

The value we are looking at this term is Courage . Our HeartSmart focus is: Too Much Selfie isn't Healthy!

13th January 2020
Spring Term Newsletter 2

Things to remember:

- There are still some class workbooks available if you have not yet collected one - please let us know if you would like one.

Dear Parents and Carers,

As we move into the second week of lockdown, I hope many of you are starting to feel that there is a routine that you can follow that will work for you and your family. The staff in school are constantly reviewing their online provision, and you will notice a few tweaks and changes as we go along. The most important part of the day is the morning meet - we take a register during this time and use this as a chance to connect with the children. Please do let us know if for any reason your child is unable to attend as we will follow up absences - we want to know everyone is safe and well! If we don't hear from you in good time we will phone to check everything is Ok, and I am quite happy to pay a visit whenever needed!

Critical Worker Children

Thank you so much to those parents who have contacted me this week after finding ways to keep their children at home during the lockdown. The guidance for critical and key worker children's attendance was changed at the end of last week (on a Friday evening! No surprise there!), and it now states that **key worker children should be kept at home if possible**. I think we are all becoming acutely aware of the need to prevent the spread of infection as much as we can, and the fewer children in school the better chance we have of this, so I am asking that if you are a key worker who is sending their child into school that you reassess your arrangements, in case there is any way your child can be at home more often. Thank you for supporting us with this - we are trying to tread the fine line between supporting you all and minimising the spread of Covid-19.

Support for mothers - a request

The school has received a request from a trainee psychologist, Hollie Butcher, that might be of interest to you if you are the mum of a child between 3 and 6. Hollie's message reads as follows:

Hello

*My name is Hollie, I am a Trainee Clinical Psychologist at the University of Surrey, and for my final year research project I am looking for **Mums of 3-6 year olds** to take part in a 4-week online intervention. The intervention has been designed to help Mums understand more about **'Mum-guilt'** and self-criticism and **learn ways to manage this**- maybe more important than ever as we begin another lockdown and potentially face more home-schooling!*

*You will be asked to complete some questionnaires and some daily/weekly tasks, but they should only take **about an hour a week in total**. In return for your time, I hope that the intervention can help you learn more*



*about self-compassion and reduce your levels of self-criticism, which can **improve wellbeing**- also more important than ever!*

Please also feel free to share with friends and family who may be interested.

Please follow this link for more information and to take part:

https://surreyfahs.eu.qualtrics.com/jfe/form/SV_50Fiz3oNOnj1FVX

Please note, the school does not know Hollie and you will need to make your own decision about whether you would like to take part, but we felt it looked like an interesting and possibly useful idea!

Other Links

The school has been inundated with people and companies trying to support home learning. Rather than list them all here, I have included some I think our families would be interested in:

- As well their weekly live programme on CBBC at 5pm every week, Blue Peter now have their own youtube channel which you can subscribe to - follow the link here: <https://www.youtube.com/bluepeter>
- Families Dorset is an online magazine - the new edition has lots of helpful features to help with home learning and to support children's physical and mental health The link is here: <http://bit.ly/38rSJn8>
- Our FaceBook page has a link to some online Relax Kids lessons being offered by Sian Parsons. We had hoped to be offering lessons in school this term, but sadly this has had to be postponed. If you have not encountered Relax Kids previously, it is a programme designed to help children acknowledge their feelings, and to learn strategies to help manage them.

As always, we are thinking of you all at home, and miss you all. I can't tell you how happy I've been to join some live meets this week, and to find out about all the things our children have been getting up to. I think the online Google meets are the highlight of the day for all our staff, and we all look forward to them. Please keep safe and be kind to one another - and if you have any problems we are always here to listen and to try and help if we can!

Yours faithfully,

Mrs Collings

