

Together Everyone Achieves More

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

Newsletter 30/09/20

Dear Parents/Carers,

The highlight of this week has been our new Reception children staying all day for the first week. They have coped brilliantly with the longer days and a fire alarm drill on Monday just to keep them on their toes. Well done all!

Collective Worship Theme of the Week: Caring

Without a sense of caring, there can be no community!

Anthony J. D'Angelo



Our 'Big Question' of the Week

How do you show you genuinely care for others?

Little Herons Nursery

We have had another lovely week with our 'All About Me' display board coming together. There are some interesting self-portraits!

Please could you ensure that there are spare nappies and wet wipes in your child's bag. We have a limited supply of nappies that we have been using the last couple of weeks. Could you also ensure you provide the necessary cutlery in your child's lunchbox, such as spoons for yoghurts.

We are lucky to have so many outdoor spaces to play in. Because of this, we are finding that we could do with some more small bikes and scooters. So if you have any cluttering up your shed or play room, please donate them to us. What a lovely problem to have! Thank you for your support.

Well Being: Tips

In busy times we often find ourselves responding to reminders, alerts, alarms, even post its or lists. So, this week spend a few minutes scheduling some times each day, and keeping to them, when you will take time to celebrate. Yes, celebrate, the achievements of others of course, but this is time to reflect and celebrate your achievements, however big or small. Even setting a reminder and pausing for a mindful moment, a mental and physical reset, is worth celebrating – because you did it. You made time for you, you took time for you and you have benefitted from it. Yay!!

Emotional Literacy:

ELSA

After School Meltdowns

Does your child seem very emotional and have a meltdown after school? Children use a lot of energy to stay attentive to learn at school and keeping things together can take a lot of effort, especially now after spending so much time at home. There may be a build-up of emotions over the day so when they return home they meltdown or explode. If your child is coming home and taking it on you, you are not doing anything wrong. On the contrary, your child is trusting you to be their safe landing space.

Things to try during a meltdown

1. Stay close and listen to the tears (without trying to fix behaviours or feelings)
2. Give your child space (you will know if your child prefers option 1 or 2 with time)
3. Don't 'over question' your child at pick up time have a more general conversation
4. Offer hugs or a favourite stuffed animal for comfort
5. Just let the storm pass (rushing someone through their tears never speeds things up)
6. When your child is ready, validate feelings and listen with empathy and care
7. Talk about how they can share their feelings so they don't build up
8. Breathe and remember these big feelings belong to your child and they will pass



Non-Uniform Day: Friday 9th October



We are delighted to be taking part in World Mental Health Day again on Friday 9th October. **Wear something yellow and non-school uniform to school on Friday 9th October and bring a donation to help raise vital funds for Young Minds.** Whether you choose a subtle splash of colour or dress like sunshine from head-to-toe, together we can show young people they're not alone with their mental health.

<https://youngminds.org.uk/get-involved/>

Show and Share Assemblies

Thank you to Octopus class for another lovely virtual show and share assembly. A big thank you to Miss Brown and Mrs Saunders for making it happen. Good luck to Dolphin Class for this Friday! Please could I just remind parents/carers to ensure that they use their full name and that cameras are switched on and microphones off. We will be reminding you during the assembly if this isn't the case. Please also ensure that you do not share the link that you are sent with other family members. Many thanks in advance for your support with this.

Parents' Forum Meeting/Drop Off/Collection Arrangements

A big thank you to the parent reps for attending our first meeting of the term. It was really useful to hear your feedback on the return to school. As always we value all your suggestions and comments for improvement and try to make things work for all involved.

To this effect, we have amended our whole school collection arrangements (from Thursday) and the drop off and pick up times for certain classes (from Monday). As from Thursday (tomorrow) we will be asking you to sign your child out of school to ensure that all children are accounted for.

As from Monday (5th October) we will be changing the times for Octopus and Starfish classes. Octopus class will now have a 8.35am start with a 3.05pm finish and Starfish class will now have a 8.40am start and a 3.10pm finish.

We hope this arrangement will help to both reduce the congestion in Portmans and help parents/carers who have children in different classes. We also ask that younger siblings are collected before older if applicable. Drop off and collection will remain the same for Shark and Seahorse classes at 8.30am and 3.00pm and Minnow, Dolphin and Little Herons classes at 8.45am and 3.15pm. Many thanks in advance for your understanding and support.

