



5th March 2021



MEADOWS FIRST SCHOOL WEEKLY NEWSLETTER

A Message from Mrs Hewitt

As you know, we have been open since Christmas for the children of key workers, but on Monday we will welcome all of the children back into school. We are so excited to see everyone back together into the Meadows Family, and I hope that this vaccine programme means that we all will soon see a return to a life without lockdowns and further restrictions. We know that some children will have mixed emotions about their return; they may feel nervous but excited. Below is a help guide for you to share with your child prior to Monday. Children's well-being is at the heart of our planning for our return to school. All staff have recently been on Place2Be mental health and well-being training, and we will spend time gently reintegrating children into the routines and structures of school life.

At present, although we cannot invite parents in to school we are still here to help. The class email system will continue to be in place for parents to contact their child's class teacher (e.g. owls@meadows.worcs.sch.uk).

Dr Kathryn Cobain, the Director for Public Health in Worcestershire, has recorded a short video for parents and carers in support of the return to face to face education <https://youtu.be/YUoKV8F4YT4> if you wish to watch it. On Sunday, the government confirmed that twice-weekly testing using rapid lateral flow tests will be given for free to all families with primary aged children in order to help find more COVID-19 cases and break chains of transmission. Guidance states: 'with a third of individuals with coronavirus showing no symptoms and potentially spreading it without knowing, regular testing will mean more positive cases within households are found and prevented from entering schools, helping to keep educational settings safe.'

Schools have been told that they should not give test kits to parents, carers or household members.

We have been **informally** told that the twice-weekly test kits can be accessed:

via employers if they offer testing to employees

at a local test site

by collecting a home test kit from a test site

by ordering a home test kit online

Parents have told us that tests are free to collect from the test centre by Aldi for all local parents.)

We should be receiving an official letter to send to parents very soon.

We have had a lovely time in school celebrating World Book Day and I have loved seeing some of the photos from home that children have sent in. We did not promote a dressing up day, as we didn't want to add extra pressure on parents to find a costume or purchase one in these challenging times. However, it was great to see the work completed. We hope to do something later in the year when we have all the children back in school.

We have some exciting things planned this half term for the children. **Empty Classroom Day** is 29th March, and we have booked a virtual **Easter pantomime** for the last week of term. More details will follow.

A reminder that school will be closed on TED 19th March for staff training

What time do I bring my child to school from Monday 8th? Please follow the one way system around school for N–Y2

Nursery: 9am drop off—collect 3pm **Reception:** 8.40-8.50am drop off—collect 3pm

Year 1: 9-9.10am drop off—collect 3.15pm

Year 2 : 8.50-9am drop off—collect 3.05pm

Year 3: 8.45am drop off—collect 3pm

Year 4: 9am drop off—collect 3.15pm

Please do not enter the playgrounds before your allotted time. There will be a member of staff on the gates to let you in and take messages if needed.



Preparing Your Child For the First Day Back in School

As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.

Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – "it's completely fine to feel like that at the moment" or "I can really understand why you would feel like that"



Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your 'goodbye' routine and create a 'hello' greeting for the end of the day for them to look forward to.





World Book Day

Seren, in year 4, sent the teachers a 'guess the book' quiz to do! Can you guess too?



SEND at Meadows

Mrs Dodman and Mrs Rowley have developed the SEN and Inclusion pages of the school website. See:

<https://padlet.com/hdodman/bk3o3x35mr9oqav7>

for health and well being resources

Thank you to the parents and children who volunteered this week to do a litter pick around school; we very much appreciate your support in keeping our environment clean and tidy.

CASTLE NURSERY will resume before and after school provision from Monday 8th March. Please contact them directly to book a place.

We have a 4 drawer lockable metal filing cabinet in school that is no longer required. If anyone is interested in collecting it please contact the school office.



Meadows First School

Children's Information Booklet

for returning to school in March



We are really excited to welcome you back to school on 8th March. School will be the same as it was before Christmas. We must still do things slightly differently to help you look after yourself and each other and keep safe. If you are worried there are lots of people you can talk to in school.



What will I need to wear for school? You will wear your school uniform and look very smart! If you have PE you will need to come ready dressed in outside PE kits (joggers/ trainers/ sweat shirts etc). If you have Forest School, you will wear your own warm Forest school clothes with easy to fasten shoes. Your wellies will be kept in school for you to change into. You will need your own waterproof jackets and trousers too, just in case it rains! If your shoes do not fit after lockdown, please wear other sensible shoes.



