

1 May 2020

Headteacher: Mr Paul Henery

## Home Learning

The new tab under Home Learning, on the website, now gives general guidance for parents about the way in which we are planning home learning activities for children at home, as well as helpful websites for making sure children stay safe on line and for well-being and mental health. We shall keep this page updated as new information and guidance becomes available.

Please could all parents who have requested home learning printed sheets try to pick them up before the end of the day next Tuesday. If you cannot collect by then, please contact the school office, so that we do not waste materials - thanks for your co-operation in this matter.

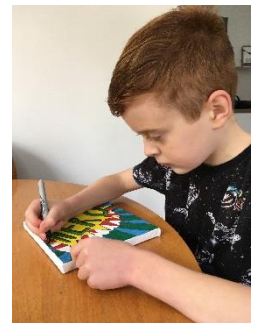
Please do continue to use the class email page as your main contact point for your child's teacher. Don't forget, though, that the school is staffed each day and if you wish to talk through any particular issues, we are here to listen and support you and your children at this time.

It's great to keep up to date with all you have been doing at home, as you can see from the pictures in this week's newsletter, and on the class pages!



### HOME

Land Art based on Andy Goldsworthy (made by some of our key workers' children in school), why not see what you can find on your daily walk to make your own!



Year 6 Art inspired by Roy Lichtenstein

Zak's rainbow poem



### LEARNING



Budding chefs!



### PICTURES

## Staying safe online

At this time, when pupils are spending more time online, we all want to make sure that they stay safe.

It is really important for parents to set age-appropriate parental controls on digital devices and use internet filters to block malicious websites. These are usually free, but often need to be turned on.

Here are three particularly useful websites for parents and children which we would recommend:



Thinkuknow <https://www.thinkuknow.co.uk/>

Childnet <https://www.childnet.com/>



UK Safer Internet Centre <https://www.saferinternet.org.uk/>

These websites have tips, advice, guides and other resources to help keep children safe online, including parental controls offered by home internet providers and safety tools on social networks and other online services

## Children's mental health and wellbeing

Adapted from NHS website <https://www.nhs.uk/oneyou/every-mind-matters/looking-after-children-and-young-people-during-coronavirus-covid-19-outbreak/>

Lots of children and adults are finding the current situation difficult.

Here are some top tips for looking after your child's mental health and well-being:

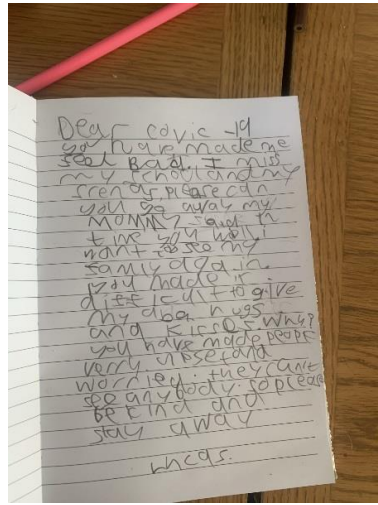
- Listen to what your child says and how they are feeling- Children can feel less anxious if they are able to express themselves in a safe and supportive environment. Listen to and acknowledge their concerns, speak to them kindly and answer any questions they have honestly. Give them extra love and attention if they need it.
- Be clear about what is happening- Children want to feel that those who care for them can keep them safe. Explain what will help keep them and those they love safe, such as washing their hands regularly. You could explain the coronavirus using a social story. (See the link on the SEN Home Learning page on the school website)
- Limit news and conversation about coronavirus- Children can become more worried by too much news on the coronavirus outbreak in the media and online. Try to stick to getting an update twice a day-enough to keep your family informed but not overwhelmed.
- Keep close and regular contact- if a parent or carer must go away for work or to hospital keep regular contact by phone or video calls. Children could also keep in touch with other family members or close friends through phone or video calls.
- Create new routines - Routines make children feel safe. Make a plan for the day or week that includes time for learning, playing and relaxing. New home learning activities are posted on the school website every Monday.
- Get Active - Use your daily exercise time to go for a walk or cycle ride. There are lots of ways that children can stay active at home. There are lots of indoor games and activities to play on the Change4Life website-<https://www.nhs.uk/change4life>. Your child might enjoy trying some yoga. Find out more at <https://www.cosmickids.com/>. Go Noodle has lots of physical activities linked to your child's learning-<https://www.gonoodle.com/>
- Eat healthily
- Ensure that your child is getting enough sleep - keep to existing bedtime routines.
- Look after your own mental health and well-being. Find out more about looking after yourself at <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

# Dealing with children's worries about coronavirus

Childline has updated its website to include information to support children and young people concerned about coronavirus, **Visit Childline: [Worries about the world: coronavirus](https://www.childline.org.uk/worries-about-the-world/coronavirus)**

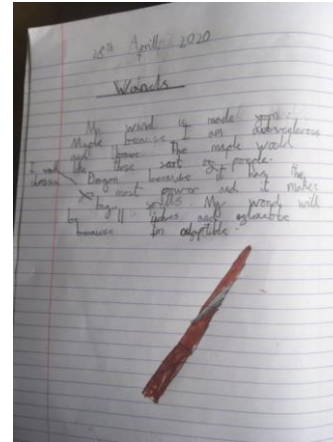


Helping a younger sibling with their reading



Lucas's letter to Coronavirus (published in the Evening News!)

Harry's wand



Ellie's Viking shield



Nutrition diary by Matthew



## AIR SPAWN

Wednesday 01.09.21

## Sian's report



**Frogs spotted flying on lily pads in Bloxburg Village on Tuesday around eight o'clock at night.** Peter Jones reported that hundreds of frogs flew right past his kitchen window when he was eating a sandwich. He also said that his jaw dropped when one of them waded at him. Peter wasn't the only one who saw the frogs and reported sightings..... Elizabeth Walker

People in the neighbouring area reported lily pads scattered across the road and sightings of giant splodges of slime caused scientists from area fifty, one to come and investigate. A leaked report from the laboratory states that the lily pads are evolving but they don't yet know what caused them to drop onto roads or why they were covered in slime.

Farmer Jake also reported that his pigs had gone for a flying lesson someone also said that he saw a little girl riding one of many flying pigs. If anyone has anymore information please contact Lucy Stevens at The Daily Prophet.

Said "The filthy animals came in through my open window in the lounge and entered my house, when I was asleep in my chair and the slimy horrible things changed the television channel!"



Imogen soap sculpture



Kady's newspaper



Year 3 map making & obstacle courses



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