



12<sup>th</sup> February 2021

# MEADOWS FIRST SCHOOL WEEKLY NEWSLETTER

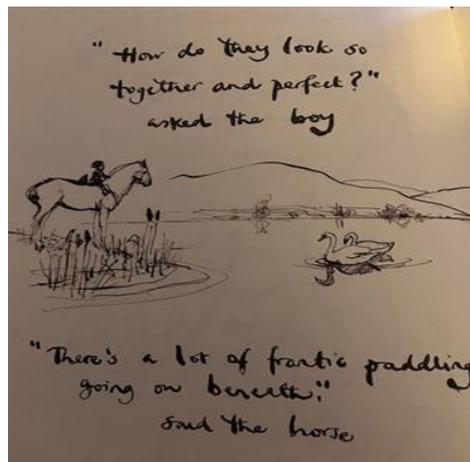


## A Message from Mrs Hewitt

We have reached the end of another half term, and I can't thank you enough for your continued support during these very challenging times. Thank you also for the positive comments that have been sent to teachers; they really make a difference to us.

I also want to take this opportunity to thank all the staff in school for continuing to support both the children in school and those at home (who we miss greatly), whilst also trying to home school their own children and look after their own families. They are working tirelessly to follow the tight Risk Assessment procedures set out in school to try to minimise the risk of transmission of COVID. I am lucky to have them at Meadows; they are a great team.

There will be no work set for next week, as it is time for the children to chill and relax (**and you-** if you can). Enjoy some family time, perhaps making pancakes and celebrating Chinese New Year and Valentine's Day! This site has lots of lovely ideas for getting active <https://www.activehw.co.uk/stay-active-at-home>  
Look after yourselves and we hope to see everyone back in school very soon.



### Disabled Parking Spaces

Please could you only park in the disabled parking spaces if you have a blue badge.  
Thank you for your co-operation.

This week it was **Internet Safety Day**. Here is a useful site for parents which includes guides, such as how to keep you child safe when using certain internet games.

<https://nationalonlinesafety.com/guides>

There is also a free book to share with children about internet safety available on this site:

<https://nationalonlinesafety.com/lesson-plans/online-safety-storybook-digital-version>

### 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.](mailto:office@meadows.worcs.sch.uk)

[uk](http://uk)

## Key messages for parents re COVID

### Key messages for parents re COVID over half term break

- Parents of pupils who are symptomatic at any time should arrange for immediate testing: <https://self-referral.test-for-coronavirus.service.gov.uk/antigen/condition>
- Pupils who have COVID-19 symptoms starting on either Saturday 13th or Sunday 14th February will need to inform their school if they subsequently test positive.
- Pupils who develop COVID-19 symptoms after Sunday 14<sup>th</sup> February and test positive 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.
- Parents should be reminded that under no circumstances should any pupil return to school if they are exhibiting any COVID-19 symptoms (however minor) or are unwell in any other way. They should arrange for a test and inform the school

**The school will text you if there has been a positive case in your child's bubble and you are required to self-isolate. I am hoping that this will not happen but I have to keep in contact with Public Health England for 6 days after the end of term.**

### After Half Term:

The government are asking us all to help the NHS by staying at home. Guidance states that 'if children can stay at home safely they should to limit the chance of the virus spreading'. That is why the Government has asked parents to 'keep their children at home wherever possible and asked schools to remain open only for those children who absolutely need to attend'. We have very high numbers due to attend after half term; please only use the provision if you absolutely need to.

**Here2Help:** is a website for families who are self-isolating and unable to get support from friends, family or neighbours. On the Here2Help website families can find resources to help with staying at home during Coronavirus as well as an online form they can fill out to request the support they need. If the family does not have internet access, they can call 01905 768053 which is open Monday to Thursday, 9am-5pm and Friday 9am-4.30pm. Here2Help is a group that can signpost callers to up to date advice and arrange volunteer support where required to help those who are unable to leave their homes as a result of needing to self-isolate.

The types of support available include:

- Collecting and delivering food and supplies
  - Help collecting prescriptions
- Support for those who are feeling isolated
- Advice around money, benefits and debt

For more information visit: [www.worcestershire.gov.uk/here2help](http://www.worcestershire.gov.uk/here2help)

Wellbeing links on our school website to support MHWB including useful mindful activities that don't involve sitting in front of a screen and tools to help explain coronavirus

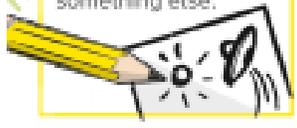
<https://www.meadowsfirst.co.uk/parents/covid19>  
<https://www.meadowsfirst.co.uk/curriculum/wellbeing>

We want to further enhance our pastoral and academic support for pupils, especially after Lockdown. We are delighted to announce that we have appointed a new part-time experienced SENCO and Thrive practitioner, Mrs Rowley, to job share with Mrs Dodman. There will now be a SENDCo onsite throughout the week.

