



St John's Community Primary School and Nursery



Monthly Newsletter February 2021



Dear Parents,

I want to start by thanking you all for doing exceptional work during these difficult times. Regardless of the challenges we are all facing we have had children engaging every day in their zoom lesson, sending pictures of their work or submitting work online. It has been wonderful to see that despite how hard it has all been you are all doing a super job.

I would also like to take this opportunity to extend my thanks to all of the staff at school who have worked incredibly hard to both deliver quality learning remotely whilst teaching the children that are coming to school every day. One day things will be back to normal! If you have yet to access any of the zoom lessons please do try to at least join some a week (the more the better). This gives children the opportunity to have their learning explained by their class teacher and also to use some of the afternoon sessions to review the learning and for the teacher to revisit anything that children have found hard during the morning activities.

A reminder that our Remote Learning Policy is available on the school website along with any other documents you may need. Should you not have access to a laptop or device suitable for home learning please do contact school as we still have a few devices available to loan.

During this half term we have planned and ordered a brand new EYFS outdoor space. At Easter, Reception Class will have a brand new outdoor space installed including all new surfaces, resources and equipment. This will include a sensory area and mud kitchen along with a reading circle, a water feature and large sand pit! We are so excited to be able to completely redesign this space and ensure our young people get access to the best provision possible. As soon as the work starts we will post picture updates to keep everyone involved!

We are all excited to have all children back in school as soon as it is safe to do so but in the meantime we are in school everyday and should you need anything please do not hesitate to contact us.

Wishing you a lovely half term holiday, take care and hope to see you all soon.

Rebecca Quinn

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1



Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2

Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.



3

Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4

Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



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5

Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.



8

Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.





Free resources for Children's Mental Health Week 2021

From 1–7 February 2021, we're taking part in Place2Be's Children's Mental Health Week.

This year's theme is Express Yourself. Place2Be has created activities and resources to help children (and adults) to explore the different ways that they can share their thoughts, feelings and ideas.

There are lots of resources on the Children's Mental Health Week website that you can use with your child at home; including activity ideas, tips for parents and carers, and an online assembly which will be available from Monday 1st February.

Visit <https://www.childrensmentalhealthweek.org.uk> to find out more.

10 Things to Say instead of Stop Crying



1. It's ok to be sad

2. This is really hard for you

3. I'm here with you

4. Tell me about it

5. I hear you

6. That was really scary, sad, etc.

7. I will help you work it out

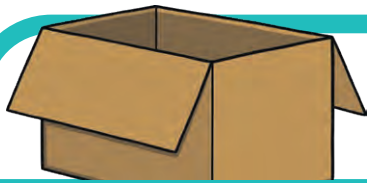
8. I'm listening

9. I hear that you need space.

I want to be here for you.

I'll stay close so you can find me when you're ready.

10. It doesn't feel fair



Home Learning Bingo



Find some cardboard boxes and create a cardboard box city. You can draw houses, skyscrapers or even a farm.

Recycling Challenge! With an adult, look through your recycling bin for some clean items. What can you make with them?

Learn a new skill. This could be tying your shoelaces, zipping up a hooded top or making your bed.

Choose three dance moves and put them together to create a new dance to music. Perform it to the people where you live.

Look up a playdough recipe. With a grown-up, collect the ingredients and make some playdough.

With a grown-up, create an indoor restaurant for dinner or lunch. Create menus, choose some music and ask a grown-up to light a candle.

Create a warm, soapy bath for your favourite toys. Squeeze them thoroughly before leaving them to dry.

Act out a scene from your favourite book, film or TV show. Ask the people where you live to guess what it could be.

Use some soft furnishings and pegs to create a cosy den. This den can be for reading and relaxing.

Create a yummy lunch for an indoor picnic with your favourite toys.

Create some handwashing posters and place them around the sinks where you live.

Create an orchestra using household objects.

Find a yummy recipe in this [No Cook Recipe Pack](#).

Design your own board game to play with the people where you live.

Learn three new jokes and share them with the people who live with you.

Fill two bags with toy characters. Cover your eyes and choose a toy from each bag. Choose which toy will be the 'goodie' and which toy will be the 'baddie' and create a story for them.

Draw a picture or write a letter to a neighbour or friend telling them all about what exciting things you have been up to. Make sure you write down your address so they can write back.

Collect some paper, pens and a blindfold. Choose an object or person to draw, put on the blindfold and draw from memory! Have fun seeing what you have drawn.