



'Today I am proud of my school, tomorrow my school will be proud of me.'

A note from Miss Pizuti:

Dear Parents and Children,

I hope you are well and staying safe. All the staff miss you and cannot wait until we can all be together again. This is a strange time, but we will get through this. The school is very quiet without you here. I hope you are behaving well and listening to your parents at home! Your teachers have put lots of website links and work for you to be doing on our school website to keep you busy at home. Look in the learning section and click onto your class page.

Take care and keep safe.

Miss Pizuti

Free school meals: If your child is entitled to a free school meal, and you would like a packed lunch provided, please contact the school office on 0161 330 4234

Changing reading books:

If you would like your child's reading books changed, please contact the school office to arrange this. The class teacher will change the book for you and arrange a day when it can be collected from school.

Writing books:

If you would like an exercise book for your child to complete their home school activities in, please contact the school office.

Please check the class pages on the school website as teachers are uploading new tasks frequently.

Keeping safe and healthy:



<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>



Taking care of your mental health and wellbeing

If you are staying at home more than you usually would, it might feel more difficult than usual to take care of your mental health and wellbeing.

These are some ideas which may help:

Hand washing and anxiety	+
Connect with people	+
Decide on your routine	+
Try to keep active	+
Get as much sunlight, fresh air and nature as you can	+
Find ways to spend your time	+
Find ways to relax and be creative	+
Keep your mind stimulated	+
Take care with news and information	+
If you're feeling anxious	+
If you're feeling claustrophobic or trapped	+

Hand-washing technique with soap and water

NHS



Strategies for coping with isolation:



EXERCISE

Daily exercise is a proven treatment for stress and low mood. Try to schedule regular physical activity, inside or outside if possible, following guidelines to help prevent the spread of the virus.



ROUTINE

Keep up a normal daily routine and maintain healthy eating patterns. Routines and familiarity in times of uncertainty provide a sense of safety.



MINIMIZE MINDLESS SCREEN TIME

Stimulate your mind with board games, crafts, art, reading, or puzzles instead of your phone. This may help you feel productive and reduce your thoughts of isolation.



POSITIVITY

Maintain a positive attitude. Think about how we've all coped with difficult situations in the past. We will overcome this too.



PERSONAL TIME

If you're with your family in confined spaces, make sure everyone gets their own personal time. It is healthy to plan 'time out' from one another.

A structured 'school day' which you could follow at home:

A programme of activities for those of you who like a bit of structure in your lives; here's what various celebrities are offering you and your children for free daily to help with their education while schools are closed:

9.00am - PE with Joe Wicks - search Google for 'PE with Joe Wicks' and 'Kids workouts with Joe Wicks'

10.00am - Maths with Carol Vorderman www.themathsfactor.com

11.00am - English with David Walliams <https://www.worldofdavidwalliams.com/elevenses/>

12.00pm - Lunch (cooking with Jamie Oliver) <https://www.jamieoliver.com/features/category/get-kids-cooking/>

1.30pm - Facebook Live dance sessions with Diverse Dance Mix <https://www.facebook.com/diversedancemix/>

4.00pm - Home Economics with Theo Michaels <https://www.instagram.com/theocooks>

Home learning links:

General learning links for all areas of the curriculum:

www.thenational.academy/

<https://online.espresso.co.uk/espresso/login/Authn/UserPassword> - Your child has log in details for this

<https://www.bbc.co.uk/bitesize/dailylessons>

<https://www.twinkl.co.uk/resources/covid19-school-closures>

Using Twinkl during the Coronavirus Shutdown

Schools across the globe are responding to the outbreak of the Coronavirus and governments take further measures to stop the spread of COVID-19.

We've not only created home learning and school closure packs, but have also introduced an offer for all of them to be completely free. Whether you're a teacher, parent or home educator we've put together a simple, step-by-step guide about this offer of help, for you to use. This guide is not designed to override or replace any official guidance, but is intended to advise on using the Twinkl website during this period.