You can contact both on [senteam@meadows.worcs.sch.uk](mailto:senteam@meadows.worcs.sch.uk)

# Stuck for something to do over a lockdown half term?

## See below for some Non-Screen Time Activities

<p><b>1 Get doodling!</b> Grab some paper and pens and doodle anything you like! Animals, aliens or something else.</p> 	<p><b>2 Create your own animal.</b> Could you combine two of your favourites? What will you call it?</p> 	<p><b>3 Design and draw a new musical instrument.</b> How would you play it and what will it sound like?</p> 	<p><b>4 Make up your own 5 minute exercise routine.</b> What will you include?</p> 	<p><b>5 Can you make up your own jokes?</b> Tell them to someone to make them laugh!</p> 
<p><b>6 Make some jewellery.</b> Use anything you can find around the house. Strips of wrapping paper or rolled up magazines make great beads!</p>	<p><b>7 Paper aeroplane challenge!</b> Make a paper aeroplane and see how far you can fly it! Can you make a target and try to aim for it?</p>	<p><b>8 Fingerprint art!</b> Use only your fingertips and paint to create a picture.</p> 	<p><b>9 Make a bookmark to use when you're reading.</b></p> 	<p><b>10 Make some wild art using sticks, leaves, flowers and anything else you can find outdoors.</b></p> 
<p><b>11 Quick draw!</b> Set a 1 minute timer, draw a quick doodle and see if the other person can guess what it is before the time is up.</p>	<p><b>12 Write a silly sentence that includes all of these words... BANANA, CURTAIN, DOLPHIN, SNOW and BALLOON.</b> Now think of your own words and write some more!</p>	<p><b>13 How many different words can you make from the letters in this sentence?</b></p> <p>Keeping my brain busy is fun</p>	<p><b>14 Ping pong story telling!</b> Write the opening sentence to a story, then someone else writes the next line. Then it's your turn again! Keep alternating until you have a full story.</p>	<p><b>15 Guess the character!</b> Think of a character from a book, write it down so no-one can see. Have others ask you questions to try and guess which character you chose.</p>
<p><b>16 Make a finger puppet!</b> Use a paper cone to make a body, then attach a paper head.</p> 	<p><b>17 Describe the most disgusting meal EVER!</b> What is in it? Spaghetti worms, toenails on toast or something else?</p> 	<p><b>18 Create a comic strip about an animal who turns into a superhero.</b> Which animal will you choose?</p> 	<p><b>19 Create a family kindness jar.</b> Every time someone does something kind, write it down and put it in the jar. When the jar is full you all deserve a special treat!</p>	<p><b>20 Find a fun place to sit and read a book.</b> Under the bed? Up a tree? Where will you go?</p> 
<p><b>21 How many words can you think of that rhyme with WRITE?</b></p> 	<p><b>22 Write a recipe for 'Springtime'.</b> What will you include? Flowers? Sunshine? What else?</p>	<p><b>23 Use your body to make the shape of a letter.</b> How many more can you make? Can you make every letter in the alphabet?</p>	<p><b>24 Play alphabet bingo!</b> Can you spot an item in your home or garden that starts with the letter a,b,c and so on?</p> <p><b>ABC</b></p>	<p><b>25 Start a diary.</b> Write a short entry every day about what you do and how you feel. It will be good to look back on when you're older.</p>

**1 Write a recipe for happiness.**  
What are the essential ingredients you need to include?



**2 Design the front cover of your own recipe book.**  
What will you call your book and how will you make it stand out?

**3 Get revolting!**  
What is the most disgusting menu you can think of? Design and create your own revolting menu.

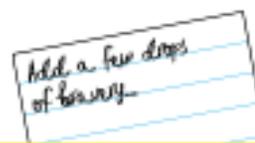
**4 Make your own chef's hat.**  
What will you use to make it? Newspaper or something else?



**5 What makes a good friend?**  
Can you write a recipe with the key ingredients?



**6 Create a recipe for a superhero.**  
What do you need to mix together and how would you do it?



**7 Make a model of your favourite pizza.** Use bits you find around the house. What toppings will you include? Bottle top pepperoni perhaps?

**8 Write a song or rap about your favourite food OR about your least favourite food.**



**9 Draw a picture of the best dessert you can possibly imagine!**



**10 What do you need to make a healthy human?**  
Draw a diagram to explain.



**11 Start a food journal.** Write down your favourite meals, ingredients and recipes. Are you eating healthily enough?



**12 Imagine you need to make a cake for a special event.** It needs to have 5 layers of different flavours. Design and label how it would look.

**13 Word search fun!**  
Create your own word search using words on the topic of food or cooking, then ask someone to complete it.



**14 Imagine you discovered a new type of fruit!** What would you call it? What would it look like and taste like? Write a description.

**15 If you had your own restaurant, what would it be like?** Would it have a theme? Make a model of it using things you find around the house.

**16 How would you create a united community?**  
Write down your method and the ingredients you would use.

**17 The perfect teacher!** Write a list of the ingredients you would need to make the best teacher in the world. Perhaps you know one already?

**18 Grow your own.** Can you save the seeds from something you eat and plant them to grow your own?



**19 Get baking!** Find a recipe you like and have a go at completing it. What will you make? Biscuits, pancakes, fruit salad or something else?



**20 Healthy body.** Exercise is just as important as eating well. Can you create your own daily workout routine and try it out?