Harvest Assembly: Thursday 1st October

Just to remind you that we have our annual Harvest Service this Thursday, so please could you bring any donations of produce (see list below) to school on the day. We will then put the produce into quarantine for 48 hours before delivering it. A big thank you Suzie Heir who has kindly offered to take the produce to Taunton Foodbank...we are very grateful!

URGENTLY NEEDED FOOD ITEMS

TINNED CUSTARD
INSTANT MASH
SPONGE PUDDINGS

WE HAVE PLENTY OF

PET FOOD
PASTA
SOAP
BAGS FOR LIFE
SQUASH

School Lunches & Order Reminder

Further to feedback at the parents' forum, after half term (w/c 2nd November), Sky College will be offering the choice of either brown or white bread for our packed lunches. We know that parents are hoping that hot school lunches will be on offer again soon, but unfortunately, until social distancing restrictions are lifted, this is not something we can accommodate. Thank you for your understanding with this.

For **w/c 5th October** orders must be placed by **midnight today Wednesday 30th September**. 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.

Data Collection

Thank you for returning your data collections sheets and parental consent forms so promptly, it is greatly appreciated. If you haven't returned them yet, we would be grateful if you can do so asap please.

IMPORTANT: Please continue to use the **Sims Parent App** to check the contact details, address etc that we have for your child(ren) are correct and update them if necessary. We would be grateful if you can please submit a nil return if there are no changes to be made at this time. If you do not have access to Sims Parent or have any queries or concerns, please contact the school office.

EasyFundraising

Remember we are registered with easyfundraising, which means you can help us for FREE. Over 4,000 shops and sites will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself!

All you need to do is sign up and remember to use easyfundraising whenever you shop online. It's easy and completely FREE! These donations really mount up, so please sign up to support us at

https://www.easyfundraising.org.uk/causes/northcurryprimary/?utm_campaign=raise-more&utm_content=cpl

Kind regards,



Helen Morley.

Key Dates: Autumn Term 2020

Date	Subject
Thursday 1 st October	Harvest Assembly Bring produce for the Taunton Foodbank
Friday 2 nd October	Virtual Dolphin Show and Share: 1.20
Friday 9 th October	Virtual Starfish Show and Share: 1.20 Non-Uniform Day (wear something yellow) for the YoungMinds charity
Friday 16 th October	Virtual Seahorse Show and Share: 1.20
Monday 19 th – Friday 23 rd October	Zones of Regulation Enrichment Week
Tuesday 20 th and Wednesday 21 st October	Virtual Parents' Evenings: 3.30-6.00
Thursday 22 nd October	Non-Uniform Day for the Uphill Trust Junior School
Friday 23 rd October	INSET DAY
Monday 26 th October – Friday 30 th November	Half term week
Monday 2 nd November	Back to School

Raise FREE donations for

North Curry Primary School
every time you **shop online**

Find us on **easyfundraising.org.uk**

<https://www.easyfundraising.org.uk/causes/northcurryprimary/?utm>

4,300 online sites will give us a free donation
when you shop with them - at no extra cost to you!



Download the easyfundraising App



**Educational Psychology Service (EPS)
Telephone Helpline for Parents and Carers**

*** Reopening Monday 21st September ***



During these unprecedented times, we all find ourselves facing new challenges. For many, this will bring about new anxieties, for others, it may worsen existing worries.

Where children and young people are affected, you may notice that they react to uncomfortable feelings and thoughts by changing their behaviours and demonstrating behaviours you have not seen from them before. In turn, these behaviours can add to an already stressful home situation.

It is important to remember that self-isolation, does not equate to social isolation.

If you are a parent/carer of a child in Somerset and would like to speak to a Psychologist with any concerns arising for you, or your family during this time, then The Educational Psychology Service is here for you. We are able to offer an initial 30 minute telephone consultation (discussion) and a potential follow up call, of another 30 minutes if appropriate.

Calls will be offered Monday-Friday, during usual working hours.

Unless the Psychologist feels that you, or someone else is in danger of harm, then full confidentiality will be respected. In order to offer the best possible service, a brief summary of the discussion will be recorded, which may be shared with colleagues from other services. If you do not wish for a record to be taken, then please make this clear to the psychologist during your call and they will only record the name of the school. For further details of our privacy notice, please follow this [link](#)

If you would like to access this service, then please email EPShelpline@somerset.gov.uk with the following information:

- ☐ Your name
- ☐ The name of your child's school (or 'EHE' if Electively Home Educated)
- ☐ Times and dates that you are not available for consultation

If email is not possible, then call 01823 357000. Please understand that we are likely to be slower to respond to phone calls. Our aim is to offer a consultation within 5 working days of receipt of email.