



LOCKDOWN 3- NEWSLETTER 7

01404 812599 [Friday 26th February 2021](mailto:Friday.26th.February.2021). Website www.west-hill-primary.devon.sch.uk

Dear Parents,

I'm sure there were many relieved parents, children and teachers on Monday evening when Boris announced that all schools in England can reopen on Monday 8th March. What a relief for everyone after what will be 8 weeks of remote learning! Just one more week to go then we can all be reunited. The DFE have produced a 67 page document to prepare for the return to school on 8th March so once we have digested this, we will be in touch with you all next week to confirm our arrangements.



"This letter is to you.

The you that's had a rough week. The you that seems to be under constant storm clouds. The you that feels invisible. The you that doesn't know how much longer you can hold on. The you that has lost faith. The you that always blames yourself for everything that goes wrong. To you.

You are incredible. You make this world a little bit more wonderful. You have so much potential and so many things left to do. You have time. Better things are coming your way, so please hang in there. You can do it."

If the mountain seems too big today
then climb a hill instead
if the morning brings you sadness
it's ok to stay in bed
if the day ahead weighs heavy
and your plans feel like a curse
there's no shame in rearranging
don't make yourself feel worse
if a shower stings like needles
and a bath feels like you'll drown
if you haven't washed your hair for days
don't throw away your crown
a day is not a lifetime
a rest is not defeat
don't think of it as failure
just a quiet, kind retreat
it's ok to take a moment
from an anxious, fractured mind
the world will not stop turning
while you get realigned
the mountain will still be there
when you want to try again
you can climb it in your own time
just love yourself til then

Books to support children's mental health and well-being

Reading Well for children provides quality-assured information, stories and advice to support children's mental health and wellbeing. Books have been chosen and recommended by leading health professionals and co-produced with children and families.

The booklist is targeted at children in Key Stage 2 (aged 7-11), but includes titles aimed at a wide range of reading levels to support less confident readers, and to encourage children to read together with their siblings and carers.

The books are available to borrow from your local library. Selected titles are also available to borrow as e-books and audiobooks. [Visit your local library website](#) to find out how to join the library and access books electronically.

Browse the books on the list below, [via our booklist leaflet](#) or download a full overview of the titles [here](#).

**READING
WELL**

Art activity

Please see the attached PDF for a new art and environment initiative 'The Great Big Art Exhibition with Clyst Valley Regional Park'.

This art challenge is all about portraits, movement, and nature. You can make a framed portrait as simple or as grand as you like.



West Hill Parish Council Wildflower Challenge

Don't delay! West Hill Parish Council have launched a Wildflower Challenge. Please join in and have the enjoyment of growing your own mini wildflower area, whether in a border, part of your lawn or in a pot or window box.

Prizes are available for all age groups, including adults!

Free packets of seed are available - but supplies are limited. For more information please visit our website www.westhillparishcouncil.gov.uk or email della.cannings@westhillparishcouncil.gov.uk



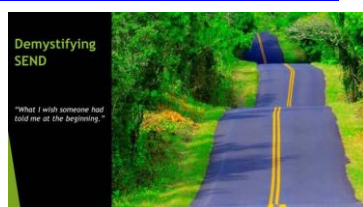
Demystifying SEND free course

This session is aimed at parent/carers supporting their child with special educational needs and disabilities (SEND) who would like to find out more about how SEND support should work.

The sessions are aimed at parents starting their journey or part way through. Helping parents to understand how they can access information and which services may be available for them, highlighting the graduated response and the terminology around send in schools.

Next session Tuesday 9th March 2021 10.30-12.30 (virtual online using Microsoft TEAMS)

<https://www.eventbrite.com/e/demystifying-send-special-educational-needs-and-disabilities-tickets-141121828187>



Keeping active during lockdown

Please see the attached PDF of East Devon School Games PE and Physical Activity at home-KS1 & 2 weekly guide to ideas for week beg. 1st March 2021.

	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1 (Exercise to music) KS1 & KS2	Zumba Kids Freeze dance (KS1)	Try -- Pink Dance Dance to school (KS1)	BBC Supermovers Change is Life	Premier Stars Chirpy's 12 x table	Happy - Zumba Kids (KS2)
Activity idea(s) 2 KS1 & KS2	Joe Wicks - Daily workout or The Daily Mile at home	The Daily Mile at home	Joe Wicks - Daily workout or The Daily Mile at home	The Daily Mile at home	Joe Wicks - Daily workout or The Daily Mile at home
Activity idea 3 (Well - Being) KS1 & KS2	Cosmic Kids Yoga Sparts-24 RoboDog	YST After School Sports club - Live 5pm	Cosmic Kids Yoga Tommy the beebone turtle (KS1)	Imoves Healthy minds	Cosmic Kids Yoga Parana the Cat (KS2)
Activity idea 4 (Physical skills) KS1 & KS2	Rugby PE@Home KS1&2	Rugby PE@Home KS1&2	Chance 2 Shine Live cricket session 2am	Healthy Movers at Home Live 10.30am - 11am	Wall Ball - 60 second challenge
Activity idea 5 (Personal & Family Challenges) KS1 & KS2	Devon Cricket Board Monday Cricket Challenge	Try the Devon Virtual Sports Games Golf Challenge		YST After School Sports Club - Live 5pm	Try the Devon Virtual Games skipping challenges KS1 Bronze KS2 Bronze

World Book Day

As you know, **Thursday 4th March** is World Book Day. The teachers will be setting different reading-related activities for your child's online learning and we hope you will have a wonderful day sharing the joy of reading.

