

St White's Primary School

Challenge Commit Conquer and Celebrate



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February 2021



Welcome to our February edition of the newsletter. Thank you so much for all your support over the last weeks with the home learning and with supporting us to keep numbers in school down as low as possible. This has been a massive help

in keeping everyone safe and learning and we are all incredibly grateful.

We are delighted to be able to welcome all the children back to school on Monday 8th March following the announcement by the Prime Minister this week. Guidance from the government has been received and we are working through our risk assessment and plans to ensure they meet all the requirements to keep everyone safe. The arrangements will be similar to the Autumn term with all pupils returning to their usual classes, staggered start and finish times, and ongoing efforts to minimise contacts between bubbles. There will be a letter with all the detailed arrangements early next week. Please look out for it and read it carefully. If you have any queries, please send them by email to admin@st-whites.gloucs.sch.uk.

If you have any concerns regarding your child coming back to school, we will be having a parent Teams meeting on the afternoon of Tuesday 2nd March between 1pm and 2:30pm where you can come and have a virtual chat about anything that you are unclear about. If you would like to come, please click on the link below or see your parentmail as we are sending it out that way too:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZGVjNGM1YWQ0tNmJlMS00NDNhLTlmM2MtZDAyOTUzNjAwYjFi%40thread.v2/0?context=%7b%22Tid%22%3a%22f45cfd16-

Diary Dates

March

4th March: World Book Day
5th March: No screen day
8th March: All children back to school

April

1st April: Last day of term
2nd April: Good Friday
19th April: School starts again

[2a28-42de-a802-fa828d0e8c1b%22%2c%22Oid%22%3a%22ab3dcec6-aa62-48cc-907d-f201591f5b6c%22%7d](https://www.st-whites.gloucs.sch.uk/2a28-42de-a802-fa828d0e8c1b%22%2c%22Oid%22%3a%22ab3dcec6-aa62-48cc-907d-f201591f5b6c%22%7d)

Free School Meals

The impact from the pandemic over the last year has led to changes at home for a lot of our families. If there has been a change in your circumstances which has led you to claim universal credit or any other benefits, then your child/ren may be entitled to Free School Meals. There is a simple online application form to complete, and if you are eligible, then not only will your child receive free school lunches for the rest of their time in primary school, the school also receives an additional amount of money, some of which we use to fund school trips for FSM children. The link you need to apply is: <https://www.gloucestershire.gov.uk/education-and-learning/school-transport-and-free-school-meals/apply-for-free-school-meals/>

Happy birthday to the children (and staff) who have celebrated birthdays or will be celebrating during February:
Arthur, Alex B, Kyla, Holly, Sam, Amie, Georgia, Vinnie-Jay, Ashley, Riley, Logan, Kai, Freddie, Cassie, Tobias, Gene, Freya, Chanse, Chester, Nathan, Cooper, Harry, Grace, Aleksandar, Miss Medhurst and Ms Ruck.



Spring is coming

Finally, spring is coming meaning lighter nights, Easter bunnies and spring flowers are drawing near. Earlier this week

Wraparound was set with a challenge to find spring flowers and insects. Look at what Poppy found, our first purple crocus of the year! (Thank you to the Rotary Club who donated our crocuses as part of their campaign to rid the world of polio.) Why not set up your own scavenger hunt and set us photos of what you have found.



Wild Challenge

Wild Challenge is a call - to get up, get out and get wild! The RSPB have set challenges for you to complete and achieve awards whilst out exploring the nature. If this is something you would like to do please visit

<https://www.rspb.org.uk/fun-and-learning/families/family-wild-challenge/what-is-wild-challenge/> to see more information.

The OMG Sleep Study

The Department of Psychology at the University of York are running a fully-online research study aimed at better understanding and raising awareness of the cognitive impact of the postpartum period on new parents. This is for parents with a youngest child under 6.

