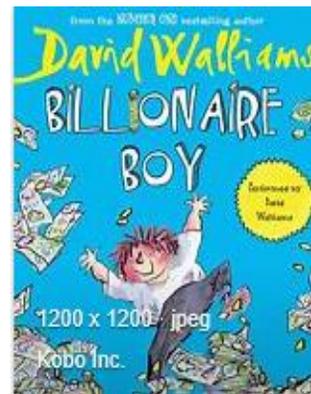


6. Turn off blue light screens an hour before bed, try reading or coloring as an alternative. Some of our teacher favourites include:

Miss Warbey loves Zog



Miss Fox enjoys reading Billionaire Boy by David Williams



and Mrs Berry's favourite bedtime story to read to her children is Pirates Love Underpants

We can't wait to hear some of your favourite bed time stories when you come back to school.

For more tips and advice on sleep hygiene, visit The Sleep Council, who have lots of information including a video on this page about the 10 commandments of sleep

<https://sleepcouncil.org.uk/advice-support/sleep-advice/sleep-hygiene/>

SWEET DREAMS!

Keeping active

Pizza Pitta's (serves 4)

Ingredients

- 4 pitta breads (can also use wraps or slices of bread)
- 4 table spoons of tomato puree
- Toppings (ham, mushrooms, sweetcorn, peppers – whatever you/the kids choose)
- Cheese (sliced mozzarella or cheddar)
- 2 tablespoons of dried mixed herbs (optional)
- Black pepper (optional)

Method

- 1 – Preheat the oven to 190°C, fan 170°C, gas mark 5. Place the pitta breads on a baking tray.
- 2 - Spread 1 tablespoon of tomato puree onto each pitta, then top with chosen toppings and cheese. Sprinkle with mixed herbs and season with black pepper.
- 3 - Bake for 10-12 minutes, or until cheese is melted and bubbling. Serve with salad.



Activity of the week



The Book of Hopes

Why not try something different for a bedtime story and check out this book written especially for children in lockdown...

This book, edited by Katherine Rundell, is a wonderful collection of short stories, poems, essays and pictures with contributions from more than 110 children's writers and illustrators, including Lauren Child, Anthony Horowitz, Greg James and Chris Smith, Michael Morpurgo, Liz Pichon, Axel Scheffler, Francesca Simon and Jacqueline Wilson. The collection, published by Bloomsbury, is dedicated to the doctors, nurses, carers, porters, cleaners and everyone currently working in hospitals.

The Book of Hopes is currently available to read online only and is completely free to all children and families.

Follow the link to read: <https://literacytrust.org.uk/family-zone/9-12/book-hopes/>

Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

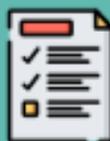
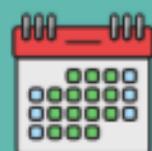
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).