



Our School Vision

May our lives shine with the light
and love of Jesus

<https://www.bibury.gloucs.sch.uk/web>

Holidays and INSET Days - 2020/2021

- 15th February - 19th February - Half Term
- 22nd February - INSET Day
- 2nd April - Good Friday
- 5th April - Easter Monday
- 6th April - 16th April - Half Term
- 3rd May - Early May Bank Holiday
- 31st May - Spring Bank Holiday
- 1st June - 4th June - Half Term
- 21st July - INSET Day
- 22nd July - 31st August - Summer Holidays

Internet Safety Day

This will be taking place on Tuesday 9th February.
Teachers will be sharing guidance and activities
online via Padlet.

You can also follow

<https://twitter.com/GlosSaferCyber>

Gloucestershire Safer Cyber account. There will
be more info on it, relevant to keeping children
safe.

Schoolbeat - Internet Safety

Please find below a link to a video from the our Schoolbeat
officer Leah Davis and her team with helpful tips on
staying safe on the internet.

<https://www.bibury.gloucs.sch.uk/web/esafety/356403>

10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM @BELIEVEPHQ

- ROLE MODEL**
Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you
- TALKING**
Support your child to talk about their problems and how they are feeling
- COPING SKILLS**
Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging
- WELLBEING**
Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety
- SELF CARE**
Make sure your child has time and space to look after themselves. Involve yourself in their hobbies
- AUTONOMY**
Allow your child to make their own decisions. This will help to build resilience
- RELATIONSHIPS**
Support your child to build positive relationships with friends and family
- RELAXATION**
Help your child to relax. Teach them relaxation skills such as deep breathing
- PLAY**
Promote play and creativity among your child. Allow them to explore
- SLEEP**
Support your child to build positive sleep habits. Develop a good sleep environment with your child

Remote Learning

Please don't forget to ask your child to fill out the pupil
questionnaire that was sent out this morning.

<https://forms.office.com/Pages/ResponsePage.aspx?id=NyMoll7EI0ike9fK-SK7ue3ruf7rZRFMrcqP2ZmZN BUMky10ThENzIQODNK WkhST0VMVDIRSVY5RS4u>