If you would like to take part or see more information please go to

<https://sites.google.com/york.ac.uk/the-omg-sleep-study/home>

Contact:
SleepStudy@York.ac.uk
07548359133

Website:
<https://sites.google.com/york.ac.uk/the-omg-sleep-study/home>

Social Media:
<https://twitter.com/OMGSleep>
<https://www.facebook.com/sleepstudy334/>

Are you a parent with a child under 6?
Research needs you!
We're carrying out research into memory and sleep in parents.
You would be required to complete a memory game on your phone and answer some questions about your daily activities.
You would be entered into 3 prize draws if you complete the study.

TTRockstars

Well done everyone who has contributed to the Gloucestershire TTRockstars competition so far. After day 2 you have increased your position from 10th to 3rd, this is due to an

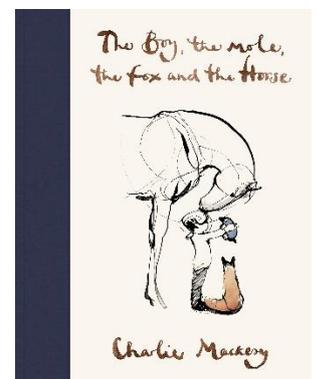
amazing effort from UKS2 and for so many more pupils across the school getting online and joining in. Heron and Woodpecker have been battling each other for first class position in the school – with Heron just edging the lead at this moment but it could all change over the weekend.

We currently have 3 of our pupils in the top 50 in the county – Chloe B at 27th place, Dewi at 29th and Cassie at 40th place. This is out of 1000's of children so well done the three of you. – remember any TT rockstars played between 1pm and 5pm counts. We will be sending daily updates until the closing date which is Tuesday 2nd March. We can do this guys!

World Book Day

This year will be our first virtual World Book Day!

As a school, we will be basing our learning on a beautiful book called The Boy, the Mole, the Fox and the Horse by Charlie Mackesy.



You are welcome to dress up as your favourite character or perhaps in your pyjamas ready for a bedtime story! (Those in school are welcome to dress up but please do not bring any props.) Please choose your favourite book and take it to your class catch up to share with your friends. Instead of the usual paper voucher, you will receive an electronic voucher which you can use to get £1 off a new book!

Peregrine Music Project

Peregrine class worked with Ben and Misha from 'The Music Works' to create a song. All of their ideas went into the melody, the lyrics and the video. We hope you enjoy listening to it on the Peregrine webpage: <https://www.st-whites.gloucs.sch.uk/web/peregrine/336118>

This is what Peregrine had to say:

"I hope that we can work with them again!"

"I have to say thank you for helping us make a song and giggle too!"

"I liked that we got to choose the song lyrics!! And I really liked the song!!"

"It was cool and I liked it when we recorded it and didn't use auto tune. Also the music video was great."

Flood by Year 5 and 6

During January and February, year 5 and 6 wrote their own words to go with the picture book Flood by Alvaro F. Villa. We have put together lots of their ideas into one story which can be found on the school website for you all to enjoy:

<https://www.st-whites.gloucs.sch.uk/web/writing/544367>

Billy was very proud of his writing and wanted to share it with you all.

As the flood continued on the sodden landscape, the water levels rose. Rising, rising, rising the water was destroying everything in its path. Their dreams to stay alive got washed by a flood of fear. Running away from danger. Restless, lonely and tired, dad lay awake in terror.

Branches snapped, houses demolished, sheds flattened, the walls and roof were smashed to smithereens. "This storm is way too brutal!"

Suddenly the sky turned grey, porpoise, charcoal and the clouds were chucking rain down like there was no tomorrow. "NO STOP" cried the house in pain.

Well done Billy for your amazing hard work!

