

Weekly Bulletin

January 29th 2021



We are loving seeing your home learning keep it coming!

January has traditionally been a time when we set new resolutions. Usually a decision to renew our gym membership, or to reduce chocolate consumption. These noble ambitions have the potential to improve health and well-being, but can, for some of us be quite demanding. We often end up feeling demoralised or guilty if our good intentions do not extend into February. Whilst I would never want to deter anyone from making positive life style changes, it is currently also important to have a sense of kindness towards ourselves. Maybe instead of trying to change things about ourselves we have an opportunity to be grateful for who we are, and to value our community.

Children's Mental Health Week 2021

This year's Children's Mental Health Week is taking place on 1-7 February 2021 and the theme is [Express Yourself](#). Next Wednesday, we will be encouraging children (and adults) to explore the different ways we can [express ourselves](#), and the creative ways that we can share our feelings, our thoughts and our ideas. We will be having a tech free day in **Puffin, Swift and Wren on Wednesday** and in **Key Stage 2 on Friday**, so **no live lessons to log into either**. Take some time to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. Take a look at [our website page](#) for ways to better support you and your child's wellbeing.

CHECK NOW.... is your child eligible for Additional School Funding? - use this [speedy checking tool](#).

IMPORTANT contact school immediately if you or your child has symptoms, **whether or not your child is attending the school site** email head@meldreth.cambs.sch.uk

Reading & Phonics

We have been working hard to get our online library system up and running in order for the children to stay engaged with their reading whilst at home. For Year 2 upwards, by logging into our secure Junior Librarian site, children can browse the books we have in our school library, write reviews for books they have read, get personalised recommendations about what to read next, and reserve books to collect from school. You can find a video tutorial on the school website: https://meldreth.eschools.co.uk/web/reading_at_home/537680

In order to support your skills as a new teacher, you'll find lots of help and support for teaching phonics on our [school website](#). This includes a guide on how to say the phonemes (sounds) correctly, an outline of the phases your child will work through in learning to read, top tips for struggling readers, and lots of help and activities to support your child learning to read using phonics.

If your younger child would like to reserve a pack of book, they simply need to request it from teaching staff and books will be taken from class libraries and quarantined for 48 hours. When the quarantine period is over, you will be emailed and you can collect the book/s from the office during school hours. There will be a box outside of the school office where you can place returns.

5-a-day Fitness

Our '5-a-day Fitness' videos loved by the children, can now be accessed at home **too for Meldreth Primary School families only – see class signposts for login.**

Increase your child's daily physical activity with our online 5-minute exercise routines, and 2-minute chill-out routines. Many resources are also available in French, Spanish and Welsh to help promote Cross-Curricular language learning. There is no preparation required, simply log in, select a video routine, join in, have fun, get fit and learn at home!



Free Internet Access

In addition to our free 3 month Sim cards we also have free BT Wi-Fi vouchers to enable pupils to access the internet at home and keep them learning in lockdown. Wi-Fi access is until the end of July 2021, please contact school if you would like support getting online with your child.



From the team at Meldreth Primary School...keep your fabulous home learning coming in – we love it!

2021 Active Hours



Calling all children, parents, grandparents and staff!

Help Meldreth Primary School reach 2,021 active hours before the end of this lockdown. Whether you walk, cycle, ride a scooter, bounce, or take part in a home exercise class, enter the time you've spent getting active into our exercise tracker at <https://forms.gle/qXML5AWCYAVxJB5Q8>

Prizes for the most active child, adult and school class!

It's free to enter and all children will be given a certificate to celebrate their participation. For £5 you can also receive a goody bag and a Meldreth Medal (pictured right) as a keepsake.



All proceeds raised by this event will go towards replacing the school pool. Look out for more information about the PTA's Save our School Pool campaign. Thank you for your support.

