



Frome Valley First School

Keep in Touch Newsletter



Lockdown Update

Dear All,

We hope that this newsletter finds you safe and well.

Even in a week, since the last newsletter, there have been announcements from the DfE. They have confirmed that schools will be closed to all children during half term and that children will not return to school until at least Monday 8th

March. Therefore we will continue with remote learning after half term, as normal.

Our numbers in school continue to increase, which is worrying, and we are up to nearly 30 pupils in school on some days. As always, to protect both the staff and pupils in school, **we ask that parents only send their children in school when absolutely necessary (if there is no one at home to look after your child).**

Many thanks for your support in this.

Remote Learning

Remote learning seems to, on the whole, be working well. Do continue to let the class teacher know if you have any issues.

We have had quite a few messages from parents that are worried about their child as their child seems further behind than the other children.

This is an unusual situation where parents are watching lessons! In every class in all of the country, there are different levels of ability within that class. This is normal. In every lesson, in every class, teachers and teaching assistants support all different levels of learning. Of course, online, this is a bit more challenging!

Here are a few tips to support you (*Please also refer to the FAQs that we sent out a few weeks ago*):

- Support your child as much as your child needs support to complete tasks both within the online lesson and in the follow-up activity. Don't forget that when children are learning something new, they all need a lot of support. This support gets less in time when they have practised this new learning over and over again.
- Just try and complete a few questions rather than have to complete the whole worksheet.
- In maths, adjust the numbers if this is easier and always use resources whenever possible.
- Remember that if you are anxious, your child will pick up on this and become anxious too. Keep praising your child.
- Don't forget that some children will get to the answer quicker than others. It is not a race so don't worry if it takes your child a little longer to find the answer to a question.

Please also remember that we focus on progress as well as attainment. It is the progress your child makes that is as important as the child's level of attainment.

Lateral Flow Testing of Staff Update

As you may have heard in the news, staff in primary schools will soon be tested using lateral flow tests. Staff will test themselves at home twice a week. This will, hopefully, support the national effort to stem the spreading of the virus and to pick up anyone who is asymptomatic. We are beginning this testing in school from Sunday 31st January.

We need parents to understand that should a member of staff test positive using a lateral flow test, then we will need to close that bubble for 10 days, with everyone in close contact with that person isolating. Staff will be taking their tests in the evening before work so you will have little notice, I'm afraid.

Please can all parents think about their back up plan should you receive an email/text the night before to say that your child needs to isolate for 10 days immediately. We are hoping that we will not need to do this but we want all parents to be prepared!

Change to INSET Day – Friday 12th February

Due to extenuating circumstances, we are changing the next INSET day from **Friday 12th February to Friday 28th May**. This means that there will be online learning for all children now on **Friday 12th February** and the school will be open to children of key workers. If you need to book your child into the key worker group, please contact the school office as soon as possible.

Learning Packs

The next learning pack will go out this Friday (tomorrow!). We are offering three different times that you can pick up your child's new pack.

Pick up day: Friday 29th January

Pick up times: 8.30-8.50am; 12-12.20pm and 2.40-3.15pm

Location: by the Year 3&4 doors

Please wear your mask on site as normal and continue to social distance.

We will also organise a further learning pack to go home on the last day of this half term. This learning pack will be for the two weeks after half term. Please do not start this pack until after half term!!

The following pick up of the new pack will be:

Pick up day: Friday 12th February

Pick up times: 8.30-8.50am; 12-12.20pm and 2.40-3.15pm

Location: by the Year 3&4 doors

Staff Training

There are some courses that staff were already booked on before this lockdown was announced. Some of these courses have been cancelled but many have continued (as they are remote courses). We apologise if there are, therefore, a few occasions when the class teacher cannot deliver any online lessons on that day. We will, of course, communicate this to you and ensure there is still learning for your child to undertake on that day.

Lockdown and mental health-related resources

Here are some resources that have been sent to schools from Mentally Healthy Schools. Some of these resources may be useful for you, particularly if your child is struggling with his/her mental wellbeing.

Dealing with the effects of lockdown toolkit

A toolkit focusing on managing the effects of lockdown, including loneliness, boredom, family problems and sleep disturbance.

Managing anxiety and improving wellbeing toolkit

Mindful crafts, breathing exercises and other self-care ideas, informative videos, emotional expression worksheets and helpful strategies to address anxiety during the pandemic.

Tools for managing emotions

Tools designed to help children understand and manage their emotions and feelings, and stay calm and in control.

The anxiety thermometer

Using a feelings thermometer is a great tool to help children recognise what feelings they might be experiencing in any given moment.

Helping children reframe negative thoughts

This simple activity will show children how to reframe their thinking around a negative situation, and look for positive ways to view the situation.

'Resilience ladder' activity

Developing resilience will help children deal with difficult situations and challenges. This resource teaches children about resilience and the steps they may need to take to achieve their goals.

Video: Lockdown productivity

A video about how to take care of your mental health, be productive and keep yourself motivated while under lockdown. It is aimed at KS3 but may be suitable with upper KS2, depending on the children you teach

Free School Meals Update

We hope that the school voucher system for children entitled to free school meals is running smoothly for parents. Please contact the school office with any queries or if you need any help accessing them in any way. If you require a paper voucher to use in store, as you can't access a store online, please speak to the office. We are here to help. If the vouchers are not used the stores are the winners!

Please note: if your child is regularly in school as part of the key worker group, the amount you receive will be reduced proportionately (£3 per day).

The Government is once again providing vouchers during half term. These will also be through school vouchers. We will text you when the next voucher code has been sent.