Junior Bake Off: Open for Applications 2021

Have you become a master baker during these lockdowns? If so then this might be for you. Channel 4 are looking for young budding bakers between 9 -15 years old to take part in the 7th series of Junior Bake Off. The Channel 4 programme celebrates the

culinary talent and ambition of the younger generation in Britain. Filming would take place from July 2021 and closing date for applications is on Sunday 28th March 2021. If this is

something you are interested in, you can apply online at -

WWW.APPLYFORJUNIORBAKEOFF.CO.UK.



No Screen Day

Over the past few weeks' teachers had planned one day as a 'no screen day'. Children had to complete a challenge or learn a new skill to teach others. Thank you to all children who have shared their achievements with their teachers.

Some children would like to share their achievements to see if you can also complete their challenge.

Well done to Chloe, she learnt how to do calligraphy as part of the genius hour. Look how amazing it looks!



Well done to Dewi. He learnt how to tie a Windsor Knot tie as part of the genius hour activity. Follow the link below to see if you can also do it.

<https://flipgrid.com/s/3g7d8a8JstxXsjRd>

Advice and Support from Erica

Forest Foodbank

Our school is an E-referral agency for the Forest Foodbank.

The Forest Foodbank offers toiletries and pet food. If your family is in need of shower gel, soap or liquid soap (only one of either of these), toothpaste, toothbrushes, shampoo, deodorant (if available), men's razors, dog food, cat food, household cleaning products, washing powder, toilet rolls or sanitary products, **please contact our school Family Support Worker, Erica Fearn.** The Forest Foodbank makes home deliveries on certain days of the week.

Access to Healthy Start Vitamins in Gloucestershire

If you're pregnant or have a child under 4 and you are getting benefits, you may be able to get Healthy Start vouchers to help buy some basic foods. This important scheme provides vouchers to spend with local retailers and also gives you access to free vitamins. You can find out if you are eligible to get these benefits by visiting <https://www.gloucestershire.gov.uk/healthy-start/>.

Adult Education Courses

Adult Education are running two wellbeing courses for parents to attend, starting in March. All of their family learning courses are being delivered via Zoom. The following courses still have places available:

- Calming the Mind – Starting on Wednesday mornings from 3rd March.
- Happier and Calmer: Wellbeing at Home – Starting on Wednesday evenings from 17th March

All information on how to book yourself onto these courses can be found on our school website under the 'Family Support' page.

Helping Your Child Get a Good Night's Sleep

A common concern parents have been reporting to me during this lockdown period is that their children are finding it difficult to fall asleep/ stay asleep at night. This could be for a number of reasons. For example, children may have more worries on their minds (due to the pandemic) and racing thoughts may be interfering with their ability to fall asleep. Also, children may not feel as tired as they normally would as they have not had an active, busy day at school. Kids are currently spending more time indoors and in front of a computer screen completing their home learning. Whatever the reason, I thought it may be helpful to list a few tips/ reminders for parents in order to help your child if this is a concern.

Getting Ready to Sleep Well: Simplified Top Tips

- Limit how much TV your child watches close to bedtime/ do not have the TV or tablet on at bedtime.
- Avoid watching programmes or films that have upsetting or scary content close to bedtime (or avoid this altogether).
- Avoid sugary or caffeinated foods or drinks in the evening. Too much sugar/ caffeine prevents deep sleep and can make falling asleep difficult.
- Leave mobile phones or other devices in another room or turn them off completely.
- Listen to or read a calming story at bedtime.

- Listen to some soothing music or guided meditation at bedtime.
- If there are worries on your child's mind, keep a diary next to their bed and encourage them to write these worries down. Let your child know that they can share any worries with you that they wrote down that are still on their mind the next day.

For more help or advice about sleep, visit www.nhs.uk/Livewell/Childrenssleep

Next Newsletter – Our next newsletter edition will be published on Thursday 1st April 2021. If there are any achievements or any other celebrations you want to share with everyone, we will be very pleased to feature your child in the next newsletter. Please email admin@st-whites.gloucs.sch.uk by Friday 26th March 2021.



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