

Newsletter ~ Term 3, Week 2

Well, here we go again...

We find ourselves in school and at home facing similar challenges to the ones we were encountering this time almost a year ago. Many of us are once again trying to juggle work and family commitments and I know many parents will be worried about how to best manage home-schooling and be concerned that their children will be 'getting behind' in their learning and miss the social contact with friends and teachers.

This is a time of national crisis and the school lockdown is not of our choosing or making. We hope it will be shorter than the last one. In the meantime, we are committed to helping you in any way we can, and we have plans in place which we hope will support you with home schooling.



Online Safety for parents' webinar: "It is never going to happen to my child..."

Avon and Somerset Constabulary in response to Covid19 Lockdown 2.0 is offering two new **free** parents' webinar about online safety.

Content:

- Overview of online risks.
- Exploitation of children online.
- Technical protective and safety measures available.
- Top tips on starting a conversation with your child about the internet and how to work together to use the internet safely.

Monday 8th February 2021 at 7pm-8.30pm. To book a place, please follow Eventbrite link below.

<https://www.eventbrite.co.uk/e/online-safety-for-parents-it-is-never-going-to-happen-to-my-child-tickets-133347623331>

We know that you will all want to do the very best you can for your children, but be kind to yourself, remember each day what you are achieving rather than what you are not and give yourself some time to look after your own well-being if you can. If you are at home with your children and are keeping them safe, you are succeeding at the most important job a parent has.

Please continue to communicate in the first instance with the class teachers via Dojo. They want to hear from you and help with the children's work and learning, their well-being and any practical issues you have regarding accessing the home learning.

Thank you!

On behalf of all the staff, I would like to thank you for the many generous gifts and cards we received this Christmas. We really do appreciate your kind words and thoughtfulness.

And we need to say an equally big 'thank you' to all involved in helping our Friends raise **£1050** through the Christmas Raffle. The money raised is going straight into purchasing additional iPads. We are grateful to all who gave their time, energy and financial contributions to this fundraiser.

Parent Governor Election

Information regarding this post has already been circulated and nominations need to be returned to school by the end of 18 January. Details can also be found on the Governors page of the school website.

Home Learning and Microsoft Teams

Year 4 is rolling out the use of Microsoft Teams this week and children in all the other classes should have received their log-in details. By the end of next week, all children and staff will have had some on-line sessions together.

We plan initially to offer registration sessions, group wellbeing check-ins and group chats, where children can support each other in their learning during the school day. We have further plans which we will be rolling out over the next few weeks.

We need to have copies of baptismal certificates for any Catholic children wanting to join us in the Reception class in September. Please email a copy to the office by 11.59pm on 15 January.

Please help by carefully reading the information that comes home and contacting teachers via Dojo if you are having any issues with accessing Microsoft Teams. It will increasingly become the main means of communication between children and teachers so it is important that your child does not miss out.

Safeguarding children when using online materials remains our priority and if you have any concerns regarding the appropriate and safe use of Microsoft Teams please talk to the class teachers or contact me by emailing the office.

Additional Resources for Home Learning

You may be interested in the resources listed below to use with your children. They come from reputable and trusted sources and we want to pass onto you anything that may be helpful, but we would not automatically endorse them and in no way is their use compulsory.

British Red Cross talking about racism resources

The British Red Cross have produced a resource to help teachers and parents to create a safe space for children and young people to ask questions and discuss race and racism. The resources aim to help learners become more empathetic and resilient through kindness and mutual respect. The resource's learning objectives for learners includes:

- to discuss racism in an open and safe environment and ask questions
- use techniques like active listening to help develop understanding
- explore what a stereotype is and start to challenge assumptions we hear and see in the media
- celebrate others' differences and similarities
- be empowered to create an anti-racist environment

British Red Cross – First Aid Champions

The British Red Cross 'First Aid Champions' is a new first aid teaching site for learners aged 5-18. First aid education is now part of the statutory curriculum for all schools. First aid champions can be used to teach the skills children and young people need to save a life. The British Red Cross have produced resources including activities, films, PowerPoints and quizzes. There are also resources for children and young people to learn independently.

And Finally

For Christians, the season of Christmas actually begins on Christmas Eve and continues until the Feast of the Epiphany on 6 January. In some traditions, the season lasts all the way through January and ends at the Presentation of the Lord on 2 February.

Regardless of when we ourselves consider Christmas has ended, we take the messages and meaning of the Nativity of Christ into the New Year and in our thoughts, prayers and actions:

*When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and the princes are home,
When the shepherds are back with their flocks,
The work of Christmas begins:
To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among people,
To make music in the heart.*

Howard Thurman

MIND & MOOD GROUP

TUESDAYS ON ZOOM
4PM - 5:30PM
STARTING 26TH
JANUARY

Are you aged 11-18 and struggling with your mood? Join
Wellspring's free virtual group!

Using Cognitive Behavioural Therapy (CBT) techniques the group
will support you to learn ways to manage low mood and anxiety.

WHAT TO EXPECT:

- A small and relaxed group.
- You'll be encouraged to set individual goals based on what you'd like to achieve.
- We will support you to learn and practise techniques to support your mood, including problem solving, activity scheduling, thought balancing, mindfulness and more.
- You'll need to try and attend all 6 weekly sessions.
- The group will be on Zoom, but you won't need to have your camera on.

Email Krissie to sign up or for more information:

krissie@wellspringcounselling.org.uk.

Please note: this is only available for those living or attending school in
North Somerset.



WELLSPRING COUNSELLING



Community Children's
Health Partnership



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Immunisation Team
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T: 01275 373104

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W: www.cchp.nhs.uk

December 2020

This document can be provided in other formats and languages,
please contact us for more information:

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إذا كنت تحتاج إلى هذا المستند بلغة أخرى ، فيرجى الانتقال إلى:

Jeśli potrzebujesz tego dokumentu w innym języku, przejdź do:

sirona.communications@nhs.net

Inactivated Flu Vaccine now available

We are now able to offer the Inactivated flu immunisation to children from Reception – Year 7 who are unable to accept porcine products. The immunisation is given by injection in to the upper arm and does not contain pig derived products. If you would like your child to receive this vaccination please contact us to arrange an appointment at one of our community based clinics on 01275 373104.

Flu can be an unpleasant illness and sometimes causes serious complications such as middle ear infections and bronchitis. Vaccinating children not only protects them, but also protects others that are vulnerable to flu – such as babies, older people, pregnant women and people with serious long-term illnesses. Receiving the flu vaccine has historically reduced sickness levels in schools and workplaces

COVID-19 and flu

Flu vaccination is one of the most effective interventions we have to reduce pressure on the health and social care system this winter. We are currently seeing the impact of COVID-19 on the NHS and social care, and this coming winter we may be faced with the circulation of both COVID-19 and flu. Those most at risk from flu are also most vulnerable to COVID-19. We must do all we can to help protect them this winter.

Yours faithfully,

Immunisation Team

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Service provided by:

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