



LOCKDOWN 3- NEWSLETTER 4

01404 812599 [Friday 29th January 2021](mailto:01404.812599@west-hill-primary.devon.sch.uk). Website www.west-hill-primary.devon.sch.uk

Dear Parents,

On Wednesday, the Prime Minister announced that it will not be possible to resume face-to-face learning immediately after the February half-term and instead hopes it will be safe to commence the reopening of schools and colleges from Monday 8th March (at the earliest). This is in response to the national public health data and pressure on NHS capacity. Like me, I'm sure many of you felt disheartened hearing this, as it means an additional 2 weeks of remote learning after half term which will make a total of 8 weeks. We all understand the pressures on parents at the moment and how difficult it is to support your child at home, especially when working from home. Many of the staff are parents too and are experiencing the same anxieties as you.

With this in mind, it's important to make sure you look after your own mental wellbeing, as this will help you support yourself and those you care about. Struggling with something does not make you a bad parent/carer. It's completely normal to be worried, scared or helpless during difficult times, and feeling this way is nothing to be ashamed of. Parents who work from home are walking a tightrope between supervising and providing for their children while trying to keep up with the demands of their job: by no means an easy feat. Getting the balance right can be tricky and it's natural to feel stressed. For advice, please see [11 Top tips for combining homeschooling with working from home](#).

Research suggests that the pandemic will affect everyone's mental wellbeing, particularly vulnerable groups such as children (Holmes et al, 2020). Children and young people may feel worried or anxious about different things. Beyond the virus, there is the interruption of the normal school routine, suddenly spending most of their time indoors and no longer regularly seeing family and friends.

Next week (1st-7th February) is Children's Mental Health Week. We will be promoting this by having a Well-being Wednesday afternoon for pupils in Y1-Y6 and a Feel-Good Friday afternoon for pupils in Reception. Further information will be issued by teachers on Monday but we want pupils to take some time away from learning to do something that makes them feel good e.g. arrange a chat with friends on Zoom, go for a cycle ride, make cards to send to friends, make a pizza, watch a film, yoga, play with Lego, do some painting etc.

For further support with mental health see:

1. <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>
2. <https://youngminds.org.uk/> and Parents helpline: 0808 802 5544 (Mon-Fri 9.30am-4pm)
3. Parent and support hub: 07788 445223 or support text line: 07907 614516

They say the world is closed today

They say the world is closed today
And at first it made me sad
But on a closer look
I didn't feel so bad

They say the world is closed today
So I ran my kids a bath
I piled it high with bubbles
And then I heard them laugh

They say the world is closed today
So we stayed inside all day
And together we all sat
And found a board game we could play

They say the world is closed today
So I took a closer look
And there upon the shelf
Was an exciting story book

They say the world is closed today
So I picked up my phone
I laughed at silly videos
And felt slightly less alone

They say the world is closed today
So I checked outside the door
And I saw a Robin bird
Flutter to the floor

They say the world is closed today
So looked up to the sky
The sun had risen up
And the clouds were floating by

They say the world is closed today
So I picked up my phone to dial
I said hello to my mum
And through her voice I could hear a smile

They say the world is closed today
But I am not so sure
Take a look at the world
Just outside your door

The world is not closed today
For there is life all around
Just open up your heart
There is love to be found

The world is not closed today
It's just a different view
There's still plenty of things
To see, to feel, to do.

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 February 2021.

	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1 (Games & BBC Supermovers)	Jumping Jacks... Like to Move It	Simon Says	Simon Says	Simon Says	Simon Says
Activity idea 2 (KS1 & KS2)	Joe Wicks... Daily Workout #1 The Daily Mile	The Daily Mile at Home	Joe Wicks... Daily Workout #2 The Daily Mile at Home	The Daily Mile at Home	Joe Wicks... Daily Workout #3 The Daily Mile at Home
Activity idea 3 (KS1 & KS2)	Cartoonish	Video your own cartoonish fun poses	Home Calisthenics Full List of Exercises	Home Calisthenics	Home Calisthenics
Activity idea 4 (Physical Skills) KS1 & KS2	Fast Feet Challenge	Home Calisthenics	Simon Says	Simon Says at Home	Simon Says at Home
Activity idea 5 (Personal & Health) KS1 & KS2	Simon Says... Simon Says	Simon Says... Simon Says	Simon Says	Simon Says... Simon Says	Simon Says

World Book Day Toilet roll challenge

World Book Day is on 4th March 2021. To mark the occasion, we thought it would be a lovely idea for the children to take part in the 'Toilet Roll Challenge'.



The challenge is to simply design your favourite book character or book using a cardboard tube such as a toilet roll or kitchen roll.

Photos of your entry must be sent via Google Classroom by Monday 22nd February, teachers will then judge the entries and the winning ones will be sent to Babcock School Library Service to win a possible prize. Good luck everybody, I'm sure we will have some fantastic work to enjoy and will be a great challenge for the children.

Please see attached poster with further information.

