

Acle St Edmund C of E Primary School

Newsletter



29 January 2021

Headteacher: Mrs Rebecca Clarke

Message from Mrs Clarke

Dear Parents/Carers,

A very big thank you to you and your children for engaging with our Remote Learning offer. We appreciate the challenges that families, and you as parents, are under at the moment in trying to deliver home learning to your children and having your own commitments. It is a difficult task and we are pleased with how everyone is doing their best during this time. Please remember to take one day at a time.

Staff are working incredibly hard to produce engaging learning which matches our curriculum and are learning new tricks to make our offer even better each week. I'm sure you would agree they are doing a great job. Many thanks for those who have responded to our Remote Learning questionnaire. Positive feedback has really been appreciated for staff during these challenging times. We've had some lovely feedback, which has reduced staff to very happy tears of joy! We have found that parents are very appreciative of the live sessions with the children each day.

Some parent comments:

'I am impressed and grateful for the speed at which such a high quality remote learning set-up was implemented, given the very short notice afforded to schools!'

'The live lessons have got better over the weeks as everyone has got more familiar and confident with the various programs. The amount of feedback on Tapestry (Reception) we have received has been really good. The live lessons and large volume of other activities uploaded to Teams is more than enough to help us create our own home school day.'

If you haven't had time, but would still like to give us your feedback on Remote Learning please find the link to the Form here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=1Le5MybyTkOSzK0kAlrqSMY7ZL7bsjFlsZzIV-3uHYtUOFJDUjc3SzhSMFhIOFBSSFVKRFhFUERZWS4u>

We will be reviewing the areas where you, or your child, might be having difficulties and hope to be able to address some of these points.

We are continually trying to improve our offer to the children. With this in mind, we have launched two new additions to our timetable – Whole School Collective Worship and Wellbeing Wednesday. On a Friday, each member of staff will take a turn to pre-record a Collective Worship over the coming weeks and there will be a reflective question for the children to post their answers to. This week, I have pre-recorded a Collective Worship on Hope, so please keep your eyes out for this. This will allow the pupils to stay connected to the variety of staff across the school and have time to reflect during Collective Worship.

In addition, this week we also launched Wellbeing Wednesday, a time for children to be away from the computer screen. We hope you enjoyed some of the activities. We will be doing this each week. However, next week is Children's Mental Health Week - which has come at a great time for children to access some wonderful activities which will help your child's overall wellbeing. Miss Firago has shared some information about Children's Mental Health week, and a Parents Guide to Supporting Wellbeing, plus some lovely activities for you to join in with. The teachers will also be sharing an assembly, early in the week, and daily activities for you to take part in. However, if you would like some additional support or advice around this, please let Miss Firago know and she is happy to help.

I wish you all a safe and peaceful weekend,
Best wishes, Mrs Clarke

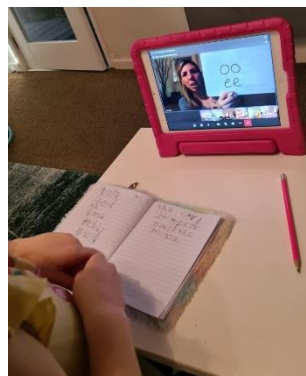
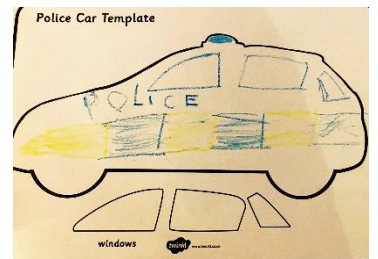
YEAR R

LEARNING

PICTURES



In Reception we have a different theme each week for our home learning. So far our themes have been animals, people who help us, food and healthy eating and Noah's Ark. We also love getting outside in the fresh air for our welly Wednesday activities. Everyone has been for lots of muddy walks, bike rides and scooter rides! This week lots of children completed some maths challenges on welly Wednesday and last week lots of children made fantastic wind catchers out of things they found on their walks. Everyone has been doing a fantastic job learning new sounds in our live phonics lesson each day and this week we have been learning about 3D shapes as well. Lots of children went on a 3D shape hunt at home and



Wellbeing corner with Miss Firago

This week activity is to create a CALM KIT

The following simple activity is specifically aimed at children to help them to accept, manage and express their emotions in a healthy manner.

A Calm Kit is a great way to teach children at any age ways to self-soothe in a healthy manner. A Calm Kit is a little box or bag of activities or things which can help children release or manage stress.

1. Find a little box or a bag – something that can be personalised or decorated
2. Discuss with your child what will help them feel calm when they are experiencing big emotions.

Some tips:

- Some children are able to learn 'paced breathing' so a card which reminds them to take a deep breath in for 3, hold for 2 and out for 3 can be enough; others may need something practical to help them - so a bottle of bubbles encourage them to breathe in a paced manner without thinking about it.
- If you are not comfortable expressing how you feel directly, or perhaps you do not have the words - include a notepad and pen. This will allow you to write or draw your feelings. It is also a good way to engage in something calming such as drawing a picture which can also lower stress levels; or somewhere to write down creative ideas.
- If you like to have something to do with your hands, including a 'fidget toy' or a 'stress ball' can help keep your hands occupied. This is sometimes found to assist children who struggle with sitting still.
- Having a fan can also help you to (literally) cool down as one's temperature often rises when we get stressed. If a breath of fresh air is not possible due to environment, a fan is an excellent option.
- A little checklist can also be helpful – perhaps this includes a series of 'kind words' to use; or a reminder to 'breathe deeply' when you recognise that you are getting stressed.
- The Calm Kit is individual to each person, and you might find it is something that you can do together - and talk about what you both include in there.

Another lovely activity: What I love about me/you

This is a lovely way to feel positive about yourself and a fun way to connect with friends. You can use post-notes, or perhaps cut out some stars, or pretty shapes and on each write on thing you love about yourself or are proud of. You can do the same for your friends and family and let them know either by showing them online, or perhaps even posting it to them. It's a way to remain connected and a gateway for parents/carers talking about the qualities that make a good friend.



'Express yourself,
don't hurt yourself'
- Tommy Wiseau



Elise Gravel – Instagram @elisegravel

Children's Mental Health Week

Children's Mental Health Week will take place 1-7 February 2021. This year's theme is Express Yourself.

www.place2be.org.uk



Wellbeing Wednesday



family voice
norfolk
together improving services



How's it going?



You may be home schooling, working from home,
on the front line, caring for wider family ...
or juggling any number of these.
If you can, why not just pause for a coffee and a chat
with other parent carers who understand?
Just drop in at the link below. You're always welcome.



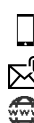
<https://us02web.zoom.us/j/83006703755>

**Tuesday, 2 February 2021
from 10:00 to 11:00am**

We want our coffee mornings to be a safe, friendly place for parent carers to spend time together.
We know this works best when everyone knows what to expect. So it may help you to know that:

- We will aim to start and finish on time.
- The session will be recorded automatically. This recording will be kept securely and will not be viewed except in the unlikely event that a concern about the session is raised by someone present. It will be destroyed after two weeks.

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