

Friday, 20th November 2020

Dear Parents and Carers

Covid-19 Update

While there has been some encouraging news in the last week or so regarding Covid-19 vaccines, the current [national restrictions](#) remain very much in place and we continue to do our utmost in school to ensure that the children and staff are as safe as possible. This has been a challenging task for all of us and there is certainly no let-up in school. Sadly, we have received reports of some families spending time with other households; this appears to include people from different homes meeting indoors, attending children's parties and participating in sleepovers. Current guidance states clearly that we should all 'avoid meeting people you do not live with'.

While this is not something staff in school can be expected to 'police', it is disheartening to hear that the current rules are not being adhered to by all our families. We know that primary aged children are not anywhere near as 'at risk' as those in other age groups, however this does not mean that they are immune from infection. Furthermore, it is widely accepted that they may be 'super spreaders' so it is vital that they do not mix with other children from different households.

We have been fortunate so far that our three bubbles have remained open since we returned in September, but we must not be complacent. Those who contract the virus may become very poorly; this includes our staff, others parents/carers and grandparents. With this in mind, I would urge you all to do everything you can to help reduce the risk of spreading the virus by observing the government guidelines set out below with regard to meeting up with others:

'From 5 November, you must not meet socially indoors with family or friends unless they are part of your household, meaning the people you live with, or your support bubble. This includes anyone you are in an established relationship with but do not live with - unless they are in your support bubble.'

The full guidance, entitled 'New National Restrictions from 5 November', can be found by clicking [here](#).

Personal Development Goals



This week's personal development strength is **kindness**. We have been teaching the children the importance of being kind to ourselves, showing genuine care for others, minimising judgement and making a habit of being kind. Please acknowledge and praise your child's kind deeds at home. I would love to hear about these so I can share them in collective worship; do drop me a line or stop by for a quick chat on your way in and out of school to tell me about the wonderful things that are happening at home. Well done to the following children who have demonstrated their kindness this week:



STARS OF THE WEEK



Reception	Thomas W: for showing kindness to all his friends and the staff in Class 1 ☺
Year 1	Stanley: for being a good friend and always thinking of others ☺
Year 2	Jessica: for being a kind and caring member of Class 2 ☺
Year 3	Amber: for being a good friend and helping others ☺
Year 4	Charlie: for being a good role model and showing kindness to others ☺
Year 5	Collina: for being kind and helpful ☺
Year 6	Jessica: for being kind to everyone ☺

Anti-Bullying Week

It was lovely to see so many children and staff wearing their odd socks on Monday to mark the start of Anti-Bullying Week. Don't forget to have a look at our anti-bullying policies on the school website; we have a [standard version for parents/carers](#) and a [child-friendly version](#) which the children contributed to. Throughout the week, we have been learning about the value of equality, the importance of self-expression and the need to celebrate everyone's individuality and uniqueness.








READING CHAMPIONS



Class 1	Class 2	Class 3	Class 4
Clara	Millie	Amelia	Freya

Health and Wellbeing Week

Now seems the perfect time to focus our attention on the children's mental health and physical wellbeing. With this in mind, we are running a 'Health and Wellbeing Week' starting on Monday. Each day, there will be a separate focus area and these are set out below. Your child will come home each day with a small follow up activity and it would be great if you could complete these together.

Monday 23/11	Tuesday 24/11	Wednesday 25/11	Thursday 26/11	Friday 27/11
<p>Physical activity*</p> <p>The children will learn about the benefits of exercise and make links to mental health. They will walk, jog or run a mile in the school grounds.</p> <p><small>*All children can wear their PE kits for the day.</small></p> 	<p>Personal hygiene</p> <p>The children will review handwashing techniques and explore the importance of self-care and keeping their bodies clean.</p> 	<p>Healthy eating</p> <p>The children will learn about the elements of a healthy meal, the impact on their bodies and how to keep their teeth clean.</p> 	<p>Rest & relaxation</p> <p>The children will learn about 'switching off', the impact of recovery/sleep, bedtime routines and reducing screen time.</p> 	<p>Kindness</p> <p>The children will learn how to be kind to themselves and others, alongside the school's Christian values.</p> 

Have a good weekend and stay safe. Thanks for your continued support.

Yours sincerely

Richard Harley

Mr R Harley

Headteacher