



All Saints CE Primary School & Nursery

Nurturing, Resilience and Achievement for all!

Headteacher: Mr Philip Asher, BMus(Hons), PGCE, ARCO, NPSOL, MCCT

Thursday, 28 January 2021

Dear Parents/Carers,

RE: Newsletter No16

I hope you are all well and surviving! As January ebbs to its close, we can all start to look forward to longer days and better weather.

I learned a new fact this week! Sunlight has a direct link to the production of a hormone called serotonin, which is linked to being in a good mood and feeling happy. During the darker days, we have less exposure to sunlight and so lower levels of serotonin – which means we are more likely to feel down.

I started thinking about the reality of working/learning from home – most of us are now spending the best part of day light hours indoors. Perhaps trying to find time in the lighter part of the day would help improve our sense of wellbeing – boost our serotonin levels!

I continue to be impressed with the quality of work the children are producing at home and in school. Thank you for all your ongoing support and encouragement!

We are hugely disappointed that the Government has now confirmed schools won't reopen to all pupils until March at the earliest; we miss the children greatly. But in the meantime, we know they are loved, well cared for and spending time with their favourite people (even though children have a funny way of showing you are their favourite people at times!).

Children's Mental Health Awareness Week: 1st – 7th February

Next week many children around the country will be learning about promoting positive mental health and ways to keep their own minds fit and well. The national theme for this is 'express yourself', and children will be encouraged to celebrate the many things that make them who they are.

We're planning to join in with the 'Dress to Express' activity – where the children will be encouraged to wear something unique that expresses them (or just for fun!). Look out for information in your child's Google Stream.

The national theme is linked to the Mental Health charity, Place2Be. You can find out more here:

<https://www.childrensmentalhealthweek.org.uk/about-the-week/>

All Saints Cheer-up

Thank you Darcy for your video this week! If you'd like to share a joke, please do email me on jokes@allsaints.herts.sch.uk – I'll either use them in my newsletters or add them to my weekly video (if you fancy recording one!).

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Aide-mémoire

Thirty days has September,
April, June and November.
Unless a leap year is its fate,
February has twenty-eight
but all the rest have three days more,
excepting January,
which has six thousand,
one hundred and eighty-four.

Brian Bilston





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Part of The Puzzle – Part of the Community



We'd also like to encourage everyone to feel more connected, to feel **'Part of the Puzzle'** that is our world around us. Therefore, it would be great if you could fill the puzzle piece outline (attached) with words, drawings, colours, collage, etc. to represent you and/or your family. You could do one each, or one per family – it's up to you!

When it's finished, please put it up your window so members of our community can see it when they go out and about for their daily exercise. You can also share a photo of it on the Google Stream or in the Google Meet session with your class.

When we come back, we'd love to create a display of all the pieces in school – to show we're all part of one community – one giant puzzle that has pulled together to get through this pandemic.

I'm looking forward to seeing your creativity!

Festival of Literature: 2nd – 12th February

We've been invited to join in with this year's Festival of Literature at Bishop's Stortford College. I've attached the days and times of year group specific events – **the link for joining in the planned events will be posted on Google Classroom/Tapestry**. Please do join in!

If you'd like to explore the festival, or join any of the other events, please go to their website:

<https://www.festivalofliterature.co.uk/>

Technology at Home – Help for Families

If you are struggling at home with lack of devices, please let us know – thanks to some generous donations, we have a small number of extra devices available to give out. We can also refer families to the local scheme through the Indie.



If you have no fixed broadband/WiFi at home, we can also help with free mobile data or BT Hotspot access. Please get in touch through the school office:

admin@allsaints.herts.sch.uk

If you have an old (up to 5 years old) laptop or tablet that still works, with power/charging plug and cable, and would like to donate it, we would love to hear from you. Please let us know through the school office –

admin@allsaints.herts.sch.uk

Asymptomatic Testing for School Staff

This week we have received Lateral Flow Devices in school for staff to use for asymptomatic testing. This will add to our already robust measures to ensure staff and pupils in school are in as safe an environment as possible. All staff will have access to the tests and encouraged to complete them twice a week in the comfort of their own homes (in line with Government expectations). They aren't mandatory, but our team is keen to make school as safe as it can be.

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A possible outcome is that we may have to ask children of Critical Workers or Vulnerable children in school (and other staff) to self-isolate in the event of a positive result – meaning they won't be able to leave the house as per the self-isolation rules. We will provide as much notice as possible if this applies to your child.

And finally... a prayer for the nation

This week saw the pandemic statistics for our country reach a milestone all of us hoped would never come. The Archbishops of Canterbury and York have launched an initiative to encourage everyone to spend time praying – or perhaps reflecting/being mindful – for the Nation. Their initiative starts properly on 1st February, but I wanted to share the prayer for Sunday, which is for family, friends and loved ones:

We lift to God those we hold in our hearts –
praying for their health, their well-being and their sense of hope.
We pray that even when loved ones cannot be physically together
they will not feel apart.
We ask for God's help in our communicating,
our connecting and our caring.
Amen.

Taken from: <https://www.churchofengland.org/resources/prayer-nation>

As a musician, I express myself most comfortably and find solace through music – listening to and playing music from many different genres. I came across a beautiful piece of music during the lockdown last year called 'Can you hear me?' and I wanted to share it with you now.

You can listen to the Choir of Royal Holloway singing it on YouTube (link below). It was written in support of the 'Stay Strong' campaign. I've put the link for the campaign on the next page – do have a look at it, lots of ideas to help if you need support in 'Staying Strong' at this time.

"Can you hear me" by Thomas Hewitt: <https://youtu.be/VSyZRn2Jmuo>

Take care, keep safe, and remember to wash your hands!