A range of links to websites which have been suggested by the department for education:

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education#english>

Phonics:

<https://www.phonicsplay.co.uk/Phase1Menu.html>

www.youtube.com/channel/UCTcZnvuTeovlzniolRo0GOA - Daily phonics lessons at 11am

English:

<https://home.oxfordowl.co.uk/> - Reading at home

<https://www.teachyourmonstertoread.com> – Reading at home

www.Worldofdavidwalliams.com – Reading at home

www.radioblogging.net – Activities to boost creative writing skills

Maths:

https://www.youtube.com/results?search_query=numberjacks – Nursery and Reception

<https://www.ncetm.org.uk/resources/54454>

<https://whiterosemaths.com/homelearning/>

Topics and extra-curricular activities:

<https://www.scouts.org.uk/the-great-indoors/>

www.youtube.com/channel/UCZ9UagJLiMdBIFOHYwT7eLA - Watch the animals at Chester Zoo

www.youtube.com/user/CosmicKidsYoga - Children's yoga

<https://www.youtube.com/channel/UCaQOnL-tNULRYma5nRDy1QA> - Drawing and Sketching

www.excitingteacher.com/lego-challenge/ - Art & Design activities

<https://www.youtube.com/channel/UC9w889Lid1JHB-AX4dCoQoQ> - Sign language

<https://www.jamieoliver.com/recipes/category/books/keep-cooking-and-carry-on/> -Cooking and baking activities

<https://www.foodafactoflife.org.uk/whole-school/remote-learning/useful-resources-for-learning/> - Healthy eating

<https://www.fitterfuture.com/> - PE activities. The log in and password in the year group of your child e.g:

Student username: year6

Password: year6

https://www.amaven.co.uk/young-champions?utm_source=ZohoCampaigns&utm_medium=email&utm_campaign=FREEYChamp2020 – PE challenges

Please check the school class pages as they are filled with even more links that have been suggested by class teachers.

Inspiring news!

Who is Captain Tom Moore and why is he so inspiring?



Captain Tom had originally wanted to raise £1,000 for NHS Charities Together to thank staff who had helped his recovery from cancer and a broken hip. But hundreds of thousands of people from all over the world have contributed to his fund so far and the total keeps on rising! He said: "When you think of who it is all for - all those brave and super doctors and nurses we have got - I think they deserve every penny, and I hope we get some more for them too." Health Secretary Matt Hancock thanked Mr Moore for his efforts and said he was "an inspiration to us all".

Tom, who was born in West Yorkshire, was a captain in the British Army during World War Two, serving in India and Burma. He was supposed to celebrate his 100th birthday with a party of 100 people, but this had to be cancelled because of the Covid-19 outbreak. Instead, he's spent his time slowly completing 100 laps around his 25-metre garden. Captain Tom looped around his garden 100 times using his walking frame. His original plan was to raise £1,000 for the NHS. His actions inspired thousands to donate and he has now raised over £27 million for the NHS and released a charity single! Although his 100th birthday isn't for another week, Captain Tom has already got a lot more than 25,000 cards to celebrate his special day sent in members of the public. Could you make Captain Tom Moore a birthday card?

Explaining coronavirus to children:

Here is an online, child friendly book:

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

Save the Children

CORONAVIRUS EXPLAINED

Coronavirus is an illness that is a bit like the flu. It's making a lot of people sick. They might:

- have a cough
- have a fever (feel hot for no reason)
- find it a little hard to breathe

People who are older, or who have other illnesses, could get much more sick if they get the virus. That is why we are being **really careful and staying away** from each other.

— WHAT YOU CAN DO —

You can do these really important things to help.

List all the times you should wash your hands!

WASH YOUR HANDS! A LOT! (Super important)
Wash for 20 seconds with soap and water. Sing to make this fun!

COVER YOUR MOUTH AND NOSE
When you cough and sneeze. Use a tissue, or else your elbow.

TRY NOT TO TOUCH YOUR FACE
Try not to pick your nose, touch your mouth, or rub your eyes.

TELL A GROWN UP
If you feel sick - like if have a cough, or feel really hot and tired for no reason.

— LOOKING AFTER YOURSELF —

It's okay if you feel a little worried or angry or sad. Talk to a grown-up about how you're feeling. Bored at home? You can **play games, read, learn, exercise (try star jumps!), chat with family, write letters**. Help to clean at home and eat healthy!

— AND REMEMBER... —

Loads of clever people are working hard to get things back to normal. Be careful, be good, be kind and... **WASH YOUR HANDS!**

Fun activities for the whole family that bring us together and show our support and appreciation:

<https://www.royalmail.com/thumbsup> - Why not spend some time creating art work to thank the posties and delivery drivers that are working hard delivering all of our essentials?

Can you create a rainbow for your window to spread happiness on your street? Or how about getting some fresh air each Thursday evening, at 8pm, by standing on your doorstep and clapping for our carers?

