



MEADOWS FIRST SCHOOL WEEKLY NEWSLETTER



A Message from Mrs Hewitt

As we began the new term, we knew that some of our pupils were feeling uncertain about the new routines and new situations that were being implemented due to COVID19.

At Meadows, we have been concentrating on wellbeing as part of our Recovery Curriculum and as part of our commitment to raise awareness of the importance of positive mental health, we have used the first few weeks to have fun and to lessen feelings of anxiety whilst improving our wellbeing. There is a lovely book 'While We Can't Hug' that you may wish to share with your children; it is a tale about how we can show affection whilst maintaining social distancing (<https://www.youtube.com/watch?v=2PnnFrPaRgY&feature=youtu.be&app=desktop>)

Based on the guidance from the Mental Health Foundation there are five ways to positive emotional wellbeing. There are a set of really simple actions that we can all take that have been shown to improve positive emotional mental health.

- 1) Connect - take part in activities linked to communication, teamwork, co-operation and togetherness.
- 2) Keep learning- take time to be reflective learners by listening, observing and taking notice.
- 3) Be mindful - take time to check in with your thoughts and feelings
- 4) Get active- this helps your physical and mental well-being
- 5) Give to others- random acts of kindness can make a huge difference to people, so encourage your children to think of ways to support their friends, families and the community.

I hope that we can soon return to some sort of normality, but in the meantime I want to thank you for your support.

Can I remind you that class emails are for important messages only as teachers are in class teaching all day. All medical and attendance messages need to go to office@meadows.worcs.sch.uk

Thank you for sticking to your arrival times each morning; this is helping to avoid congestion on the school grounds. Can I politely ask all year 3 and 4 parents to stand on the far side of the playground, so that the teachers can bring the children out safely at the end of the day, avoiding contact with adults as much as possible. Please could you also discourage children from playing on the taped off equipment. Thank you for your co-operation.

Parking

Please note that there are now parking restrictions outside school and no one including disabled people should park in the restricted area during the times indicated on the signs.

Covid 19

Use the NHS 111 online service if:

- you're worried about your symptoms
- you're not sure what to do

<https://111.nhs.uk/covid-19/>

As a reminder, the main symptoms are

- a high temperature, when it is hot to touch your chest or back.
- Coughing a lot for an hour, or 3 or more coughing episodes in 24 hours.
- A loss of taste or smell.

Some children have had an upset stomach too.

If your child has any of these symptoms, arrange for a test and **please** keep them at home until you have received the results. We need to prevent the spread of the virus across school. We will have to close bubbles if staff become ill.

We have updated the English and Maths pages of our website with some new helpful information. Thank you to Mrs Andrews and Mr Tunnicliffe for preparing lots of support materials for children (and parents) which can be found on the following links:

<https://www.meadowsfirst.co.uk/maths>
<https://www.meadowsfirst.co.uk/english>

Music Award

We have been nominated to be a Music Mark School in recognition of our commitment to providing a high-quality music education for all children; thank you to Mrs Webb for working so hard to support us in attaining this award.

Meadows Mouse Awards

these were given out today in a 'Zoom' assembly across school. Well done to the children listed below:

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| Caterpillars | - | Dylan B – being enthusiastic answering lots of questions. Harlow G – being really focused & ready to learn. |
| Dragonflies | - | Layla – super work and enthusiasm. Olly – excellent behaviour |
| Owls | - | Abigail G – always being focused & enthusiastic in lessons. Torben S – being determined in writing. |
| Hedgehogs | - | Elodie H – always working her absolute hardest. Alex P – amazing writing of the Tiger Child |
| Sharks | - | Naz O – always trying her best in lessons. Imogen G – always following instructions first time. |
| Dolphins | - | Liam R – outstanding manners & fantastic behaviour. Sam A – showing a great attitude towards his work and trying very hard. |
| Jaguars | - | Sebastian & Cara for amazing ideas in describing a setting for their Beowulf story. |
| Tigers | - | Nefeli S – wonderful self-portrait. Aaron C – brilliant work on place value in maths. |