What do I need to bring to school? You will only need your book bag on **MONDAYS & FRIDAYS** for your new reading books to be given out./ collected in. You will also bring your own named water bottle each day and a lunchbox (if you are having a packed lunch). You will need a coat. (Do not bring in a rucksack or large back pack to school please).

Where do I go at the start and end of the day? As before, there is a one way system for Nursery, Reception, Year 1 and Year 2 - just **follow the arrows!** Your grown up will drop you off at your classroom door. At the end of the day, your grown up will pick you from your classroom door and you will walk out through the Nursery gate. Make sure you don't arrive too early! You must not play with the equipment outside the classes.

Year 3 and Year 4 will come into school and wait on the big playground at the front of the school. Your teachers will then take you straight upstairs to your classroom. At the end of the day your teacher will take you back down to the big Year 3 and 4 playground where your grown up will pick you up to take you home.



Your grown ups will wear a mask when they bring you to school. All teachers will wear a mask when they greet you outside, but they will not wear a mask when they are in the classrooms with you. Your grownups must not stay on the playgrounds after dropping you off and they **will** keep a social distance from all other adults. At the end of the day you must leave school quickly with your grown up even though it is tempting to play with your friends. Please go straight home and do not play on the equipment.

What happens if I feel unwell? Your grown up will phone school to let us know you will not be in school that day. If you are unwell at school, we have a special room where we can look after you until your grown up comes to take you home.



What happens to my reading, planners and homework? You will bring home new reading books on a Monday and you will return all books on Fridays by putting them into a box in the classroom. Make sure you ask your grown up to fill in your reading records/ planners and bring these into school on a **Friday ONLY**. Teachers will stamp them for you in school. Homework will be sent home for you to do—it will be in a newsletter and it will also be on our school website. Remember to use Time Table Rock Stars and Spelling Shed and lots of other fun websites! You can also read books online and you can play phonics games. Your teacher will tell you more activities to do at home.

Can I bring any toys or do show and tell to school? Not at the moment. You will have plenty to do in school. You can always tell your teacher what you have been doing at home if you have some exciting news. Nursery and Reception will be able to use Tapestry and your grown up will send in photos which we will share in school. You must not bring in anything else from home at the moment.



Will I be able to do PE and Forest School? Yes, you will! You will come to school changed in your PE kit. You must make sure you can do up your own laces or buckles. Your PE lessons will mainly take place outside. YN and YR will go to Forest School. You will also come ready changed and bring your own waterproof clothing to wear! You will put on your wellies in school so that you can jump in all the muddy puddles!

What happens at dinner time? If I am in YR, Y1 and Y2, I will eat my dinner in the hall with my class friends. I will still go out to play as well. If I am in YN Y3 or Y4 I will eat my dinner in my classroom either before or after a playtime. I will go onto my usual playground or I might even go onto the field! I will keep washing my hands!



Will there be clubs on after school? Not at the moment. If you usually go to Castle Kids, you will be able to do this still. You will stay in your school bubble here

Be kind to each other.

What if I am worried? Everyone feels a little bit worried at this time. The virus has meant that we have all had to spend a lot of time away from some of our family and our friends. This has made everyone feel a bit sad and a bit worried. Your teachers will help you and talk to you if you are worried. You can always talk to Mrs Hewitt or Mrs Dwyer too. There are lots of people who will be looking after you in school.



Will there be class plays and productions? Not at the moment. To stop the virus from spreading we cannot gather together in big groups indoors. However, we will do assemblies in our classrooms instead of going to the halls. We will also do our Friday zoom assembly too. We enjoy seeing our friends from other classes - we are still part of a big family across the school.

Can I bring in treats if it is my birthday? Unfortunately, not for the moment. We cannot share things we bring from home yet. Your class teacher and friends will still try to make you feel special.



Will I still have all of my lessons? Yes! Your teachers will still make learning fun for you and there will still be spelling tests and homework to do! Some of your lessons will take place outside just like before. You will have to work very hard, but you will enjoy learning about new topics. We will be doing a lot of work on our Well Being Wheel too.

