



# St Nicholas C of E Primary School

## School Newsletter

Lockdown 3 5th February

*'Joyful is the person who finds wisdom'*

Dear Parents,

Once again the children have exceeded our expectations when it comes to remote learning. We are very conscious that the children are becoming tired after 5 weeks of remote learning. At times it must seem endless for them but we need to fix our sights on the fact this will come to an end and that we will be back together soon.

This week has been Children's Mental Health Week. Some of the teachers have worked on the children's self esteem this week and having had to take a few days off last week (not covid related!) I had a little time to read some research on building resilience in our children. After the first lockdown we were so impressed with how the vast majority of children slotted back into school life without showing any sign of deep seated mental health issues. The research suggests that this is because you all did a fabulous job of demonstrating to your children a positive attitude to the COVID crisis and keeping them informed of the situation in simple terms without overloading them. On the next page are just a few tips on building resilience in children.

Earlier this week we were all saddened by the loss of Captain Sir Tom, during the first Lockdown he definitely lifted my spirits! We thought it might be nice to honour him through creating 'Challenge 100' for the next month. We thought that the children (and you if you would like to join in!) could challenge themselves to complete 100 of something from the 8th February (Monday) to the 8th March when we are hoping the Prime Minister will allow us all to return. This could be anything skipping 100 times, reading 100 pages, 100 lengths of the garden or 100 times-tables correct. We would love you to share any photos of you challenges on our Facebook page. I will try and post updates of my challenges each week too! We will open a donation button on parent pay so if you want to donate 100p (£1) to the Captain Tom Foundation we will make a group donation at the end of the month. Lets have some fun thinking up what we can challenge ourselves to do!

Have a good weekend

Best wishes,

Nicki



## Challenge 100 in memory of Captain Sir Tom Moore *'Tomorrow will be a good day'*

*My challenge 100 targets this week are;*

- ♦ *read 100 pages of my book*
- ♦ *100 tummy crunches every day*

*My Challenge 100 for the month are;*

- ♦ *Walk 100 miles*
- ♦ *Dance for 100 minutes each week*

## *What are your challenges going to be?*



### **8 Top Tips for Building Resilience in Our Children**

1. Let them experience disappointment so they learn sadness doesn't last forever.
2. Acknowledge their fears and help them make plans to do things even if they are scared.
3. Let them take (reasonable) risks and experience natural consequences.
4. Encourage them to try new things, make mistakes and learn from their mistakes.
5. Give them opportunities to make their own decisions and help them solve problems.
6. Tell stories of people who faced hard times and grew stronger as a result.
7. Reframe challenges as short term problems and opportunities for learning.
8. Remind them that although we can't control everything that happens to us, we can control how we respond.

### **Please Help Us Keep the Community Safe.**

- Please keep your distance in the car park and wear a mask.
- Please ensure that you go off site as soon as you have dropped off or picked up your children.
- When on site please ensure you stay two metres away from everyone.
- Please keep all of your children with you at all times.
- Please ensure you enter and leave via the correct gate.

**76% of our pupils were online every day last week Online Learning—That's amazing, thank you so much for helping the children to get online!**

#### **Keeping Everyone Safe Online**

- Make sure you are dressed appropriately for the classroom (no pyjamas or dressing gowns).
- Try to sit at a desk, table or workspace where you can write neatly and carefully.
- Don't move around while on camera —it can distract other children.
- Only use the class stream and chat function to answer questions that the teacher has asked or to ask something relevant to the learning.
- Don't change your screen background during the lesson. It is distracting for others.

### **Google Classrooms**

Remember you can be seen by the whole class—please refrain from smoking or vaping in view of the class.

Please adults watch your language—everyone can hear you!

Please do not advertise on your child's google messaging service. As a school we do not endorse any products and are disappointed that this has happened.

Please try to avoid the children eating whilst in lessons, its very distracting for the other children!

## SCHOOL TERM AND HOLIDAY DATES

<b>TERM 1</b>	<b>2020-2021 Academic Year</b>
<b>INSET DAYS</b>	Monday 1 September 2020 Tuesday 2 September 2020
Start:	Wednesday 3 September 2020
Finish:	Friday 23 October 2020
<b>TERM 2</b>	
Start:	Monday 2 November 2020
<b>INSET DAY</b>	Friday 20 November 2020
Finish:	Friday 18 December 2020
<b>TERM 3</b>	
<b>INSET DAY</b>	Monday 4 January 2021
Start:	Tuesday 5 January 2021
<b>INSET DAY</b>	Monday 25 January 2021
Finish:	Friday 12 February 2021
<b>TERM 4</b>	
Start:	Monday 22 February 2021
Finish:	Thursday 1 April 2021
<b>TERM 5</b>	
Start:	Monday 19 April 2021
Finish:	Friday 28 May 2021
<b>TERM 6</b>	
Start:	Monday 7 June 2021
Finish:	Wednesday 21 July 2021