Kind regards,
Philip Asher, *Headteacher*

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Additional Help for Families

Below are a list of organisations and places you can find help and support if you need it:

- Aspects Family Support - <http://www.aspects.org.uk/> or telephone 01279 758134
- Citizens Advice Bureau - 03444 111 444 or: <https://citizensadviceeastherts.org.uk/>
- Children's Centre - <https://www.hertsfamilycentres.org/family-centres.aspx>
- Bishops Stortford Food Bank – bsfoodbank.coordinator@gmail.com or on Facebook: https://www.facebook.com/pg/bsfoodbank/about/?ref=page_internal
- Hertfordshire Children's Services – <https://www.hertfordshire.gov.uk/services/childrens-social-care/childrens-social-care.aspx> or 0300 123 4034
- Family Lives - <https://www.familylives.org.uk/> or telephone 0808 800 2222
- Action for Children - <https://www.actionforchildren.org.uk/what-we-do/parents-and-families/>
- NSPCC - <https://www.nspcc.org.uk/>
- Childline - <https://www.childline.org.uk/> or telephone 0800 1111
- School Nursing Team - <https://www.hct.nhs.uk/our-services/school-nursing/>
- Stay Strong website: www.staystrong.org.uk

FREE WEEKLY WEBINARS TO HELP YOUR FAMILY BE HEALTHIER!

BeeZee Live Families

Useful healthy information

Live stream expert family nutritionists like Steph!

Take part in fun games & quizzes

Connect with other families!

SIGN UP NOW AT
beezeebodies.com
or 01707 248648

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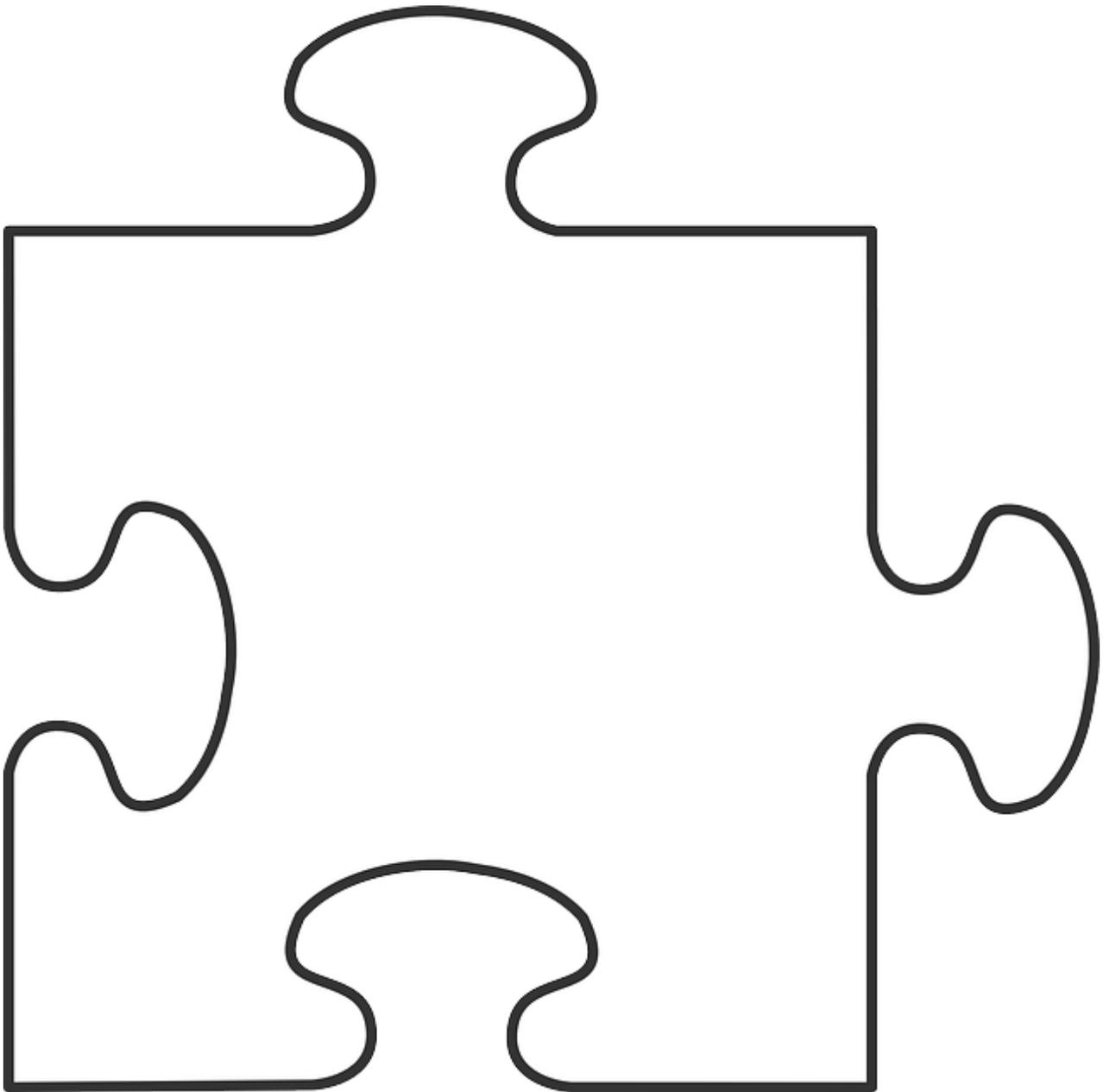
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We are all part of the puzzle and we all have a part to play in these difficult times. Fill the puzzle piece below with words, drawings, colours, collage etc. that represent you or your family. Place it in your window next week during Children's Mental Health week. When we return to school, bring it in and we'll add it to the school puzzle display.

If you can't print this out at home, draw your own jigsaw puzzle outline and use that!



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