



Cragside Church of England Primary School

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School Motto:
**“Let Your Light
Shine”**

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12th February 2021

Dear Cragside Family

Newsletter 23: 12th February 2021

Thank you so much for all your help during this half term. We are so grateful for all your help with the balance of work and home schooling. As this half term comes to an end, I do hope that you are able to have some break from this incredible balancing act and hopefully you, and your child, can have some screen free time over the next week.

We have still not had any finalised information about when schools might start to reopen to all children. I understand that the Prime Minister will announce a ‘road map’ out of lockdown on Monday 22nd February and hope, like you, that we get a clear message then about what the potential date of 8th March might look like for schools in England. As soon as we receive confirmation of a date, we will share this straightaway with you.

What we do know is that no schools in England will reopen fully for at least the first two weeks of next half term. This means that the structures that are currently in place for Monday 22nd February and Monday 1st March will continue. I really do hope that we will get some confirmation soon that it will be safe to open to all pupils so we can build on all the teaching and support that you have been doing at home. Thank you so much for all your teaching and support during the first half of this spring term.

Parents’ Meetings

Thank you very much for all the Parents’ Evening meetings that have been able to take place this week and all those planned for the week starting Monday 22nd February 2021. I am delighted that we have been able to hold these really important meetings despite the current lockdown. If you have been unable to make an appointment, please would it be possible to contact the school office or your child’s teacher, so we can organise a suitable appointment date.

Half Term Activities

We do hope that you and your children manage to have a break from the ‘home learning screen time’ during the half term break. We have attached, at the end of this newsletter, a list of 30 possible well-being challenges. If you choose to do any of these, we would love you to occasionally share with us any of the activities that have been done, either on our Facebook page or the children could share some of them in their zoom meetings at the start of next half term. Our private Facebook page can be found at: <https://www.facebook.com/groups/795896960817927/>

Lunar New Year-A Message from Mrs Cowie

We were overwhelmed by all the amazing Lunar New Year activities that many of the children have been doing at home. Thank you so much for all your help with this. Mrs Cowie has brought in some small prizes that will be sent out to one of the children in each class. Well done, and thank you, for all the creative ideas celebrating the Lunar New Year. It is such a shame that we were not able to have our normal dragon dancing activities but very much look forward to doing this at the start of the next Lunar New Year!



Half Term Reading Challenge for Children-A Message from Miss Rennison

Thank you for your help with our half term reading challenges. Every time your child completes a reading task, please would it be possible for your child to cross it out and for you to sign it. We cannot wait to see how many our children complete. If possible, please upload photos of your child completing the tasks to his or her google classroom or Tapestry site. The reading is the most important part of the challenge, but, if you are able to (and we completely understand that this might not be possible), we would love it if you might be able to help us raise some much-needed funds for our partner school in Rwanda. If this was possible, our just giving page is:

https://www.justgiving.com/crowdfunding/CragSideCEPrimarySchool?utm_term=M8zg7gkwP

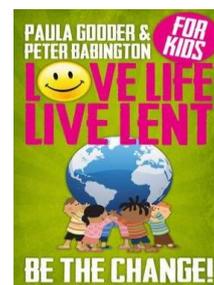
There is also a challenge for staff and parents to get the adults involved! You are very welcome to join us in this wonderful challenge and help us all to keep reading for pleasure, especially when it so important to look after our wellbeing - reading is the perfect escape! I'm looking forward to reading one of the books I got for Christmas as well as the other items in the list.

The reading challenge is sent as a separate attachment to this newsletter.

Lent 2021

During Half term, Shrove Tuesday is on Tuesday 16th February. We look forward to hearing about the children's epic pancake creations! Ash Wednesday is on Wednesday 17th February and marks the start of Lent for 2021. The Church of England has some family Lent activities which can be found at: <https://www.churchofengland.org/sites/default/files/2021-02/LiveLent%20Family%20Reflections%202021.pdf>

It would be lovely to hear from the children about any extra acts of care and kindness that they might plan to do during the 40 days of Lent. Maybe add them to our Facebook page if possible.



Returning to School

As we wait for the Government to confirm a date for schools to restart for all pupils, we are working hard to plan so that the restart will be as safe as possible for children and the adults in school. The structures that worked well when we went from the last period of lockdown to reopening are proving a helpful starting point to this and we will share all the necessary procedures and plans once we have confirmation from the Government. We will do all we can to ensure that all safety measures are in place to support our children and staff when we are told it is safe to reopen.

