

ISLEHAM WEEKLY NEWS

Week commencing: Monday 1st February 2021



PROLONGED REMOTE LEARNING UNTIL 8TH MARCH 2021

You will no doubt have been following the recent government announcements made about the extension after half term of school closures to all except vulnerable children and those whose parents are critical workers, until most likely the 8th March 2021 at the earliest; this is due to ongoing concern about national Covid-19 rates of transmission.

We appreciate that this means an unwanted extension to the remote learning period for most children but would like to continue to thank you for your ongoing support of the school, and of your children in these difficult times. Almost all of our children have been able to continue their learning successfully at home and school as a result of all your hard work.

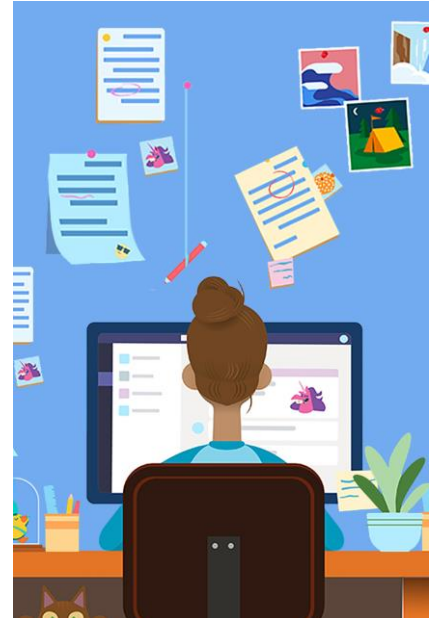
We have received some enquiries about school provision for critical worker children after half term and need to ascertain demand in order to ensure we can safely provide for all children who need to be in school.

Please can I therefore ask ALL critical worker families who may require school provision for their children after half term (before the school re-opens to all pupils) to complete the survey linked here before Friday 5th February 2021. This includes those who are already attending school.

<https://www.surveymonkey.co.uk/r/BHMOV3QL> QR code here



Please note that we must reinforce the advice that children should only be registered to attend school rather than carry out remote learning at home, if they can NOT be safely provided for at home. Whilst it is not ideal, if your child can be safely provided for with a parent or carer at home on some or all days, he or she should be kept at home to do their best with the remote tasks being set. We can provide access to technology for any children who do not have access.



It is essential that groups of children attending school are kept as small as possible so that schools can also play their part in helping to reduce the transmission rate of Coronavirus in our area.

Thank you in advance,
Mrs Skillern

CHILDREN'S MENTAL HEALTH WEEK 1st-7th FEBRUARY 2021

One of the things that many children and parents have mentioned during the latest lockdown is the fast pace of online learning tasks and how busy they are trying to cover the full curriculum across the week. Therefore, this week we are suggesting a Wednesday afternoon 'stop and reflect' afternoon whereby children and parents can focus on



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their wellbeing and fun. Please find on page 3 some ideas for talking and thinking about mental health and wellbeing with your child. We will also post these on the ClassDojo school story page.

With Wednesday afternoon set aside for you to spend time away from your screens and remote learning tasks, please enjoy yourself and have fun... Some additional simple ideas are also included below of worthwhile activities you may like to try- remember to share any photos on Thursday with your teacher if you get chance!

- Lego challenge

Can you create your dream house out of Lego?

Who in your house can build the tallest Lego tower?

- Track your emotions

Draw an emoji each day to show how you are feeling.

Make a playdough emoji each day and collect them in a jar of feelings!

- Colouring in

- Go for walks/bike rides

- Try a new hobby!

- Design and make a board game

- Scavenger hunt

Go on a scavenger hunt around your home, finding different things that represent you and your family.

- Fitness challenge

Challenge someone in your house or someone else you can contact to a fitness battle. See who can do the most sit ups or push ups in one minute, or come up with your own ideas.

- Calm corner

Create a calm, comfortable corner someone in your home. Spend some time there when you need to relax.

- MasterChef!

With an adult, can you create a masterpiece in the kitchen for the family to share and enjoy?

