



Welcome to 2021

I am so sad that we are back in Lockdown and that most children are having to learn at home remotely. I appreciate that this is a difficult time for everybody. We must all remember to take care of ourselves and each other. Whilst it is lovely if the children can carry on with their learning and use Padlet and other resources; we understand that this may not always be possible. The remote learning process can be a challenge for parents, children and staff and it is important to remember that this is no-one's ideal situation.

We are still receiving daily notifications of positive cases in the school community, which remind us that it is most important to stay safe and just do the best we can.

We know from experience that this is a supportive school community and this has been borne out by the kind messages and emails that we have received. Please note that Teachers are teaching children in the school all day so will not be able to respond to queries during school hours. If you have an urgent query, please contact the school office.

Let's all use this time wisely; support each other, spend time together, talk, smile and laugh when you can. Find a new hobby, learn a new skill, be creative.

Stay healthy, be safe, and **in a world where you can be anything - be kind.**

When this is all over, let's hope the world is a better place for us all.

Be Kind, Be Ready, Be Safe - This is the Heathwood Way.

Susanne Dove

Internet Safety



Is your child on Facebook, Twitter, Snapchat, You Tube? What are they looking at?
What are they commenting on? How do you know?

We know that many children are using social media when 'officially' they are too young to sign up to sites. Please keep in mind that if you sign your 8 year old up to Facebook saying they are 13, in 5 year's time they will appear as an 18 year old on this site. If an adult tries to groom them via social media they could argue that they thought they were talking to another adult.

It is therefore really important that we all understand the risks associated with being online and take some simple steps to help keep children safe:

Understand the types of social media available to children and young people including age restrictions - take a look at **Net Aware**, developed by the NSPCC and O2, which can help you explore the sites, apps and games that they use most.

Know what your child is doing online and talk to them about it - no matter how old they are it's important to have regular conversations about the types of sites they're accessing, what the dangers are and how they can stay safe. The NSPCC's Share Aware pages gives some good advice on how to start these conversations.

Set up and manage parental controls on all your family's devices - watch our videos on how you can quickly and easily do this on a PS4 and Xbox One. You can also call the free NSPCC and O2 Helpline on 0808 800 5002 to chat to an expert advisor.

Reassure your children that they can talk to you about anything that is worrying them - we can all do our best to keep children safe online but sometimes things can go wrong, so it's important that they know where to go should this happen. Encourage them to talk to you or alternatively contact Childline on 0800 1111 for free confidential advice and support.

Learning from home

Heathwood's main portal for learning at home is PADLET <https://padlet.com/jwright144/s21d3tyjtmmc6hdt>
Use this link to access topic work, links to daily spellings, maths etc...

Please do not feel you need to use, subscribe or pay for any home learning; please access the websites we currently provide as a school:

Maths - Maths lessons are available on the White Rose Maths website (this is the scheme of work we follow in school). www.whiterosemaths.com/homelearning

Flurrish and TTRockstars - keep practising your number bonds and times tables.
Here's a message from Mike at Flurrish..

Parents simply need to follow these steps:

1. Download the app from: http://www.flurrished.com/numberfy_v3.apk
2. Tap the file in your downloads to install it -you may be taken to the Security Settings screen: make sure to tick "Install from Unknown Sources"
3. Complete the installation
4. Start the app and enter the school's registration code

We are happy to support parents and they can email: support@flurrished.co.uk

Lexia - a great way to keep practising and learning through a range of activities to support spelling, reading and comprehension.

Please copy and paste the link below into your browser.

[lexiacore5.com/?SiteID=9493-6970-8885-9358](https://www.lexiacore5.com/?SiteID=9493-6970-8885-9358)

Purplemash - a wide range of activities to support all areas of the curriculum and topics.

<https://www.purplemash.com/heathwoodlower>

Education City

<http://www.educationcity.com/>

Staffing

Thank you for all your kind messages about our staff. We have had a number of poorly staff over the Christmas break, but they are all now recovered or recovering and we expect to have all staff back to school shortly.

We are thrilled to welcome Mr Ian Wilkins to our team as Class 3's teacher. A strange start for him but I hope that Class 3 are enjoying meeting him in Google Lessons.

School Admissions

Please note that the deadline for admissions to Middle School and Reception for September 2021 close on **Friday 15th January 2021**. Please ensure that you apply for a place as late applications may not guarantee your choice of place.

Our Value for January is

RESPECT

- A feeling of regard for the qualities and achievements of oneself and others
- A caring and appreciative attitude towards the world in general

In school we will begin by admiring and enjoying the wonderful learning environment that we are so fortunate to have. We will discuss the importance of respecting and caring for our school and everyone in it. Emphasis will be placed upon the need to think before we speak and treat others as we would wish to be treated. It all starts with self-respect so we will always try to build our pupils' self-esteem and encourage them to look after themselves by getting plenty of sleep, exercise and healthy food as well as taking care of their own property and respecting possessions belonging to others.

