



29th January 2021

MEADOWS FIRST SCHOOL WEEKLY NEWSLETTER



A Message from Mrs Hewitt

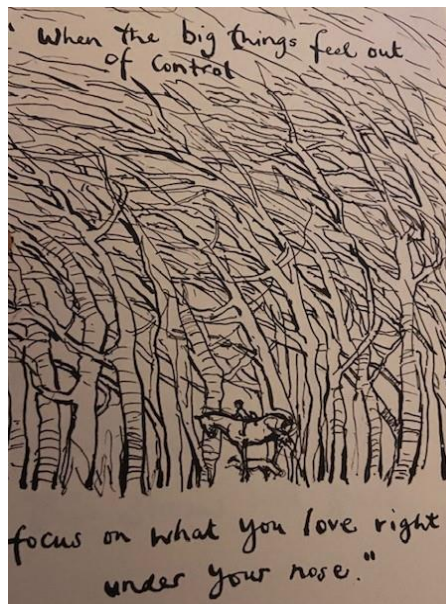
Next week is 'National Children's Mental Health and Well-being Week.' I think we should all take this on board as adults too during this very challenging period. You need to congratulate yourselves for keeping a smile on your faces! You are surviving a pandemic, whilst missing friends, family members, not being able to mix socially, whilst also holding down a job. We have the same feelings too. Many of our teachers are also parents trying to home school as well as complete learning tasks, emails etc to support your child's learning. The priority for all of us is that pupils are safe, loved and cared for. Do what you can, and don't worry about what you can't.

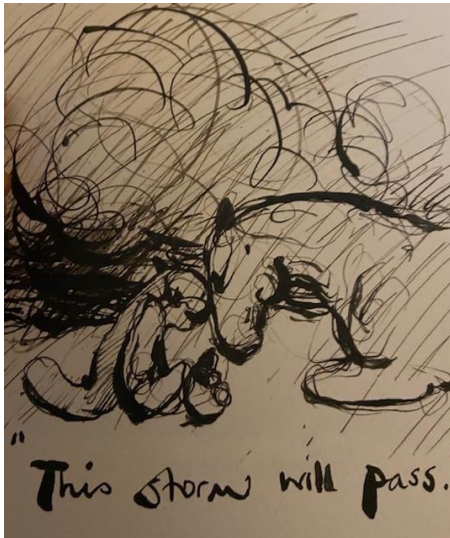
Whatever your personal circumstances, we think you are doing a great job! Look after yourselves, take some time out and do something you love to support your own self-care. Take Snoopy's advice and relax whenever you can!



Recently, some parents have asked us for support for wellbeing, either for themselves and also for friends, relatives, or children. We are fortunate that during this very difficult time many of the agencies have come together to ensure people are signposted to their services as easily as possible. If you use the link below and scroll down we are sure that you will find a host of support agencies. Ultimately if you are still struggling please contact us in school and we will do everything we can to help and support you.

<https://services.actionforchildren.org.uk/south-worcestershire-parenting-community-development/our-services/information-advice/useful-agencies/#Children>





Key messages for parents re COVID

book a test if you or your child are displaying symptoms. If someone with symptoms tests negative for coronavirus (COVID-19), then they should stay at home until they are recovered as usual from their illness but can safely return thereafter. The only exception to return following a negative test result is where an individual is separately identified as a close contact of a confirmed case, when they will need to self-isolate for 10 days from the date of that contact.

If someone with symptoms tests positive, they should follow the guidance for households with possible or confirmed coronavirus (COVID-19) infection and must continue to self-isolate for at least 10 days from the onset of their symptoms and then return to school only if they do not have symptoms. The 10-day period starts from the day when they first became ill. Other members of their household should all self-isolate for the full 10 days from the day after the individual tested positive.

New COVID19 Variant

We are told that the new COVID variant is highly infectious and can be transmitted easily from person to person. If you are on school grounds, can you please wear a mask, keep a 2m distance from others and avoid congregating with other people. We are keeping classes separate, so we appreciate you not allowing your child to play with children from other classes whilst on the school grounds (unless they are siblings).

Extra Home Learning Ideas:

<https://www.activehw.co.uk/stay-active-at-home>

Ideas on how to keep fit and active during lockdown (adults and children!) 🤸

'Link News' is a website that is run by a team who are passionate about helping children with Speech Language and Communication Needs reach their full potential. You can sign up for free and then they will send you the most recent SLCN updates along with free advice and activities and the latest **Parent Portal** resources which will be delivered to your inbox monthly.
<https://speechandlanguage.info/parents>

In school learning mirrors home learning. Each day we follow the same learning that is planned for on the home learning schedule. This is to ensure those children at home are receiving the same educational offer as the children in school. If your child is in school part-time due to shifts etc, they will be able to follow on from school lessons by using the home learning timetable (they will need to follow the correct day's work. If you do a different day's work on their day at home, the children may repeat that work if in school).

when you feel ANXIOUS

@POSITIVELYPRESENT



ASK FOR HELP



CREATE SOMETHING



WRITE ABOUT HOW YOU FEEL

TAKE A DEEP BREATH



LISTEN TO SOOTHING SONGS



STAY PRESENT

FIND A POSITIVE DISTRACTION



IT IS CHILDREN'S MENTAL HEALTH WEEK STARTING ON 1ST FEBRUARY. TAKE TIME TO LOOK AFTER YOURSELVES TOO!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

4 Write a list of things you feel grateful for in life and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

1 Find three good things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help to brighten their day

11 Switch off all your tech 2 hours before bedtime

12 Connect with someone near you - share a smile or chat

13 Be gentle with yourself when you make mistakes

14 Take a different route today and see what you notice

15 Eat healthy food which really nourishes you today

16 Get outside and notice five things that are beautiful

17 Contribute positively to a good cause or your community

18 Focus on what's good, even if today feels tough

19 Get back in contact with an old friend you miss

20 Go to bed in good time and give yourself time to recharge

21 Take a small step towards an important goal

22 Try out something new to get out of your comfort zone

23 Plan something fun and invite others to join you

24 Put away digital devices and focus on being in the moment

25 Decide to lift people up rather than put them down

26 Say hello to a neighbour and get to know them better

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Use one of your personal strengths in a new way

30 Count how many people you can smile at today

31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/happier-january

Happier · Kinder · Together