



## Newsletter

**Friday 22nd May 2020**

Dear Parents,

I hope that this newsletter finds you all well.

We have been lucky this week that the weather has been so fantastic especially as we have been permitted to get outside a little bit more.

It has been a busy week and I would like to thank you all for your patience and co-operation in taking part in many surveys and we have been able to put together a plan for the wider opening of the school.

Those parents who indicated that they would like their child to return on the 1<sup>st</sup> June will have received a letter via email detailing the arrangements. If you do have any questions please do not hesitate to contact me.

I will send out a separate letter today detailing what you need to do if you change your mind and want your child to attend before the summer break and what our arrangements will be for those children who will not be attending school before September.

It is half term next week therefore there will be no home learning project uploaded today. It will be uploaded next Friday 29<sup>th</sup> May. I hope that you all have a chance to have a break before many of you return to work and school on 1<sup>st</sup> June.

After 8 weeks of home schooling the Government released some new guidance yesterday about supporting your children's learning at home. I hope that you find it useful.

<https://www.gov.uk/guidance/help-primary-school-children-continue-their-education-during-coronavirus-covid-19#structuring-the-day>

I have included at the end of this newsletter some information about a really useful service from Herts County Council about a new helpline service to assist with any mental health issues for your family. Please do take a look.

All that is left is to wish you a very happy Bank Holiday weekend. Hopefully the sun will make a re-appearance.

Take care of yourselves,

Mrs O'Connell

Headteacher

## This week's home learning



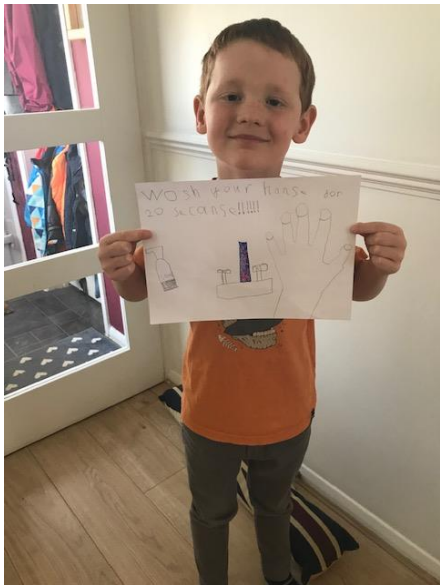
Rory – Nursery celebrated VE by learning about his Great great Grandfather (Army), Great Grandfather (Navy) and Dad's (RAF) medals with some stories. A very impressive collection of medals.



Caden, has been super busy as always, he found a beautiful painted pebble on his walk around Woodhall Farm.



Tilly stopped off at the school gate on her bike ride, wondering when she'll be able to return to school. ☹️



Quinn and Harrison have been very busy crafting and making important 'Wash your hands' posters.



Tilly has been working hard on the Home learning project about Rainforests and mastering the Maths favourite.... Fractions!!





Thank you for thinking of Teachers on 'Thank a Teacher day' on the 20<sup>th</sup> May Oliver, much appreciated.



Aarav has been working hard and produced some impressive artwork, particularly his work on the solar system. Beautiful.



Paris has sent Miss Turner some information about her very busy day; lovely handwriting Paris!



Joshua has seen a vast array of insects out on his walk with a bug finder. Well done Joshua.

Brilliant photography too.

### **New schools and families advice line**

The 'Schools and Families Advice Line' (SFAL) is a new service established to provide emotional wellbeing advice and early help to children and young people, families and schools during the COVID-19 pandemic. It can be really worrying when you or someone you know is going through a difficult time. If you feel this service could help, please call our Single Point of Access (SPA) who will take your details before passing them onto our call back service. This service is open to self-referrals from families and young people, and education, health and other professionals involved in supporting young people and their families.

**Contact details:** Telephone: 0300 777 0707 Email: [hpft.spa@nhs.net](mailto:hpft.spa@nhs.net)

You will get a call back from a mental health practitioner between 8am-5pm, Monday-Friday. Support will be offered in a one-off, up to 1 hour phone call

How can the service help? Supporting children, young people, their families and schools by providing early advice around:

- General concerns around mental well-being, coping strategies and self-care.
- How to support children and young people in relation to the Covid-19 outbreak (e.g. understanding, frustration, anxiety etc). Supporting mental well-being during the transition back to school and the anxiety around this uncertainty.
- Support for education staff around their own mental well-being and advice around how they can care for themselves.
- 'Whole school approaches' to supporting mental well-being.
- Specific anxieties (around COVID-19/self-isolating measures, transition between year groups, developing and maintaining relationships, fear of failure, low self-esteem or aspirations, trust issues, social anxiety, etc.)
- Phobias (animals/insects, specific food stuffs, specific objects, modes of transport etc.)
- Low mood
- Emotional regulation difficulties.
- Mild obsessive compulsive difficulties that are starting to impact day to day activities.
- Low-level behavioural concerns
- Sleep difficulties
- Signposting to services and resources that may be helpful for supporting mental wellbeing.