Please keep an eye on Tapestry/Google Classroom to find out more from your child's teacher, or you can visit <https://www.worldbookday.com/> for a wealth of further information, including details of live lessons on Wed 3rd, Thurs 4th and Fri 5th March from:

<https://www.worldbookday.com/events/>

FIND OUT MORE ABOUT OUR LIVE EVENTS

Books that make you LOL!
Starring [Images of hosts]
Wednesday 3rd March, 10.30am
Hosted by Kenny Baraka!
7+

Books That Make You LOL
Wednesday 3rd March at 10:30am

Words and Pictures: Bringing Books to Life
Starring [Images of hosts]
Thursday 4th March, 10.30am
Hosted by Nigel Clarke!
4+

Words & Pictures: Bring Reading to Life
Thursday 4th March at 10.30am

Books and the Real World
Starring [Images of hosts]
Friday 5th March, 10.30am
Hosted by Jessie Cave!
9+

Books and the Real World
Friday 5th March at 10.30am

David Walliams assembly for World Book Day

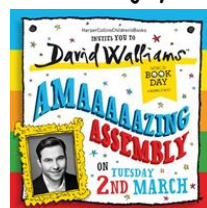
Join David Walliams for a very special and free event on **Tuesday 2nd March** to celebrate World Book Day 2021 (recommended for Years 3-6.)

David Walliams will be in conversation with Blue Peter presenter Lindsey Russell for an **AMAAAAAZING ASSEMBLY** for World Book Day!

Beamed straight into your living room, everyone is welcome to join in with this **FREE** event! It will be held at 10:30am, with a catch-up screening at 4pm, so that as many people will be able to join in as possible.

Once you've [registered](#), you'll be sent an email confirming your attendance to the event. Then on Friday 26th February, you'll receive an email with the link and a reminder of all the details you could need to enjoy this special event for World Book Day!

REGISTRATION IS FREE AND OPEN TO EVERYONE



Have a lovely weekend.
Take care and stay safe,
Cheryl Boulton

World Book Day dressing up

Please remember that whether your child(ren) will be in school or at home on **Thursday 4th March**, everyone is welcome to dress up as their favourite book character if they wish.

10 No-Stress World Book Day costumes!

- 1. Polar Express**
Pyjamas and a dressing gown - sorted!
- 2. Room on the Broom**
Witches hat and a purple dress - or full on witch costume left over from Halloween. Could double up as the Worst Witch too!
- 3. Charlie Bucket**
Blue jumper + Grey school trousers + A bar of chocolate (or if you're feeling crafty you could make a golden ticket!)
- 4. Matilda**
Blue dress with a red ribbon in hair and carrying a few books
- 5. Harry and his bucketful of dinosaurs**
All you need is normal clothes and a plastic bucket full of dinosaur toys!
- 6. One of the dalmations from 101 Dalmations**
Warning - this one involves a small element of artistic effort! White T shirt and a black marker to draw spots on it - if you want to push the boat out you could do a bit of face painting too!
- 7. Tintin**
Blue jumper + trousers + hair gelled quiff. If you have a white toy dog all the better!
- 8. Angelina Ballerina**
If you don't have a dancing outfit then beg, steal or borrow one. Use an eye pencil to draw on some whiskers
- 9. Oliver Twist**
Brown clothes, a bit of dirt on the face and carrying a bowl!
- 10. The Boy in the Dress**
Put him in one of his sister's dresses!

ARTventurers

www.artventurers.co.uk

PTFA NEWS

PTFA logo competition results

Congratulations to **Sasha, Class 5**, who is the winner of our PTFA Logo Competition. This was judged by a panel of Parish Council members who gave the following feedback:

"The judges were impressed by the way that this links the school, PTFA and woodland village, and the symbol of the rainbow."

Well done Sasha, enjoy seeing your logo in use and spending your £10 Amazon voucher.

The judging panel also chose some runners-up: -

Jess: Class 3

Elsie: Class 6

Bella: Class 5.

"The judges liked the tree representing the woodland village, and the joined hands evoking friendship and helping, and the children in the final two entries".

Please see the attached PDF for the winning logo and the runners-up.

Printer cartridges

We can now earn money by recycling old printer cartridges through Recycle4Charity. Please keep hold of any old printer cartridges (follow this link for the wanted list <http://www.recycle4charity.co.uk/Registrar/C101796>) - these can be left at school (post lockdown) or can be dropped off to Corner Croft, Lower Broad Oak Road, in the meantime. Thank you for the donations received so far.



Village quiz

Congratulations to **Jess, Class 3**, who successfully won our village quiz competition, a £30 Amazon voucher is on its way to you!

We hope many of you had fun entering and completing this free event.

Wellness Marathon

Children can walk, run or ride to earn funds for the PTFA, whilst keeping fit during March. In lieu of their efforts, your child will be rewarded with their very own medal. **See attached poster for further details, and additional attachments for the sponsorship form and distance log book.**

