



North Curry
CofE Primary School



Through.....
*Loving learning, loving each other and loving life
itself*
AGAPE: *The Good Samaritan (Luke 10: 25-37)*

Newsletter 25/03/20

Dear Parents/Carers,

Many thanks for all your messages of support for myself and the TEAM over what has been a very difficult week since my last newsletter. If staff are fit and well, they are continuing to update their class pages on the school website daily so that your child can continue to access learning at home. I will be writing my weekly Wednesday newsletter as always so that you can keep updated and feel connected to the school. Mrs Day (our ELSA) will be putting together a weekly Wednesday newsletter 'The Heron Times' for the children, which will also be emailed to you today. Again, we feel that it is important for the children to still feel part of the school when they are at home.



Collective Worship Theme of the Week: Friendships

Many people will walk in and out of your life, but only true friends will leave footprints in your heart.

Eleanor Roosevelt

At this difficult time, we urge everyone to remember the second part of our school vision which is to 'Love each other' by being kind, considerate and respectful.

Our 'Big Question' of the Week

Can kindness change the world?

Well Being

Well Being tip for this week:

What signs of spring have you noticed?

Have you taken time to look, to listen and to connect with Spring this year? Can you 'capture' spring in some way – maybe a poem, pictures, pressings of flowers, watching the birds, being outdoors if you can? You could then share something that you've done with a relative or friends to cheer them up.

As Spring sets up Summer, what are you looking forward to? Share your thoughts with others.

Emotional Literacy:

ELSA

During these unprecedented times our mental health and wellbeing are more important than ever. I will be continuing to provide ELSA support during the school closure and would love to hear from you if you need any support for yourself or a pupil or if you just fancy a chat. I have put key resources on the ELSA

class page and under 'key information' you will find helpful resources to support your children and yourselves at this time including disorder specific advice.

In a time where we are all feeling worried, I thought it would be helpful to look at how can we help children manage their worries.

It may be a good idea to set aside 'worry time' for your children. The worry time technique aims to set a 'worry time' each day. This simple strategy is effective in helping anxious children learn how to take control, many adults will find this technique helpful as well.

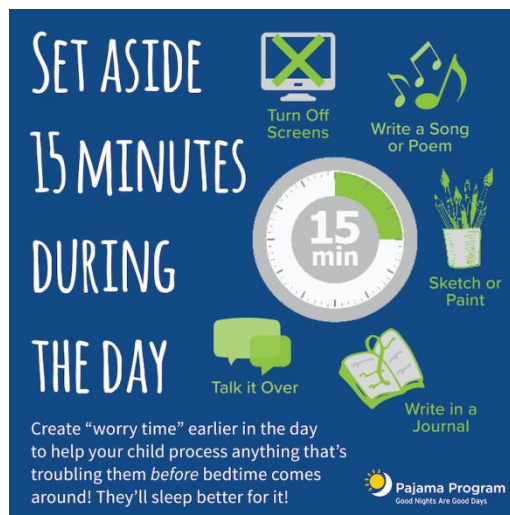
Worry time is a technique that can be used to help anxious and worried children. It is a method to help children who worry more than necessary. This strategy can postpone or set aside their worries until a designated time and place. By practicing setting aside worries for another time of day, you can empower children by teaching them that they can worry about things later, freeing them up to focus on other things or activities instead of worrying their day away. Because, ultimately, they know that they'll have that dedicated worry time later to focus on the anxious thoughts they've had throughout the day. This will become easier over time until you feel you can control the worry, or not have to worry at all.

It can be helpful for children to draw their worry or to write a diary if talking is difficult. By spending time together discussing and modelling how you are feeling will help ease anxiety.

Please see the ELSA page on the school website for more resources.

Vicky Day ELSA, Wellbeing Lead and DDSL

viday@nc.huish.education



Non-Uniform Day: Friday 20th March

A huge thank you to all those who contributed to our non uniform day on Friday and managed to bring in a donation for Bridgwater Foodbank. All the produce (a car full), was kindly delivered by Lisa Ly (Mum to Aaron and James) on Friday afternoon; for which I am very grateful. Well done all!

Finally, I do hope you and your families continue to stay safe. Please do not hesitate to keep in touch via our office email address. Take care everyone!

Kind regards,

HMorley

Helen Morley
Head teacher