



LOCKDOWN 3- NEWSLETTER 5

01404 812599 Friday 5th February 2021. Website www.west-hill-primary.devon.sch.uk

Dear Parents,

To mark the start of Children’s Mental Health Week (1-5th February) , The Duchess of Cambridge, Patron of Place2Be, has sent a message of support encouraging children and parents to find ways to share their thoughts and feelings, particularly during such a challenging time. During the video message, The Duchess highlights the crucial need for parents and carers to look after their own mental wellbeing, and the impact that this has on the children in their care.

In the message, The Duchess of Cambridge said:

“This is a hugely challenging time for us all so please look after yourself too. Find those ways in which to share your thoughts and your feelings or find someone to talk to because we really do need to be the very best versions of ourselves for the children in our care.”

<https://youtu.be/PEBURwEL9HM>

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If you notice your child is becoming withdrawn, that there’s been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they’re struggling.


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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.


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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.


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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.



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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.


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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.


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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.


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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.



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.

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.

Devon Libraries

Book Track is going digital!

The poster features a young girl with red hair and glasses sitting on the floor reading a book. Below the main text are four circular logos representing different library services.

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. 8th February 2021.

	Monday	Tuesday	Wednesday	Thursday	Friday
Activity idea 1 (Exercise to music) KS1 & KS2	Dance to School	Wake and Shake Dance Monkey	Zumba Kids 'Sangam Style'	Wake and Shake 'Dumplings'	Zumba Kids Dance Break
Activity idea 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	Com. Loss Workout	Y31 After School Sports club - Live 3pm	Alphabet Walk	Travel to Tokyo Kindness Activity Sheet	The Grateful Game
Activity idea 4 (Physical skills) KS1 & KS2	Top Ten	Target Practice	Tokyo 10 Be Boulder	Juggling	Travel to Tokyo Kendo
Activity idea 5 (Personal & Family Challenges) KS1 & KS2	Devon Cricket Board Monday Cricket Challenge	Trisha Devon Virtual Sports Games Golf Challenge	Travel to Tokyo Water Balloon video	337 After School Sports club - Live 3pm	Travel to Tokyo Kendo

Shout out to the KIDS.

Everyone is applauding everyone but our children. These little heroes have stayed indoors more than they've ever known in their lives. Their whole worlds have literally been turned upside down. All these rules they've never known. A life they couldn't have imagined. All the things they love like sports, being with friends, going to school, or just being kids have all been taken away from them. Adults talking about others becoming unwell, news reporting death after death. Our poor children's minds must be racing. Every day they get up and carry on despite all that's going on. So here's to our little heroes: today, tomorrow, forever.

February half-term

On 26th January, The Department for Education (DfE) confirmed 'Schools will close as usual over February half-term and are not expected to remain open to vulnerable children and the children of critical workers during that week.'

Support with Domestic Abuse

British pharmacies launched a code word during January 2021 to tackle a feared spike in domestic violence during lockdown, telling victims to "Ask for ANI" at the counter to secretly summon help. The scheme is backed by the Government and Safeguarding Minister Victoria Atkins.

"Ani", stands for 'Action Needed Immediately', by asking for ANI domestic abuse sufferers will be taken into a private room by trained pharmacy staff and offered support, where they can be put in touch with police, support services and helplines.

A video produced by the Home Office can be found via [this link](#).

For further support, see

www.gov.uk/domestic-abuse



Keep going.

No matter how stuck you feel.
No matter how bad things are right now.
No matter how many days you've spent crying.
No matter how hopeless and depressed you feel.
No matter how many days you've spent wishing things were different.

I promise you won't feel this way forever.
Keep going.

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

SATs and Y1 phonics screening update

In recognition of the challenges posed by the pandemic, the Department of Education have now cancelled both Key Stage 1 and Key Stage 2 SATs tests for 2021 (Y2 and Y6 pupils). The aim is that with the pressures of SATs lifted, primary schools will have some space to address the urgent issues of educational recovery.

Please note the Y1 phonics screening check for June 2021 is also cancelled.

Online safety

For advice and resources to support you as you support your child to use the internet safely, responsibly and positively and to help keep your child safe online see:

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

Keep up to date with the online world. CEOP, NSPCC, Barnardo's, and Children's Society websites have a lot of useful information about keeping children safe online.



JUST IN CASE NO ONE HAS
TOLD YOU TODAY...

1. YOU'RE DOING A GREAT JOB!
2. YOU CAN GET THROUGH THE DIFFICULT DAYS
3. YOU'RE NOT ALONE
4. THINGS WILL GET BETTER
5. YOUR BEST IS MORE THAN ENOUGH