ZOOM CLASS CATCH-UPS FOR CHILDREN













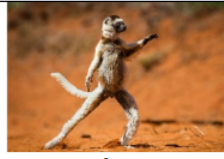





Children have also suggested that they miss seeing their friends. Therefore, this week, we are setting up some ZOOM calls for the children who are not able to currently attend school to log into, for a quick catch-up with friends and teachers. **Your child's class teachers will share the log-in codes for your child's class.**













We have scheduled the Zoom calls at the following times:

Reception children:-	12pm Tuesday 2nd February
Year 1 children:-	10.30am Thursday 4th February
Year 2 children:-	10am Monday 1st February
Year 3 children:-	11am Thursday 4th February
Year 4 children:-	12pm Wednesday 3rd February
Year 5 children:-	11am Wednesday 3rd February
Year 6 children:-	10am Tuesday 2nd February

Please note that at this stage the Zoom calls are for those currently learning at home throughout the week, as children attending school do have some opportunities to link in with staff and some of their peers when they are in school.



Talk!	Get Thinking!	Create!	Move and Listen!	Write!
Share some happiness!  Find a time to turn off all devices and talk. Share the best bits of your day or your favourite memories.	What things make you feel happy? Sad?     Angry?     Excited? How do you show these different emotions? Track your emotions by creating: Create a book of faces of how you may be feeling – happy, sad, excited.	Dress to Express Day! Create something to wear on 'Dress to Express' day this Friday. You could decorate something you already own or make a hat or accessory to express yourself. Use your favourite colours, patterns and shapes! 	 Put on your favourite music and dance around the room! How does it make you feel? What sort of movements do you enjoy making?	Write! Start writing a diary to express yourself. A diary is a safe place to keep your thoughts. It's okay to write both positive and negative things in a diary – it's totally up to you!
What's on your mind?  Talk about the things that are worrying you or you feel unsure about. It can really help to talk things through!	How do you let off steam? Think about what you do when you are feeling sad or angry. What helps you to feel better? What other ideas could you try? Remember this advice for when a friend might need it!	Take your pen or pencil for a walk around the page without taking it off. What shapes can you see? What could your lines represent? 	Sing along to a song you like. What do the lyrics mean to you? How do you feel when you sing them? 	How many emotions? Write down all the emotions you have felt today! Some days, you may feel lots of emotions but other days, maybe just one or two. Choose a different colour to express each one and decorate them.
Catch up with a friend you haven't spoken to for a while. This could be someone from school who you cannot see at the moment. Check in and see how they are. Let them know how you are feeling too.	A-Z Emotions How many different emotions can you think of? Can you name an emotion for each letter of the alphabet? 	Splash some paint in the colours that show your emotions! (Make sure you check with an adult and use an apron/table covering.) 	Happiness Playlist Create a playlist of songs that make you feel good! Share it with friends and family so they can use it too. Which songs have you included and why? How do they make you feel?	Write a letter to yourself about how you are feeling and why! <i>A letter about how I'm feeling</i> Date: _____ I'm feeling _____ I'm feeling _____ I'm feeling _____ I'm feeling _____

Check-In Let people around you know how you are coping with lockdown. What is difficult about being in lockdown? Are there any silver linings that you are enjoying? Send a letter to someone you miss! 	 What are your proudest achievements and how did they make you feel? Try to think of a small goal to work towards each day so you can feel that same sense of achievement.	Happy Box! Make yourself a box of all the things that make you feel happy and safe. You could use an old shoe box and decorate it. You can look at this when you are feeling scared or worried. 	Be a Dance Teacher! Plan a dance routine to a song you love and try to teach it to someone else. This could be someone in your house or even someone you can contact on Zoom.	The Story of You! Write a story with you as the main character. You can be anything you want to be – a superhero, a spy, or simply your amazing self! Where will you go? What will you see? 
Talking Mental Health What does mental health mean to you? Talk to someone at home about what good mental health looks like and what you can do if you have any mental health worries.	How will you be kind today? Acts of kindness always are always a great idea for our own and others' mental health. Try to think of at least 5 kind acts to do! 	Nature Art Whilst out on a walk, collect some items along the way that interest you. Take them home to create a piece of natural artwork. 	 Find something energetic to do for at least 30 minutes. Try to make sure that you increase your heart rate. You could try running, practising some sporting skills, trampolining or testing your fitness.	Write a poem to express your feelings. It could be about an experience and how you felt, about a particular emotion or about all the different feelings you have at different times.
Talk to someone about what it means to be a good listener. You could create a poster with some top tips! 	What do you see? Look at yourself in a mirror. What do you see? Study your reflection and think about how you express yourself to others every day. What changes do you notice on your face when you smile or frown? 	The Island of You! Design an island all about you, full of your favourite things and favourite people. Build a model of your island using whatever you can find – recycling, Lego etc. 	 Create your own song, rap or tune to show how you are feeling! You can use your voice, an instrument, or even a household object to create interesting sounds to use in your piece of music.	Who are you? Draw your thumbprint in as much detail as you can. Write about yourself between the lines to express who you are... I am creative, I am a kind... Use your favourite colours! 