Thank You

We are all so grateful for all your help during this half term. I hope that you and your family are able to find some time to rest and enjoy the half term break. Your child's teacher will be in contact with you on Monday 22nd February with information about learning activities for the first week of the new half term. If you have any queries over half term, please would it be possible to send them to the admin@cragside.northumberland.sch.uk email address to help the teachers have some time, themselves, away from screens over half term. I will do my best to try to answer any queries sent to the admin email address.

Please take care and keep safe,

Paul Rusby



We have put together 30 Well-Being activities that we hope might help you and your child together, at home, over the half term.

The activities below will encourage your child to think about their achievements, talents, relationships, diet, sleep and activity, as well as the world and people around them!

1	Laugh! Share some favourite jokes with friends or watch a funny cartoon or video.	
2	Make a scrapbook or a collage to show things that make you smile or things that you are proud of.	
3	Can you draw something for someone special? Take a photo of it and email/message them to make them smile.	
4	Get some slips of paper and write something nice about a family member and then give it to them. Make a Valentine's Day card for someone in your family.	
5	Blow bubbles!	
6	Make a certificate for a family member to celebrate one of their special qualities or an achievement.	
7	Drink some water. Keep a record of how much water you are drinking each day.	
8	Keep a sleep diary over the course of a week to check if you have been getting enough sleep each day.	
9	Think about times when you have been brave. How did you overcome your fears?	
10	Make a list of your goals for the week. Tick them off as you achieve them	

<h1>11</h1>	<p>Think about something that might be worrying you at the moment. Make a worry doll using wool.</p>	
<h1>12</h1>	<p>Keep a record of your wellbeing each day. Make a note of how you are feeling, things you might be thinking about and things you are looking forward to.</p>	
<h1>13</h1>	<p>Make a list of all of the things that you have achieved in the past week / month / year. Think of a way to celebrate your amazing progress!</p>	
<h1>14</h1>	<p>Make a list of all of the things that you are grateful for. Could you show these on the petals of a flower drawing or the coloured stripes of a rainbow painting?</p>	
<h1>15</h1>	<p>Make a timeline to show the main events in your life and to highlight when you achieved new things for the first time (e.g. your first steps, first day at school and the first time you wrote your own name).</p>	
<h1>16</h1>	<p>Draw a picture in the style of Charlie Mackesey</p>	
<h1>17</h1>	<p>Learn how to bake or cook something. Could you make a healthy treat or a new meal? Try to decorate a pancake for Shrove Tuesday which is on Tuesday 16th February.</p>	
<h1>18</h1>	<p>Try star gazing. Look outside at night and search for the stars. Can you make any pictures or patterns with them?</p>	
<h1>19</h1>	<p>Make a dream catcher and add small pictures or slips of paper that show your hopes for the future.</p>	
<h1>20</h1>	<p>Find out about a charity that is important to you and think of ways that you could help.</p>	

21	Listen to some relaxing sounds (e.g. rainfall, beach sounds, rainforest soundtracks). How do they make you feel? This Youtube channel has lots of examples.
22	Play a game with a family member. This might be a favourite card / board game or a new game that you have never played before. Could you make up your own game too?
23	Try some exercise. You could go for a walk, follow a workout or yoga video (e.g. Cosmic Kids) or play an active game with your friends.
24	Get outside. Go for a walk and try to look for different plants and animals or some signs of spring! Could you make a note of which ones you see or draw a picture of some of them?
25	Grow some seeds and monitor their progress each day. Could you make a bird feeder to help the birds during this time of the year?
26	Lie on the ground (if it is a dry day!) and look at the clouds. Do you know the names of any of the clouds? Do they look like any pictures or patterns? Could you draw a picture of some of them?
27	Challenge yourself with a jig-saw.
28	Go on a 'senses walk'. Head to a familiar place and think of all of the things that you can see, hear, smell and feel.
29	Take some photos of people and things that are important to you. Could you display these in different ways?
30	<p>Sit somewhere and breathe slowly, counting each breath in and out.</p>  <p>The diagram shows a hand with fingers spread, forming a star shape. In the center, it says 'Start Breathing (slowly)'. Five numbered arrows (1-5) point outwards from the hand, each with a 'Breathe in' arrow pointing towards the hand and a 'Breathe out' arrow pointing away from the hand. The sequence is: 1 (top), 2 (top-right), 3 (right), 4 (bottom-right), 5 (bottom-left).</p>