Quote for the month: "I speak to everyone in the same way, whether he is the garbage man or the president of the university." – [Albert Einstein](#)

At home you could remind each other of the need to show respect in order to live a calmer, happier life. It would be a good idea to make a family list of all people and things which should be cared for and respected every day, eg. each other, pets, toys, furniture, the garden etc.. Encourage the children to respect their own property by looking after it at home and at school (it helps if it's all named). Make sure that toys are put away, pets are fed and responsibilities undertaken willingly.



Values Stars are awarded to every child demonstrating the Value of the month - collect stars for your class to have the chance to be awarded The Good Conduct Cup!

WOW!



Let us know how your child has demonstrated this month's Value of

Respect at home by sending back this slip or sending the Office an email.



MENTAL HEALTH WELLNESS TIPS FOR LOCKDOWN

A bit lengthy I know, but worth the read....

1. Stick to a routine. Go to sleep and wake up at a reasonable time, have a plan that is varied and includes time for work as well as play.
2. Get washed and dressed, brush your teeth. It is amazing how our dress can impact our mood.
3. Get out at least once a day, for at least thirty minutes. It is amazing how much fresh air can do for spirits.
4. Find some time to move each day. There are many YouTube videos that offer free movement classes (Try PE with Joe Watts on Mondays, Wednesdays and Fridays starting from Monday) and if all else fails, turn on the music and have a dance party!
5. Reach out to others, try to do FaceTime, Skype, phone calls,—connect with other people to seek and provide support. Don't forget to do this for your children as well. Set up virtual playdates with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc—your kids miss their friends, too!
6. Stay hydrated and eat well. This one may seem obvious, but stress and eating often don't mix well, and we find ourselves over-indulging, forgetting to eat, and avoiding food. Drink plenty of water, eat some good and nutritious foods, and challenge yourself to learn how to cook something new!
7. Develop a self-care toolkit. This can look different for everyone. A lot of successful self-care strategies involve a sensory component (seven senses: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure). An idea for each: a soft blanket or stuffed animal, a hot chocolate, photos of holidays, comforting music, lavender or eucalyptus oil, a small swing or rocking chair. A journal, an inspirational book, or a Mindful colouring book is wonderful, bubbles to blow. Frozen Starburst or ice lollies are also good for anxiety regulation. For children, it is great to help them create a self-regulation comfort box (eg. a shoe-box they can decorate) that they can use on the ready for first-aid when overwhelmed.
8. Spend extra time playing with children. Children will rarely communicate how they are feeling, but will often communicate through play. Don't be surprised to see therapeutic themes of illness, doctor visits, and isolation play. Understand that play is cathartic and helpful for children—it is how they process their world and problem solve, and there's a lot they are seeing and experiencing in the now.
9. Be TOLERANT—Give everyone the benefit of the doubt, and a wide berth. A lot of cooped up time can bring out the worst in everyone. Each person will have moments when they will not be at their best, don't hold grudges or continue disagreements. Everyone is doing the best they can to make it through this.
10. Everyone find their own retreat space. For children, help them identify a place where they can go to retreat when stressed. You can make this place cosy by using blankets, pillows, cushions, beanbags, tents, etc. It is good to know that even when we are on top of each other, we have our own special place to go to be alone.
11. Expect behavioural issues in children, and respond gently. We are all struggling with disruption in routine, none more than children, who rely on routines constructed by others to make them feel safe and to know what comes next. Expect increased anxiety, worries and fears, nightmares, difficulty separating or sleeping, testing limits, and meltdowns. Do not introduce major behavioural plans or consequences at this time.
12. Limit social media and COVID conversation, especially around children. One can find tons of information on COVID-19 to consume, and it changes minute to minute. The information is often sensationalised, negatively skewed, and alarmist. Keep news and alarming conversations out of earshot from children—they see and hear everything, and can become very frightened by what they hear.
13. Notice the good in the world. Focus on stories of people sacrificing, donating, and supporting one another in miraculous ways. It is important to counter-balance the heavy information with the hopeful information.

14. Find ways, big and small, to help others. Check in with elderly neighbours or those with small children.
15. Find something you can control. In moments of big uncertainty, control your little corner of the world. Tidy your bookshelf, pair your socks, group your toys. It helps to ground us when the bigger things are chaotic.
16. Find a long-term project or new hobby to dive into. Now is the time to learn to bake cakes, learn your times tables (yes, all of them!), play a board game, put together a huge jigsaw puzzle, paint a picture, read the Harry Potter series, crochet a blanket, write a poem, rap or song...
17. Engage in repetitive movements and left-right movements. Research has shown that repetitive movement (knitting, colouring, painting, skipping etc) especially left-right movement (running, drumming, skating, hopping) can be effective at self-soothing and maintaining self-regulation in moments of distress.
18. Find lightness and humour in each day. There is a lot to be worried about, and with good reason. Counterbalance this heaviness with something funny each day.

Remind yourself daily that this is temporary. It seems in the midst of this isolation that it will never end. Please take time to remind yourself that although this is very scary and difficult, and will go on for an undetermined amount of time, it is a season of life and it will pass. We will return to feeling free, safe, busy, and connected again.