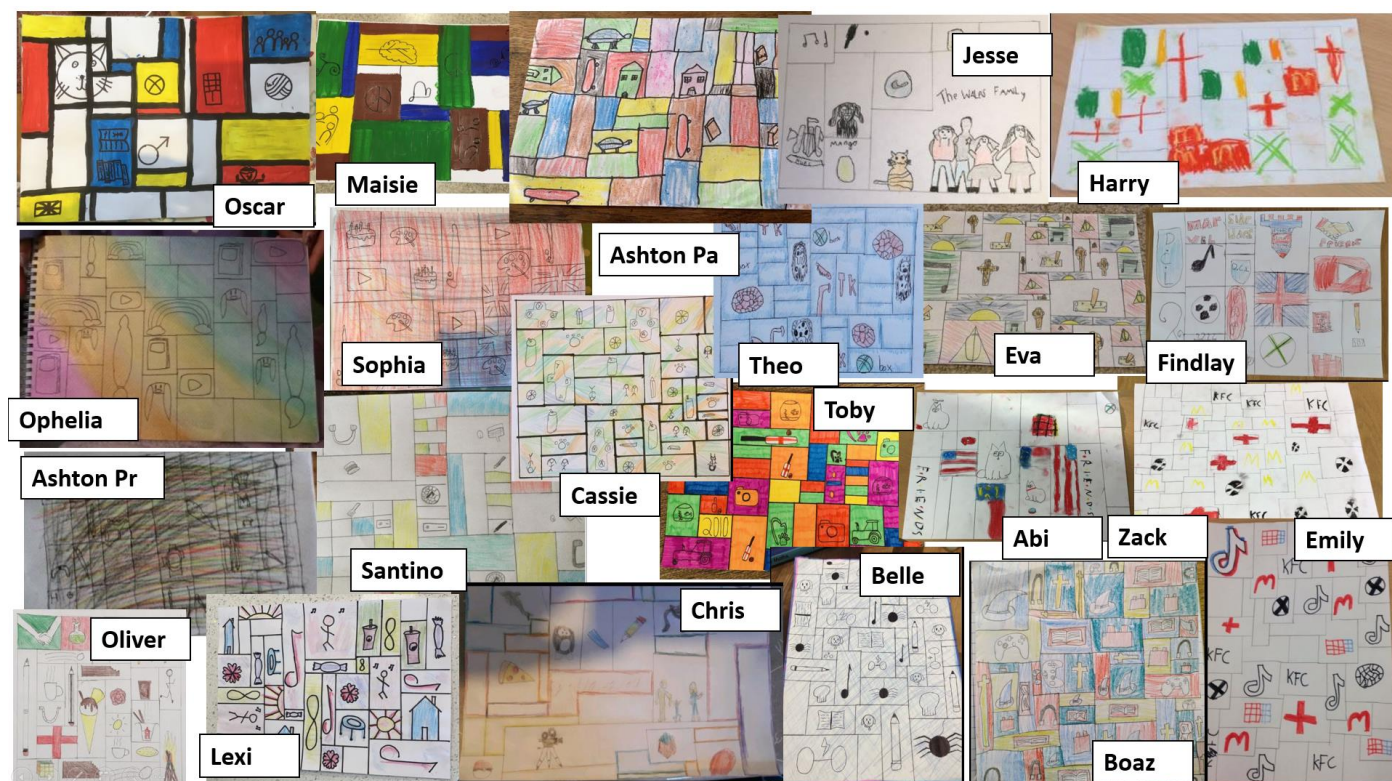
YEAR 2's AFRICAN CRAFT WORK LINKED TO THEIR GEOGRAPHY TOPIC

Over the past few weeks, Year 2 have been busy learning about the continent of Africa. They have found Africa on a world map, learnt about the 'Big Five' animals and have found similarities and differences between how some people in rural Africa live and how we live in England. They also have tried African dancing and enjoyed making some traditional weavings, Ndebele huts and Maasai necklaces. Take a look at their creations!