When your head hits the pillow tonight, remind yourself that you've done a good job. You are headed down your path at your own pace, and with every obstacle you are trying your utmost best. Be patient with yourself, and remember that big things are achieved not all at once but one day at a time.

Nicole Addison



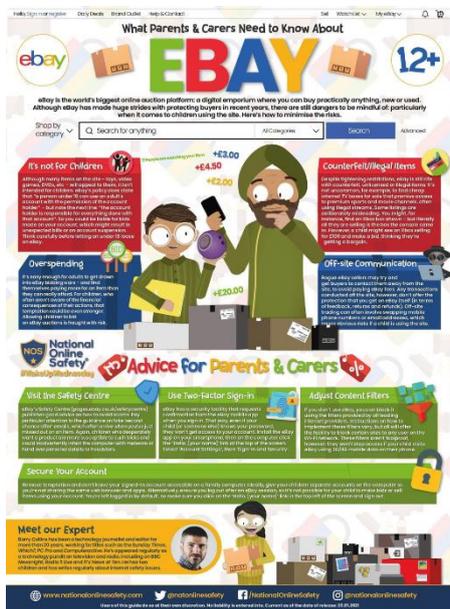
Have we realized it yet?
That nobody is missing the material things. We all miss the company of others, great conversations, and a hug... that's what life is all about.

JOSHUA BECKER

E-bay free online safety guide

Almost everyone uses eBay-so it must be 100% safe, right? Although eBay has made huge strides with protecting buyers in recent years, there are still dangers to be mindful of: particularly when it comes to children using the site. In the guide, you'll find tips on a number of potential risks such as off-site communication, age-inappropriate and illegal items. Parents can discover the pitfalls that can lurk among the bargains with a free online safety guide:

<https://hubs.ly/HOF6QDb0>

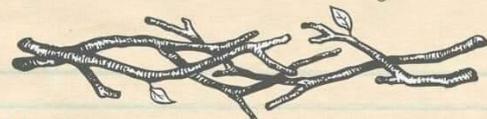


Reading challenge

Are you up for the challenge of reading 100 books? Book Track is a reading scheme for children aged 6 and over and will help develop both a confidence in and a love of reading. Sign up to the scheme with your local library using this form bit.ly/BookTrack, choose your level and off you go! Alternatively e-mail direct at ottery.library@librariesunlimited.org.uk. You'll collect badges and stickers along the way, and you can even ask for book recommendations from your library! Sign up now and start your reading adventure.



Gratitude Scavenger Hunt



1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.



PTFA NEWS

PTFA logo

Could your child design us a logo? We have launched a competition for a PTFA logo to be created, which shall be used on any official correspondence and social media. Not only will the winning child see their artwork in use, they will receive a £10 Amazon voucher, to be spent on something exciting such as books, or art supplies. Judging is due to be undertaken by an external judging panel, during the February half term. See attached poster for further details.

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.



Village quiz

Coming shortly!...Look no further for a FREE quiz to do whilst out on walks round West Hill Village. Not only is it free to have fun, if you send your question answers to the PTFA email address (PTFAWH@west-hill-primary-school.devon.sch.uk) you will have a chance to win a £30 Amazon voucher! Look out for details appearing on the **PTFA Facebook page** (give us a follow for regular PTFA updates).

Rocketfund update

Congratulations to Meg Vallender, who is the lucky winner of the Signed Exeter Chief's Shirt, following a donation to the Rocketfund project for Chromebooks. A massive thank you goes to everyone that supported this project. In total we raised an impressive £3,581.



Wellness Marathon

Coming shortly!... A sponsored event to keep your child/you fit during the month of March. Look out for more details soon!



WE ARE NOT IN THE SAME BOAT

I heard that we are all in the same boat,
But it's not like that.

We are in the same storm, but not in the same boat.
Your ship could be shipwrecked and mine might not be.
Or vice versa.

For some, quarantine is optimal.

A moment of reflection, of re-connection, easy in flip flops, with a cocktail or coffee.

For others, this is a desperate financial and family crisis.

For some that live alone they're facing endless loneliness

While for others it is peace, rest and time with their mother, father, sons and daughters.

Some were concerned about getting a certain egg for Easter while others were concerned if there would be enough bread, milk and eggs for the weekend.

Some want to go back to work because they don't qualify for unemployment and are running out of money.

Others want to scream at those who break the quarantine.

Some are home spending hours a day helping their child with online schooling while

others are spending hours a day to educate their children on top of a 12 hour workday.

Some have experienced the near death of the virus, some have already lost someone from it and some are not sure if their loved ones are going to make it.

Others don't believe this is a big deal.

Some have faith in God and expect miracles during this 2020. Others say the worst is yet to come.

So, friends, we are not in the same boat. We are going through a time when our perceptions and needs are completely different.

Each of us will emerge, in our own way, from this storm. It is very important to see beyond what is seen at first glance.

Not just looking, actually seeing.

We are all on different ships during this storm experiencing a very different journey.

Let everyone navigate their route with respect, empathy and responsibility

Anonymous



Please look after yourselves and remember to put the mental health of yourself and your family first.

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