

# Acle St Edmund C of E Primary School

## Newsletter



5 February 2021

Headteacher: Mrs Rebecca Clarke

### Message from Mrs Clarke

Dear Parents/Carers,

I hope you have all had a safe week at home with your children and you, and your child, have enjoyed getting involved in some of the Children's Mental Health activities to promote healthy wellbeing. It's lovely to see the Wellbeing Wednesday photos each week that are sent in.

Online Safeguarding is incredibly important as the children are now accessing computers more during lockdown. Please can I ask you to ensure that you have set up blocks and filters on your devices to ensure your child does not access inappropriate content. Here are some useful websites to support you with safeguarding your child whilst they access the computer.

Net Aware – this is a great website for checking the safety of apps your children may want to use. It also provides you with an official age rating.

<https://www.net-aware.org.uk/>

Parental Controls - Parental controls help you to block or filter upsetting or inappropriate content, and control purchases within apps. You can install parental control software on your child's and family's phones or tablets, games consoles, laptops and your me internet.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

Filtering guidance for home broadband – a site to support you with setting up parent controls.

<https://www.internetmatters.org/info-site-owners/>

I've also sent additional attachments, which are Social Media Checklists for Tiktok and Snapchat, for you to review. You can also download and view checklists for other Social Media sites such as Facebook and Roblox using the following link:

<https://swgfl.org.uk/resources/checklists/>

We appreciate how busy everyone is at the moment with fitting in home learning. A school day and a home learning day are very different and the amount of time it takes to do things at home compared to school can vary e.g. a PE lesson is a one hour lesson twice a week in school. In addition, 30 children will need (under normal circumstances) to get changed into their kits, line up, walk down to the field/hall and get the resources out which can take an extra 15 minutes. This is very different to a PE lesson at home which may not take as much time. A day school is also split with many activities like lunch and breaktimes where children aren't sitting and actively learning. Throughout a school day there are opportunities for class reading, class discussion about learning, using resources to learn and collective worship which means a school day is longer than a home learning day. Please be kind to yourselves when planning your day for you and your children. The DfE have set schools expectations for how much home learning we provide and the teachers are working hard to predict how much each activity will take at home. If there appears too much or too little, please do let the class teacher know so they can adjust accordingly but also remember that each child will complete the learning in their own time.

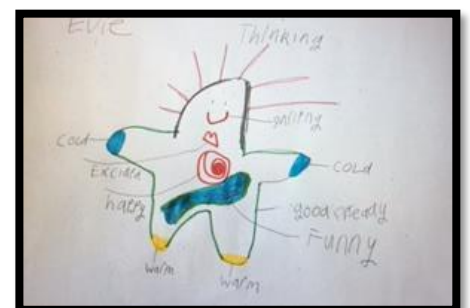
Have a safe weekend,

*Mrs Clarke*





A selection of photos from Year 3 this week. They have been undertaking activities directly linked to their chocolate topic, including melting chocolate in Science, and writing explanation texts for how chocolate is made from its beginning as cacao beans to the shop. They have started to design chocolates for their recipe work next week. They have also been skipping using 'Dan the Man' skipping videos from PiXL, and working on their balance and mindfulness with Cosmic Yoga.





## Help with maths

If you would like to understand the methods the children use in maths, please click on the link below to be taken to our website. There you will be able to view our Maths Calculation Policy, this has been split into the relevant year groups for ease. There are also short video clips that you can watch to understand how the different methods are used each year group. Eg Reception division – as sharing, Year 4 multiplication – using the grid method.

<http://www.acleprimary.norfolk.sch.uk/children/maths/>

## TT Rockstars

A special mention to Kale in Year 5 this week, who is now 3<sup>rd</sup> on the leaderboard and only 0.01s behind Mrs Taylor! Well done Kale!

## Wellbeing corner with Miss Firago

This week let's make it an Active Week!!! Let's have some fun, enjoy being active and notice how physical activity makes you FEEL!! Take some photos or write about how you felt before and after physical activity and share it with your teachers if you want to.

Physical activity has numerous benefits for children and young people's physical health, as well as their mental wellbeing, increasing self-esteem and emotional wellbeing and lowering anxiety and depression. Children who are physically active are happier, more resilient and more trusting of their peers. Ensuring that children have access to sufficient daily activity can also improve behaviour as well as enhancing academic achievement. Click on the link below for tips and activities.

<https://www.activenorfolk.org/uploads/staying-active-in-norfolk-during-covid-19-1.pdf>



### Benefits of Being Active





Increased confidence and self esteem



Improved sleep and ability to cope with stress



Learning Life skills - teamwork, respect and fair play



Improved school performance



Improved health, weight, fitness and self image

### Children who are active for 60 minutes most days:



Perform better at school



Have improved well being and resilience



Have improved concentration/behaviour



# Wellbeing Wednesday





# Free parents' information event

Thursday  
11th February  
4pm-5pm

Join our parents' webinar to find out about what free support is available for you and your family

## Online Safety



#WeAreStillHere

[JustoneNorfolk.nhs.uk](https://www.justoneNorfolk.nhs.uk)

### Norfolk winter Covid support scheme

Just a reminder about help available from Norfolk County Council for anyone who is experiencing financial hardship as a result of COVID-19.

<https://www.norfolk.gov.uk/what-we-do-and-how-we-work/campaigns/winter-covid-support-scheme>

With regards to the Free School Meal vouchers for entitled children, for half term, we have uploaded these to the Edenred portal to be released on 11 February. You should have received your second voucher for those children entitled to FSM yesterday. This covers next week and the week beginning 22 February. We are not allowed to send vouchers for the days children attend school, as we are required to provide a school lunch for them on those days.

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