

**Together Everyone Achieves More**

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

## **Newsletter 10/06/20**

Dear Parents/Carers,

Thank you for your continued support and understanding with possible re-opening plans.

As you may have heard, the plan for all primary school years to go back to school before the end of term has been dropped. It is no longer thought to be feasible. This has come as a relief to many head teachers who simply, like us at North Curry School, will run out of space and human resources in order to facilitate the rest of the year groups. I do understand that this will be a disappointment to many children in Years 2, 3, 4 and 5 but, as always, the safety of everyone in our school community is our main priority. You are all doing an amazing job supporting your children with their mental health and well being alongside any education that you are managing so a huge thank you from myself and all the staff. We will continue to keep you informed of our plans for September as soon as we have more information/guidance from the Government.

### **Year One Class Bubbles**

These are continuing to work well with the eleven children that we have in. I would like to say a huge thank you to Miss Pople, Miss Gill, Mrs Saunders and Mrs Perry for staffing these bubbles and contributing to the happiness of these groups of children.

### **Minnow Class Re-opening Monday 15<sup>th</sup> June**

From Monday 15<sup>th</sup> June, we will be welcoming back ten Year R children in two different bubbles. I will let you know how this is working out in my next newsletter. If you are a parent of a child in Year R, you will shortly be receiving a letter detailing final arrangements for next week.

### **Shark Class Re-opening Monday 29<sup>th</sup> June**

From Monday 29<sup>th</sup> June, we are still planning to welcome back our Year 6 children. I shall be sending out a letter to Year 6 parents early next week once I have finalised arrangements.

### **North Curry School Postbox**

Exciting news...we now have a school postbox, which is attached to the wooden fence next to the main gate. Therefore, if you have anything that you wish to drop off to the school you can now post it in there. We will ensure that it is emptied daily. Unfortunately as more children are now on school site, parents are not allowed on to the school premises, unless in exceptional circumstances as agreed by a member of staff. We appreciate your understanding in this matter.

### **Collective Worship Theme of the Week: Changing Me**

The child grew and became strong in spirit.

LUKE 1:80



### **Church section of the school website**

This week's bible chat mat colouring sheet (which you may like to do with your child at home) is called 'Jesus the Healer'.

Don't forget to have a look at the lovely resources that Deborah Kirk has sent the school called 'Roots at Home' and 'Trinity Sunday', which are in the Church section of the school website.

<https://north-curry-ce-primary.secure-primariesite.net/the-church/>

### **Our 'Big Question' of the Week**

What is most important for children growing up today in order to lead happy, successful adult lives?

### **Annual Reports**

Just a reminder that the deadline has now passed for you to return your child's comments for their report. However, we are happy to extend this until Friday. Please send any comments in to the school office by then. We would also be very grateful if you, as parents, could complete and return the acknowledgments slip to the school no later than **Friday 12<sup>th</sup> June at 3.30pm**. I am looking forward to the draw on Friday afternoon to see who will be winning the bottle of champagne!

Many thanks in advance.

### **Covid 19 App**

A reminder to help slow the spread of #COVID19 and identify at risk cases sooner by self-reporting your symptoms daily, even if you feel well. Why not download the app.

<https://covid.joinzoe.com>



### **Well Being: Tip of the Week**

Walk alongside somebody each day. Perhaps a call you've been meaning to make, an offer of help you have wanted to share, making time to listen to a friend. Also, let somebody walk with you.

### **Emotional Literacy:**

ELSA

Sweet Dreams?

After speaking to many parents it is becoming apparent that many parents and children are suffering from trouble sleeping, nightmares, night terrors and vivid dreams during this anxious time. It is widely reported that Coronavirus and lockdown is having a significant impact on our dreams. It can be difficult to deal with intense dreams, particularly if they are about the current situation and they feel very realistic. Even though you understand they are not real, it can feel quite traumatic.

Nightmares happen during REM sleep, the dreams can trigger the body's fight-or-flight response therefore any source of stress can increase the risk of nightmares. So bad dreams can be a self-fulfilling prophesy: often children will worry about whether you're going to have a nightmare again which makes you more

likely to have one. This week I thought about suggesting a few practical steps to help those affected by sleep concerns;

- Talk to your child during the day (not before bedtime) to find out whether anything is worrying them that could be triggering their nightmares.
- Teach about dreams. Take the opportunity to introduce some simple psychology principles to help your child. Explain that dreams are just the body's way of sorting through the previous day, and reassure that thoughts are not permanent and cannot physically hurt.
- Make sure your child has a fixed relaxing bedtime routine. Having a bath with lavender or a favourite bubble bath will create sensory clues that it is time for bed and the practised routine will create a sense of security. Limit screen time before sleep.
- Audio Stories, if your child is really struggling, try putting an audio story on in their bedroom, the volume needs to be turned very low. This causes the brain to 'reach' for the sound which can sooth an anxious mind and 'keep it busy' while they sleep.
- If they wake up from a nightmare, soothe your child and validate how they feel.
- **Do not ask questions** or discuss the dream unless they invite the conversation.
- To re-settle, sooth and suggest 'happy thoughts,' give gentle suggestions or think of somewhere that makes them feel relaxed and carefree. If nightmares are frequent then you can practise relaxing using guided imagery (see ELSA class page for details and examples) then you can use a practised imagery to return to sleep.
- Create a cosy space - provide a soft toy and use a low light or Nightlight - a relaxing environment can make it easier for your child to self-sooth.
- Night Terrors – These can be frightening for everyone involved. The best advice is not to wake your child if they are having a night terror. If you wake them they may not recognise you and may become more agitated if you try to comfort them. Keep them safe and quietly re-settle. Do not inform them in the morning as they will have little to no memory of it unless they wish to discuss it.

If you wish to have any further help please feel free to get in touch [viday@nc.huish.education](mailto:viday@nc.huish.education)

### **School Packed Lunch Order Reminder**

For **w/c 15<sup>th</sup> June** orders must be placed by **midnight today, Wednesday 10<sup>th</sup> June**. Unfortunately orders placed after this date/time will not be able to be processed and you will need to provide your child with a packed lunch for that week.

**If your child has any special dietary requirements you must email the school office before the order cut off.**

*If you have not requested access to order a lunch and now wish to do so, please email the school office asap. Otherwise please ensure you provide a packed lunch for your child.*

**IMPORTANT: Data Collection Checks:**

Please remember that you can now review the data we hold with regards your child via Sims Parent; our online data collection app. It is essential that you take time to check the details we hold for you and your child/ren and update if necessary. If no changes are required, please submit a nil return, so we can be sure the data has been checked and is accurate.

If you have not received a registration invite please email the school office.

Thank you.

**Ancient Greece – Enrichment Week**

This week, it has been lovely for the whole school to come off the usual curriculum and focus on the Ancient Greeks. From Reception to Year 6 we have been learning about how the Ancient Greeks have impacted on the way we live our lives today: Literature, Astronomy, Democracy, Philosophy, Theatre, Sport, Maths, Medicine...

We hope the children have enjoyed listening to some of the Greek myths; creating some Greek vase designs; trying some Greek maths problems; learning about the various Greek gods and hearing some of the wise words of Greek philosophers, to name but a few of the activities. Some teachers might decide to carry on into next week as there is so much to learn about!

We are all really looking forward to seeing photos of the children's weird and wonderful mythological creatures – please remember to send your pictures to the office so that we can celebrate them all.

Emily Bridson

History and Geography Lead.

Kind regards.



Helen Morley

Head teacher