

STAPLEHURST SCHOOL

NEWSLETTER

Dear Parents & Carers,

This week we have been supporting children's mental health week: all year groups have been participating and practising strategies to support good well-being at home and in school. It has been wonderful to see examples from children and adults across our school, and I am sure we would all agree the importance of teaching our children these vital life skills.

Unbelievably, next week is the last week of this term. Please remember that Friday 12th February is an INSET day. Staff will be using this time to plan a knowledge rich remote curriculum ready for our return after half term.

RE-opening: last week we were informed of the potential re opening on March 8th, but as you know nothing is certain. Please watch this space and we will update you as soon as we know more. In the meantime, we will remain open to vulnerable children and the children of critical workers after February half-term. All other pupils will continue to receive high quality remote education at home.

Have a restful weekend.

Kind regards,

Miss Davenport and the Senior Leadership Team

Weather Warning:

Snow is predicted this weekend; the Senior Leadership Team will inform you as soon as possible (via text and Parentmail) should the school need to close to all children on Monday. Children have been reminded of their Purple Mash log ins to enable them to access remote learning.

Additional Info/Key Dates

~ **Reading book collection times:** Fridays between 10:00 – 11:00 AM only

~ **Homework pack collection times next week:** Thursday, between 10:00 – 10:30 only

HALF TERM

~ The Local Authority has advised that school will be closed for all children during the half term break.

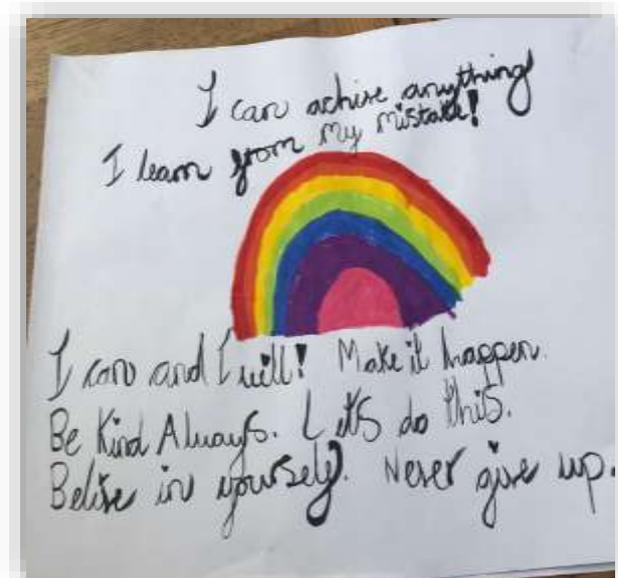
~ **Half term starts:** Thursday, Feb. 11 (end of school day)

~ **NO SCHOOL:** Friday, Feb 12 (INSET Day)

~ **School Reopens:** Monday, Feb. 22

MENTAL HEALTH AND WELLBEING WEEK

Year 4 have been working hard over mental health week, promoting wellbeing and resilience, talking about their feelings, and expressing themselves!



WELCOMING OUR EMOTIONAL WELLBEING PRACTITIONER TO STAPLEHURST SCHOOL

What do Emotional Wellbeing Practitioners do?

Emotional Wellbeing Practitioners (EWPs) aim to improve access to mental health support for children, young people and their families. Using evidence-based principles, we provide low intensity interventions for young people experiencing common emotional wellbeing difficulties such as, low mood, anxiety and behavioural difficulties. EWPs also provide one-to-one support, run groups and workshops in educational settings for children and young people as well as parents and school staff. Most importantly, we will work together with Staplehurst School to support children, young people and their families. We also work with school staff to help improve wellbeing across the school as a whole.

Who is the EWP in Staplehurst School?

Hi, my name is Karen. I have worked with children and young people in both secondary and primary schools

for over 14 years. I particularly enjoyed teaching PSHE, RE and Citizenship. While working, I completed a degree in Childhood Studies at Canterbury Christchurch University. My hobbies are Musical Theatre and dance. I became an Emotional Wellbeing Practitioner because I believe that looking after our emotional and mental health it is equally as important as looking after our physical health. I look forward to working with the staff, parents and children of Staplehurst Primary School.



Year 5 have proved that they are a creative bunch, expressing themselves with some lovely art activities during wellbeing week. Here are a selection of their creations from home and from school.