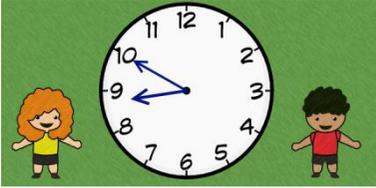
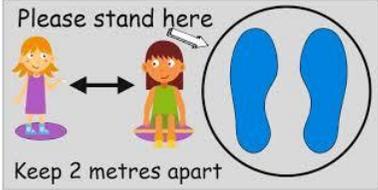
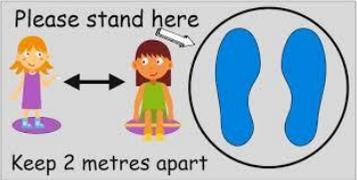
How will school help to keep me safe from the coronavirus? You will continue to wash your hands a lot and use hand sanitiser in the classroom and around the school. You must hum to yourself the 'happy birthday' song to make sure you wash your hands for long enough!

If you cough or sneeze, you must use a tissue to 'catch it, bin it, kill it' This will help to stop spreading germs. Your teachers will wear masks in the corridors and they will try to keep a distance from each other. There is a one way system around school too and you will see lots of cleaning to help wash away any germs. Your classroom (in Y1 - Y4) will still have desks in rows facing forward but you will be able to chat to your friends, just like before! You will stay with your class as a 'bubble' and at playtimes you will play with your class or year group bubble outside





Social Story Returning to School

 <p style="text-align: center;">Welcome back; we missed you!</p>			
<p>On 8th March, I can go back to school. I will wear my uniform again, unless it is a PE day. Then I can wear my kit and trainers. I only need to bring my water bottle and my lunch (if I'm not having a school lunch) with me.</p>	<p>I will start and finish school at different times to usual. This is okay as it will help everyone get to school safely. If my grown up needs any information, it will be safer if they ring or email the school</p>	<p>Years R, 1 and 2 -My parent/ carer will walk me to my classroom door at the right time and then they will follow the one-way system out through the Nursery gate. They must not stay and chat!</p>	<p>Years 3 and 4- I will go onto the big playground by myself and wave goodbye to my grown up. When I am waiting I will need to stay away from other children and parents.</p>
			
<p>My grown-up will have to stay behind the gate as I walk in; they can't come into school, as the less people we have coming into school will help us to keep safe.</p>	<p>As soon as I get to school, I will need to wash my hands. I might use hand sanitiser too.</p>	<p>I will sing "Happy Birthday" twice whilst I wash my hands. I will wash my hands lots of times during the day.</p>	<p>When I get to school, things might look a little bit different. This is to keep everyone safe.</p>



<p>I will stay with the friends in my class. I can't mix with other classes. This might make me feel a bit sad, but I will have other friends to play with. The adults in school will work hard to make sure I am safe and happy.</p>	<p>I still need to try to stay 2 metres away from my teacher if possible. This is ok because it is how we will stay safe.</p>	<p>I will need to wash my hands lots of times a day. My teachers will wear a face mask in corridors around school.</p>	<p>My classroom might look a little bit different at the moment. I will still have fun and learn lots of new things.</p>
<p>Assemblies will take place in our classrooms. We will not have whole school assemblies in the hall. This is so that we can stay with our own class for the day and keep each other safe.</p>	<p>Lunchtime will be different too- this is to keep me safe. If I am in YR or Y1 I will eat my lunch in the hall. Otherwise I will eat my lunch in the classroom.</p>	<p>Playtime will be a little bit different. This is to keep me safe. I will play with my class friends on our own playground.</p>	<p>If I fall over at school, a teacher will help me. Some of the teachers in school might be wearing masks. This is ok.</p>
	 <p>Mrs Dodman Mrs Rowley</p> <p>The School's SENCOs</p>	 <p>Mrs Hewitt Mrs Dwyer</p> <p>Head teacher Deputy Head</p>	
<p>If I am poorly, I will be taken to a care room where someone can look after me until someone from my home can come to pick me up. This is ok. It is to keep my friends and teachers safe.</p>	<p>It's ok to ask questions. There are lots of people who can help me.</p>	<p>Things might feel a bit different and I might feel sad or worried. If I feel these things, I can talk to the people I can trust at home or my teachers. They will help me.</p>	<p>We will keep each other safe and be kind to each other too.</p>