



5th February 2021

MEADOWS FIRST SCHOOL WEEKLY NEWSLETTER



A Message from Mrs Hewitt

Another week of lockdown has gone, and hopefully we are moving nearer to less restrictions, with the promise of the vaccine being rolled out so quickly. Keep smiling, and take time to look after yourselves and your family.

Thank you for completing the Home Learning questionnaire. The feedback was extremely positive, and I really appreciate the lovely comments and support. It has been a steep learning curve for us all, but I am so pleased that our efforts have been worthwhile, and that the support that school is providing is keeping the children engaged with learning. We will take onboard any comments that will help to improve the home learning provision. As a result of the questionnaire, teachers will be inviting the children who aren't in school to an extra TEAMS meet-up (in a smaller group) next week to be able to see and chat to some of their class friends. Look out for the invite.

Communication during lockdown: Due to covid, we have asked parents not to access the school site in order to minimise the risk for all. However, we have tried to keep communication lines open as much as possible (class emails, newsletters, phone calls, text systems, TEAMS etc) so that we can continue to support you. We usually hold our parents' evenings the week before half term, however we feel these may be more useful after half term this year (when we know for definite when the children will be back in school). These will be in the form of phone calls (or TEAMS if you prefer) from the teachers to discuss pupils' progress throughout lockdown. Teachers will send out details via the class emails next week for you to book times.

We will hold additional parents' evenings during the summer term.

A-Plan in Bromsgrove has started a campaign to support local schools called "IT4Schools".

How it works - for each person that calls them for a new insurance quote, they will **donate £10 towards laptops or other important equipment needed in schools** (even if that person doesn't take out the policy). So, the more requests for quotes they receive, **the more they will donate to our school.**

How you can get involved

Parents (who are looking for insurance) can call A-Plan Bromsgrove on 01527 879777 **quote "IT4Schools" and mention Meadows First School.** The campaign runs until 5th March 2021, and shortly after that they will arrange a payment to be made directly to school- £10 for every quote given to a Meadows First School parent.



Seren has sent in a photo of the school gates on a perfect snowy day. What a lovely scene.

Lunchtime supervisor vacancy

5 hours per week - Term Time only to start ASAP, Temporary contract to 31st August 2021.

(with the possibility of extending). Please contact the school office: 01527872508 or office@meadows.worcs.sch.uk

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.

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!) 😊

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

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1

Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling



2

Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.



3

Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4

Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



5

Keep children learning

Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

Limit screen time and mix up activities

As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

Help your child manage stress

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.



8

Expressing feelings doesn't have to be face-to-face

Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'Feelings box' and then talk about their good, sad or difficult feelings at the end of the day.



THE STRESS RELIEF GIRAFFE



OUT OF CONTROL

SCARED OF LOSING CONTROL

NERVOUS

UNSURE

CALM

WHAT YOUR CHILD CAN DO:

- Calm breathing exercises
- Use visualisation meditation techniques
- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themselves a 10-second hug to boost their mood
- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water