

29th January 2021

Dear Parents and Carers

A huge well done and thank you for another great week of Frontline School and Home Learning this week! I am delighted to see and hear about all the learning, both in school and at home, from the teachers as I go around the school.

Thank you to those parents who have contacted me to let me know how we are doing - both the positives and the ongoing challenges especially around home learning. Remote Teaching and Learning is a constantly evolving process and we are keen to hear your views and use these to help us to regularly review and, where we can, improve our offer.

Next week is national Children's Mental Health Week and I would like this week's Weekly Update to have a real focus on Mental Health and WellBeing. These are challenging times for our school community and, as the weeks go on, they can become even more so, for a variety of reasons, for us all.

Please see below for some suggestions that may support WellBeing during this time of lockdown...

1. **Routine** - Children like routines and knowing what is expected of them. For learning, we have created timetables for home and school learning that will keep children in a repeated, familiar routine each day. As far as you can, try to stick to a repeated routine, which will add to a feeling of security and familiarity that we all need right now!
2. **Expressing Feelings** - this is essential for positive mental health and well being. We all know how negative it can become if we keep feelings and emotions bottled up inside. Please encourage your child to speak about how they are feeling and offer reassurance that all emotions are ok. This reflects the work we have done in school around the Zones of Regulation. If you are concerned about your child's mental health in any way, please contact Mrs Bryan Smith in school.
3. **Fresh Air and Exercise** - try to get out for fresh air and exercise every day, even if just for a short walk or bike ride. Even on the most miserable of days, being outside can lighten your mood - and now the days are getting lighter for longer! Being outdoors also encourages a greater appreciation for nature. Being grateful is beneficial for well being so try to encourage your child to find things each day that they are grateful for. Maybe write a list to add something to each day....
4. **Stay Connected** - encourage your child to stay connected with their friends and family. Apps such as Zoom or FaceTime are great for this. Please remind them if they are staying in touch via Social Media to do so respectfully and be kind to one another.

5. **Try Something New!** - Learning a new skill is good for self esteem and well being. Encourage your child to try something new - can they skip? Cook? Share how good it makes you feel when you achieve something new! And making mistakes are all part of the process - keep practising and don't give up!
6. **Help Others** - encourage your child to be helpful around the house! Not always easy I know! They could also help others - could they make a card for an elderly neighbour? Make a cake for the family? Read to a younger sibling?
7. **Reach Out** - If you or your child is finding life especially challenging at the moment, please do reach out to us. Please contact Mrs Bryan Smith who may be able to offer support or practical advice or signpost you to other appropriate support networks. Please also reach out to your child's class teacher if you need extra support with learning - either at home or school issues. If your financial circumstances change and you think you may become eligible for Free School Meals, please contact Mrs Bryan Smith who will be able to help you.



Children's Mental Health Week - Monday 1st - Friday 5th February

Next week is Children's Mental Health Week. As a school we are embracing this national campaign and will be sharing the importance of good mental health with the children both in Frontline School and at home.

The theme for the week is "Express Yourself" and across all age ranges we will be sharing activities with the children that encourage them to reflect on how they are able to express themselves and the importance of expressing themselves and respecting the various ways others express themselves. We will also be sharing ways in which children can understand why good mental health is important and ways in which they can achieve this.



WellBeing Wednesdays

Following on from Children's Mental Health week, after the half term break, we will be launching our "WellBeing Wednesdays". Each Wednesday afternoon, an activity will be shared with the children - in school and at home - that is screen free and focuses on WellBeing and positive mental health. We are very aware that our children are spending increasing amounts of screen time at the moment and we are encouraging them to step away from their screens on a Wednesday afternoon.

This is, however, not an afternoon off! The expectations around engagement will still apply. The activity shared will be launched by a short instructional video with explanations and instructions where needed. The activity itself will be non screen based but children will be expected to upload a photo onto See Saw at the end of the afternoon. This may be the finished product or it may be where they are up to in longer projects.

There will still be feedback from staff in school for all children in the form of positive comments rather than formal marking. It is a great opportunity for children, parents and staff to step away slightly from academics and spend time on WellBeing and positive mental health.

Please encourage your child to take part fully and to spend time on the various activities, thinking, reflecting and responding in a positive, beneficial way.

Website

Our updated Risk Assessment is now available on our website as is information documents regarding Remote Teaching and Learning. You will find it under the Key Info tab on the home page and then in the "Covid 19 and Remote Teaching and Learning" page. There is also a video there to support families who are new to See Saw.

Half Term and School Reopening

You will have seen in the national press that schools will be closed over half term (Monday 15th - Friday 19th February). We will not be offering any provision during this time as we feel that children, parents and staff need a well earned break! School will reopen on Monday February 22nd.

You will also have seen in the press that the Government has said that schools, nationally, will not be reopened until after March 8th. As soon as we have any information about the wider opening of schools, we will let you know.

Check Back Time

As part of our Remote Teaching and Learning offer, staff are marking and offering feedback to our children so that any misunderstandings can be addressed as soon as possible and opportunities given for the children to revisit work to ensure full understanding.

We are aware, however, of there, sometimes, being limited time available for the children to respond to this feedback. To help with this, we are introducing a “Check Back Time” at 2.30pm each day - in school and at home - where children can revisit their work and address any feedback the teachers may have left for them. This will not necessarily be for every subject every day, just where staff think there may be misunderstanding and/or a little more practice needed.

Please encourage your child to take part in this “Check Back Time” which will, over time, ensure they have a full and deep understanding of their learning. It may also help them feel more confident when beginning the following lessons.

Contact Us

As always, if you have any questions or concerns, please feel free to contact me via the school office - admin.osb@ebor.academy.



Have a restful weekend everyone, take care and stay safe.

Best wishes

Mrs Mould
Acting Headteacher.