

CONTACT

The Newsletter for Whimble Primary School

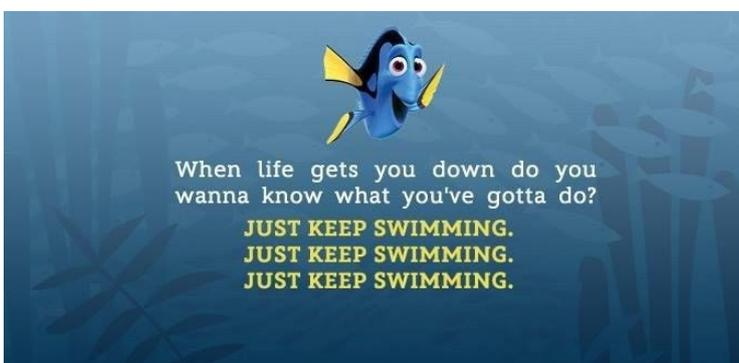
Issue 5-20

15.05.20

Week eight of lockdown has brought a little more freedom, although I believe we are very lucky here in Devon as the majority of us have access to some green space. For many it has been a week of mixed emotions after the news briefing on Sunday. By now you should have received a letter via email explaining the situation, what we know and what could happen next. Please take the time to read it carefully.

Sadly we will be saying goodbye to Mrs Terrett at the end of the summer term. She has been a loved and valued member of the team here at Whimble for many years in varying roles, more recently as our early years class teacher.

Can I also take this opportunity to mention that it is Thank a Teacher Day on Wednesday 20th May and it would be lovely if the children could send a kind message to their class teachers. I know it would be greatly appreciated.



Lastly, a thank you to all of the parents who continue to support their children at home in whatever way they can. You are still doing a fabulous job, give yourself a big pat on the back and keep going.

Bookmark Competition

Please find attached more details about a competition where you can win a book token for yourself and some books for school.

Looking for something different? Free Health and Wellbeing Resource for Families

What is Phizifit?

Phizifit is an innovative home learning resource. It aims to inspire, educate and motivate children aged 5-11 to lead healthier, happier and more active lives. And, this fantastic resource is now free of charge for every primary school child across Devon!

The resource can be really valuable and helpful during the coronavirus outbreak. It's full of age-specific, cross-curricular fun activities for children to do independently at home, or with their family.

Each Phizifit course includes over 140 active challenges across 14 levels. There are fitness workouts, mindfulness routines, science, maths, nutrition, journalism and adventurous tasks to try. Once children complete a level they can download and print their own personalised certificates.

Phizifit is free of charge until the 30th August 2020 using Active Devon's unique discount code **DVNFR33**. To find out more head over to the [Phizifit website](#).

Please note that bank details are NOT required.

Active Devon also has a range of tools and resources including our [daily timetable](#) of suggested home activities for all ages and abilities. Take a look, pick your favourite, and make sure you #StayInWorkOut.

<https://www.activedevon.org/primary-school-children-in-devon-can-benefit-from-phizifits-active-and-fun-home-learning/>

British Red Cross First Aid Skills



As many of you may know, I have often taught first aid skills to children of all ages. At long last, some of these skills will become part of the curriculum from September. This school year, I have been trialling some of the Red Cross resources and they have sent me an email with this information:

*We're delighted to bring you details of our brand new learning website, **First aid champions**, to help give you some fresh ideas for home-schooling. What could be more empowering than learning a new life-saving skill during lockdown?*

*You might think you need training to be in a classroom or even access to special equipment to learn first aid. Great news! Everything you need is within **First aid champions**. Children can learn through our engaging films, photos and online quizzes.*

We've designed a specific pathway for home-learning for primary aged children to help guide you and parents through the site. Alternatively, pick and choose from a variety of activities to suit your individual needs.

Follow the stories of six relatable characters who will help children learn new first aid skills from burns to bleeds. There are also ideas on kindness and safety, and we encourage everyone to share their learning with others to create resilient communities.

Take the time to have a look and see what you can learn as well.

<https://firstaidchampions.redcross.org.uk/>

Restorative Thinking and Positive Relationships: preventing and managing conflict

The Anti-bullying Alliance and Restorative Thinking have worked together to put together some free online support.

With COVID-19 keeping us all at home, there may be times when we feel worried and stressed and this can lead to family tension, arguments and conflict. When children see parents/carers communicating well and staying calm, it can help them cope with their own big emotions. These four short learning sequences are an introduction to restorative and relational thinking - a few techniques that can help us to better manage emotions and stay calm, and to keep communicating with each other in positive ways. These lessons will support you to:

- Reconsider positive relationships;
- Think about all behaviour as 'communication';
- Start to use a line of questioning that will help you (and others) through problems and will help to maintain positive mental health;
- Deal better with stress.

This tool will help if you:

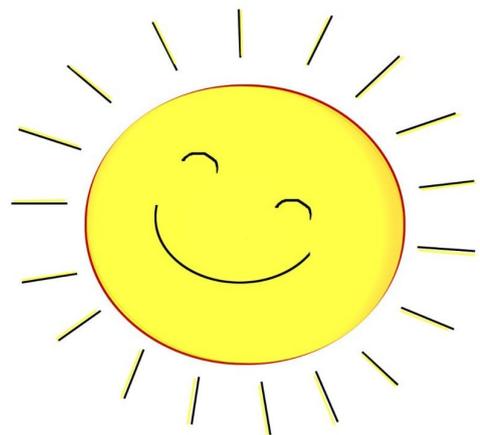
- are concerned about spending a lot of time with family members at home, and the impact this can have on our relationships
- are worried that your family might be falling out more
- want to find out about simple relationship techniques
- just want to learn more about positive relationships

<https://www.anti-bullyingalliance.org.uk/course/4029/restorative-thinking-and-positive-relationships-preventing-and-managing-conflict>

“ Kindness is
spreading sunshine
into other people's
lives regardless of the
weather.

”

- RAKtivist



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