

Ellwood School News

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All Newsletters are also available
on our website.



Autumn Term



Dear Parents and Carers,

Can you believe we have already completed our first full week back! It has been great to have everyone back in school and hearing the children laughing and playing. Our new routines and procedures have become second nature to the children and they have all settled in brilliantly and have adapted without any problems.

Our new reception children will be joining us for some sessions this week, so that will be lovely to be able to welcome them in to school. They will start full time on the 28th September.

We are very aware that the majority of our communications with home recently have been Covid-19 related, clearly this is essential in the current times, however this is not simply what school is about. The children have had great fun and have been learning lots of new things. They have been learning all about resilience and about germs and how to keep safe, along with their normal lessons. It really has been a learning packed week with everybody engaged and motivated in class. The children have been amazing and we are so impressed by how they have returned to school.

We have also started the term by looking at the 5 ways to wellbeing and we will continue to think about this as we move through the year. Miss Chisman will be sending more information about this next week. Wellbeing and mental health is a big focus for us in school, particularly this term. Attached to this newsletter is a calendar with suggestions for 'Self Help September'. This might give you some ideas to share or try at home. We are so proud of how well our children have adapted to our new routines so thank you for supporting them and us at the beginning of the new term.

We are pleased that we have had no positive Covid - 19 test results from within our school community and hope this continues to be the case.

Enjoy the week ahead.

Reminders -

Drop off/Pick up - From today, Beech and Sycamore class are to enter through the front gate as normal and stand on the marked areas on the front playground. We will trial this to see if it eases congestion to the front of the school.

Reading bands/ reading rewards - We are starting our regular reader weekly challenge again. The children are required to read 4 times a week. The reads will be counted on a Thursday and they will be added up each week. If the children read 60 times they will receive a bronze wrist band, 90 reads they will receive a silver band and 120 reads they will receive a gold band. Each time the children are awarded a band, they will be given a book as a gift. Please help encourage your children to do this and remember to write in their reading diary when they have read. Thanks!

Secondary school viewings - Please can all current Year 6 parents bare in mind, that secondary schools are unlikely to be able to offer on-site tours/open evenings/open days.

Symptoms reminders - Please don't send your child to school if they are showing symptoms of Covid-19. Please phone 111 or 119 and book a test. As a reminder the symptoms to look out for are; A high temperature, a new continuous cough, or a loss/change to your sense of smell/taste.



Masks - Please remember that parents/carers are able to wear a mask for drop off and pick up if you feel you would like too.

Forgotten items - If children forget things in the mornings, please don't worry about dropping anything off unless it is a lunch box. We can provide them water and anything else they need.

Free school meals - If you think you may be eligible to claim free school meals for your child, then please follow the following link to check and apply. <https://www.gov.uk/apply-free-school-meals>

Cool Milk - If you would like your child to have milk at school, please register them at the following link <https://www.coolmilk.com/parents/>

PE/Forest Adventures Timetable

Autumn Term 1				
Please send your child into school wearing the appropriate clothing for either PE or Forest Adventures.				
				
Monday	Oak class: PE kit	Sycamore class: PE kit		
Tuesday	Beech class: PE kit	Willow class: PE kit		
Wednesday	Chestnut: PE kit	Sycamore class: Forest Adventures		
Thursday	Beech class: Forest adventures			
Friday	Oak class: Forest Adventures			
Oak	Chestnut	Beech	Sycamore	Willow

Timetables and procedures in school seem to be working well so we are pleased about this. Other schools seem to be having some real logistical difficulties, but we are pleased that things are running smoothly and pupils, parents and staff have been amazing at implementing and adapting to all the changes. A big thank you to everyone!

Tutors and Safeguarding -

As you know we are working hard in school to build on any missed learning and we are confident we can minimise the impact of school closures by all working together. We have assessed the children and are planning their next steps of learning. We are not suggesting a tutor is necessary but it is important we safeguard everyone in our setting.

We wanted to let you know that if you are using a tutor or are thinking about a tutor for your child outside of school, we wanted to make you aware of this document which outlines the steps that tutors should put in place to safeguard your child and the tutor.

<https://learning.nspcc.org.uk/safeguarding-child-protection/tutors#legislation-and-guidance>

The tutor should also have a robust risk assessments in place to avoid and limit any virus transmission.

Phonics -

As you may already be aware at Ellwood Community Primary School, we use a phonics programme called 'Letters and Sounds' to teach our children to become fluent readers.

We wanted to make you aware that 'Letters and Sounds' have a YouTube channel containing lots of useful videos linked to the phonics teaching that children will be receiving in school.

These videos offer advice for parents in relation to phonics and also teach and revise key phonics skills for children.

Please follow the link to access this helpful resource: https://www.youtube.com/channel/UCP_FbjYUP_UtIdV2K_-niWw



ACTION CALENDAR: SELF-CARE SEPTEMBER 2020



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Remember that self-care is not selfish. It's essential

2 Be willing to share how you feel and ask for help when needed

3 Free up time in your diary by cancelling any unnecessary plans

4 Forgive yourself when things go wrong. We all make mistakes

5 Plan a fun or relaxing activity this weekend and make time for it

6 Focus on the basics: eat well, exercise and go to bed on time

7 Remember it's ok not to be ok. We all have difficult days

8 Notice the things you do well today, however small

9 Avoid saying 'I ought to' or 'I should' to yourself

10 Give yourself permission to say No to requests from others

11 Aim to be good enough, rather than perfect

12 Let go of being busy. Allow yourself to take some breaks today

13 Make time today to do something you really enjoy

14 Talk kindly to yourself like you would to someone you love

15 Find a caring, calming phrase to say to yourself when feeling low

16 Notice what you are feeling today, without any judgment

17 Leave positive messages for yourself to see regularly

18 Don't compare how you feel inside to how others appear outside

19 Get active outside and give your mind & body a natural boost

20 No plans day - make time to slow down and be kind to yourself

21 Remind yourself that you are loved and worthy of love

22 Look at photos from a time with happy memories

23 Let go of other people's expectations of you today

24 Ask a trusted friend to tell you what they like about you

25 Release yourself from inner demands and self-criticism

26 Find a new way to use one of your strengths or talents today

27 Take your time. Make space to just breathe and be still

28 Accept your mistakes as a way of helping you make progress

29 Write down three things you appreciate about yourself today

30 You matter. Remember that you are enough, just as you are



Self-care is not selfish. You can't pour from an empty cup



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/self-care-september

Keep Calm · Stay Wise · Be Kind

Department for Education coronavirus (COVID-19) helpline

The Department for Education coronavirus (COVID-19) helpline is available to answer questions about coronavirus (COVID-19) relating to education and children's social care. Staff, parents and young people can contact this helpline by calling:

Phone: 0800 046 8687

Opening hours:

Monday to Friday from 8am to 6pm