YEAR 6 HAVE BEEN BUSY

This fantastic artwork by Year 6 is in the style of Jaoquin Torres Garcia. The children are looking at South American artists at present. The pupils chose symbols that meant something to them to create their designs. Well done Year 6.



LOCAL WINDOW COMMUNITY PROJECT

We hope some of you were able to join the RSPB Big Garden Birdwatch last week. We noticed lots of different birds around the school and in your windows around the village. Thank you to our former Chair of Governors Mr Malkin for providing us with a guide for spotting birds in our school garden. You can download or view a simple bird identification guide online too:- <https://www.birdspot.co.uk/bird-identification>

This week the theme for decorating windows in 'Story Characters'.



Brighten the winter with some colourful window pictures so we can play eye-spy over the next few weeks!

W/c 1st Feb – Story Characters
30th Jan-6th Feb 2021 – National Storytelling Week

W/c 8th Feb – Dragons & Lanterns
12th Feb 2021 – Chinese New Year

W/c 15th Feb – Superheroes
Like all the home schooling parents that got to half-term!



ASSEMBLIES THIS WEEK

This week we have some exciting assembly options:-

Monday's assembly is based on children's mental health week, and has some famous special guests will be making an appearance.

Tuesday's assembly is our first live assembly via Zoom- we will be welcoming local runner and fundraiser Ben Blowes to our Zoom assembly. Ben is a Guinness World Record holder and will be telling us how he ran 31 marathons (26 miles each) in 31 days in December to raise money for charity!

To log into our assembly, please use the code provided via school email and ClassDojo.

Children will be 'muted' on arrival- please encourage your child to stay on mute unless they are invited to speak- if they have a question they would like to ask Ben at the end of the assembly though, please type this into the chat box, and we will invite and unmute as many children as possible to ask their questions directly to Ben. We look forward to seeing you all again and meeting Ben on Tuesday.



Rev'd Sue will be presenting our Wednesday assembly this week.

Our picture news assembly on Thursday is based on the picture below.



A team of climbers from Nepal have become the first ever to summit the world's second highest mountain, K2, in winter. The 10 climbers reached the summit of Pakistan's K2, more than 20 years after the first winter attempt to reach the 8611m summit. K2 is considered incredibly difficult to climb due to the high winds and sub-zero temperatures.

Things to talk about at home...

Think of a time when you completed a challenge or finished something you found difficult.

What was it? Talk about how you

felt before, during and after. Are you glad you did it?

How do you think the climbers felt when they reached the summit? Why do you think they wanted to take part in the challenge?

Friday's assembly will be about plastic waste reduction!



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SCHOOL MENU THIS WEEK

This week, we will be offering the following food options:-

Monday	-	Pizza
Tuesday	-	Sausage under wraps
Wednesday	-	Beef or Vegetable Pasta bolognese
Thursday	-	Beef or Vegetable burger
Friday	-	Fish fingers/fishless fingers & chips



TERM DATES- SPRING 2021- THIS ACADEMIC YEAR

Monday 4th January to Friday 26th March

Half term- week of the 15th February

Professional Development day for staff- school closed to pupils- 22nd February

Please note that in light of the ongoing lockdown, we have removed the proposed dates for telephone parent consultations directly after half term as teachers are in regular dialogue with children and parents via ClassDojo, and will make telephone calls when needed throughout the lockdown. Please get in touch with the school if you would like to book a conversation with your child's class teacher.

Feedback reports

A pupil report for each child will however be prepared and shared with parents this term, feeding back data from assessments at the end of the autumn term and priority targets for learning this term.



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