As part of Wellbeing Week, Year 1 have been getting creative by drawing sea creatures. They have followed instructions carefully to draw in detail and have used different media for their underwater creations.



This week during Wellbeing week the Year 3 children created shadow tubes which links to our current science topic of light! The children created some fantastic shadow tubes and used various materials and objects to create their patterns.



EYFS have enjoyed expressing themselves throughout children's mental health week.



Year 4 work during Mental Health Week



During wellbeing week the Year 3/4 children were extremely busy finding different ways to 'Express Themselves'. They got creative and painted, they were musical and practised body percussion, they even used their origami skills to make paper fortune tellers and practised the 5 finger breathing exercise each day.



MENTAL HEALTH AND WELLBEING

Children's Mental Health Week – 1-7 February 2021 - EXPRESS YOURSELF!

The theme for Children's Mental Health Week this year is 'Express yourself'. It's all about being creative and expressing your own thoughts, feelings and ideas.

Watch this short introduction video to learn more: <https://youtu.be/e8d-Ae1XTf0>



Our children have been following this theme all week – please see below for some ideas they have used:

EXPRESS YOURSELF – activity ideas

Art Drawing Challenge:

- Draw all 30 images on the list. Each one must only be 5cm x 5cm
- You can use any materials you like to draw the images with, for example - pen, pencil, collage, paint, digital etc.
- You can present them all on one sheet of A3 or several smaller sheets of A4 or A5.

Try to be as detailed and accurate as you can. You must complete all 30 drawings and remember that they have to all be 5cm x 5cm.

If you can, take photos of your drawings and share them with your teacher.

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MUSIC – Learn the words to a new song and sing to a family member.

<https://www.bbc.co.uk/cbeebies/watch/go-jettlers-theme> - for younger children

Gareth Malone's 'Children in need' song:

<https://www.youtube.com/watch?v=2ghSc6KDD0> – All Star video

<https://www.youtube.com/watch?v=Xc-Mhx4JCis> – backing track with words

DANCE – Learn a new dance with using the CBBC link below:

<https://www.bbc.co.uk/cbbc/curations/the-next-step-dances>

ART – Complete a simple art activity using the links below:

Rob Biddulph – draw with Rob

<http://www.robbiddulph.com/draw-with-rob>

Easy Origami Dog

<https://www.youtube.com/watch?v=dD4Gv3s3QH8>

One minute squiggle game

<https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be>

PERFORMANCE POETRY: write a poem of your own and perform for your family, or learn and perform one of the poems in the last link below:

Michael Rosen – how to perform poetry

<https://www.puffinschools.co.uk/resources/ks2-video-how-to-perform-poems-with-michael-rosen-6-mins/>

Expressing emotion through poetry

<https://www.bbc.co.uk/teach/class-clips-video/english-ks1-ks2-understanding-poetry/zf8m382>

Performance poetry – poems to use

<https://performapoem.lgfl.org.uk/library.aspx>

WRITING – write a letter or draw a picture to send in the post to a loved one. You could tell them all about Mental Health Week and all the ways you have been creative and expressed yourself!

A bonus activity to discuss with your family! Take a look at the link to the Wellbeing calendar below. Maybe you could try to follow these simple ideas each day or create a calendar of your own to use with your family?

Wellbeing calendar

<https://youngminds.org.uk/media/3750/wellbeing-activity-calendar.pdf>



We have also asked the children to use the **Five Finger Breathing** exercise this week to support their wellbeing. It's a good exercise to support feeling calmer.

Here is a link to show you how to do it:

<https://www.youtube.com/watch?v=HQVZgpyVQ78>

Finally, we have also launched a new **Mental Health and Wellbeing** page on our website (under School Info). It has a number of links that could be helpful if your children are suffering with anxiety. In addition, there is information about possible referrals, charities and websites for further support.

At Staplehurst, we know that it is vital to focus upon the wellbeing of our children, as we understand that in order to be able to learn, the children first need to be **ready** to learn. Good wellbeing is at the heart of our classrooms. The children know that they can always find a trusted adult in school to share their worries. In addition, we complete wellbeing assessments for our children and respond to identified needs eg through our PHSE curriculum, guided meditation, Daily Mile exercise routine and allocating safe spaces for children to reflect. The Inclusion Team support parents and children through in school support and also through referrals to outside agencies such as our Fegans Counselling service.

