



MEADOWS FIRST SCHOOL WEEKLY NEWSLETTER



A Message from Mrs Hewitt

Creating a Christmas 'play' has been a challenge this year as children aren't all supposed to sing in a large group, so we have taught them signing, performed poems etc so that all children could be involved in some way in a production. Each class has produced a small Christmas performance which we shared in today's assembly; they are lovely and the children enjoyed seeing themselves on the big screens in each of the classrooms. You will be able to see you child's class performance on the school website on the individual year group pages when we have uploaded them all.

We are having repairs to the canopy roof by the reception playground. There will be scaffolding up on the playground next week. I am sorry for the inconvenience.

We are looking forward to a fun filled last week in school.

- 🌲 **Monday 14th December is Christmas Dinner Day.** Children will be making hats, decorations etc to create a festive atmosphere.
- 🌲 **Tuesday 15th December is Wear a Christmas Jumper Day** in exchange for a donation. **Santa** will visit on this day. Friends are very kindly providing a present for the children. We are going to forest school to meet Santa- weather permitting (so a coat is needed).
- 🌲 **Wednesday 16th December is Christmas Party day.** Children can **wear their own clothes**, and parents can send in a **small treat** (eg. cake, biscuit and a drink) just for their child (children cannot share their party treats, so please send something just for your own child).
- 🌲 **Thursday 17th December - last day of school. There is no school on Friday 18th December**

The steps outlined below are from Public Health and outline requirements of reporting positive COVID 19 cases during the Christmas holiday period.

The actions apply to parents and pupils.

- Pupils who **develop COVID-19 symptoms** commencing on 18th and 19th December will need to book a test and inform school immediately if the test is positive. (by email- head@meadows.worcs.sch.uk).
- Or if an **asymptomatic person has a positive test** date on 19th-23rd December, school will need to be informed.
- Public Health England have asked schools to assist in identifying close contacts until 23rd December if a pupil tests positive for COVID-19, having developed symptoms **within 48 hours of being in school**, as the individual may have been infectious whilst in school. Therefore, we will inform pupils that are identified as close contacts by text before 23/12/20.
- Pupils who develop COVID-19 symptoms and test positive **after 23rd December** will **not** need to inform the school but will be required to self-isolate for 10 days and their close contacts will be identified through the national Contact Tracing Service (CTS).
- **Pupils who need to continue their self-isolation into the new term** should inform the school of their absence in the usual way on the first day of the new term (January 5th). **Under no circumstances** should any pupil return to school if they are exhibiting any COVID-19 symptoms **or are unwell in any other way**. They should arrange for a test and inform the school.

Polite reminder: Can I please remind parents not to gather on the playgrounds and not to let children play on the play equipment before and after school; we need to clear playgrounds quickly to maintain social distancing. This is even more important on the nursery playground as this is the main thoroughfare for parents. Thank you

Meadows Mouse Awards

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

- Goslings - Thomas L - being a superstar this week. Henry M - doing super listening
- Cygnets - Poppy T & Shahnoor Q - amazing progress in phonics this term.
- Caterpillars - Leo E - being such a polite and quiet boy in class, thoughtful & friendly. Annabelle D - for Producing such careful art work
- Dragonflies - Ted - great spelling & independent writing. Reuben - trying hard to learn his phonics.
- Owls - Holly L - determination in reading. Billie H - enthusiastic when learning about Florence Nightingale.
- Hedgehogs - Dominic R - being determined with his spellings. Nicole F - enthusiasm in our Florence Nightingale topic
- Dolphins - Louis S - amazing confident poetry recital with actions. Jack B - working so much harder in writing lessons.
- Sharks - Poppy A - delivering a really inspiring poetry performance. Gabriel - writing a really imaginative Christmas poem.
- Jaguars - Freyja E F & Harvey M - taking care and pride in presenting their work neatly.
- Tigers - Oliver W - writing a lovely poem about My Hero. Evie A - writing a wonderful ode to her big sister.

See below for a flyer which lists local and national helplines for people who maybe suffering with their mental health



<https://www.youtube.com/c/OxfordOwlHome/search?query=jean+gross®ion=uk>

Click link for ideas on how to build your child's resilience

SUPPORT FOR YOUNG PEOPLE

<https://www.kooth.com>

Provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

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<https://www.nhs.uk/apps-library/chathealth>

ChatHealth is a secure and confidential text messaging service for young people. It allows patients to easily and anonymously get in touch with a healthcare professional for advice and support.

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<https://www.childline.org.uk>

We're here for you, whatever's on your mind. We'll support you. Guide you. Help you make decisions that are right for you.

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www.samaritans.org/about-us

Talk to us any time you like, in your own way, and off the record - about whatever's getting to you. You don't have to be suicidal.

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<https://youngminds.org.uk/find-help/looking-after-yourself/take-time-out/>

Some mental health problems, such as anxiety and depression can be caused by "too much work and not enough play". And not taking time out for relaxation may make any existing mental health issue worse. Relaxation is an important part of maintaining positive mental wellbeing.

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www.hacw.nhs.uk/healthy-minds

Worcestershire Healthy Minds.

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Worcester: Wellbeing .uk