As always, although our school is closed to most children, we are here to support you. Please contact your class teacher via the year group email should you have any questions about mental health and wellbeing, and they will refer to the Inclusion Team (Mrs French and Mrs Sullivan) where appropriate. Alternatively, you can leave a message at the school office.

PRIDE BUBBLES CERTIFICATE WINNERS

EYFS	This week we have chosen Lottie Ashby-White for independently walking into school with a positive attitude every day this week.
1 & 2	Ava Thorpe - For being such a positive and enthusiastic learner. Ava works so hard and is always eager to learn more. She goes above and beyond in all that she does. Well done Ava!
3&4	Katie is showing us an increased determination in her work. She is working more independently and her handwriting is beautiful
5&6	Our certificate goes to Elsa Hart, for always being kind and considerate to the others, and working hard in every subject

PRIDE CERTIFICATE WINNERS

EYKR	George has engaged in lots of practical home learning this week. He is working hard to make his fingers clever by strengthening them and is even learning some tricky 'special friend' digraphs.
EYG	Theo is fully engaging in all the home learning activities and when writing, he is extending his idea by adding to his sentences and making excellent use of his sounds and his high frequency words
1A	Isla is fully engaged in all the home learning tasks. She puts in a huge amount of effort in her work. She has spent time in science and geography on her accurate drawings to show her learning. I particularly liked her labelled drawing of a fish and her drawings of the different parts of the ocean.
1SS	Amelie has shown the PRIDE values 'Determination' and 'Excellence' as she has often pushed herself to try the extra challenges offered. Last week she was, understandably, starting to tire, but has worked with renewed vigour this week. Amelie takes on all the feedback she is offered and her learning is progressing so well. We are very proud of you, Amelie!
2S	Beth. This week I have been astounded by the amazing work that Beth has been doing at home. She has put thought and effort into her work, especially her English. Beth even takes time to look back at her work and improve it. Keep up the hard work. I cannot wait to read your letter of complaint!
2O	Jasmine goes above and beyond in all subjects of her learning. Her enthusiasm and positivity for learning shines through and I have been particularly proud of her scientific thinking through our Materials topic!
3S	Mia. For having a fantastic attitude towards her home learning. This week Mia has been challenging herself in her maths work and using manipulatives to help her!
3HS	Elijah. You've made a wonderful start at Staplehurst School. We are very proud of you. You've worked hard on getting to grips with all our blended learning tools, your work shows great effort and you consistently try your hardest. Well done!
4LC	Lucas. For giving every task a go and showing an all-round great effort for all of his home learning. Not just this week, but every week.
4NC	Keiran. Consistently working incredibly hard in all his home learning. Kieran is keen to join in discussion and give every task a go!
5W	Evelyn. She is putting in so much effort into every subject and showing a real love of learning. She has produced some fantastic English work, including a beautiful moon poem. Her work is also very well presented, showing great pride in her home learning. Well done!
5S	Edward engages with every part of home learning and has been putting in high levels of effort across the curriculum. He always challenges himself in maths and has been working hard to improve his handwriting and presentation in English, listening to and taking onboard the feedback he has been given - keep up the great work!
6F	Tyler is working hard with all his home learning and is showing great independence in his approach to completing tasks.
6T	Callum for great effort in his home learning showing resilience and independence. Callum has been engaging with every part of home learning and taking on tasks with a positive attitude.

SAFER INTERNET DAY

Safer Internet Day 2021

Together for a better internet

www.saferinternetday.org.uk

In partnership with:








Tuesday
9 February

Lesson plans, quizzes and other resources to fit in with this year's theme: 'An internet we trust: exploring reliability in the online world.'

Tuesday 9th February is a day when we celebrate all the great things about being online and remind ourselves how we can stay safe. This year we follow the theme 'An Internet we trust'

Activities will be shown on the Home Learning blogs for each year group, and will include:

- Online Video Assembly – tailored to each Key Stage.
- Purple Mash 2Do: 'An Internet we trust' quiz (ages 5-7 or 7-11).
- Lots of tips and resources shared in class blogs and on social media.

Also attached to the newsletter is 'Parenting in a Digit World'. In this guide, you will find tips and advice for each of the key areas of online safety for primary-aged children.