



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



Newsletter 27/01/21

Dear Parents/Carers,

NC Children's Mental Health Day

I would like to start by thanking you all for your support and hard work in helping your child engage with online work. I know that this is not an easy or ideal way of working, but both staff and children are making it work and we are very pleased with the learning taking place.

In recognition of the additional demands on both children, parents/carers and staff, we will be making Friday 5th February a Mental Health day. This day will be set aside for staff and students to catch up with work if they need to, or to take the day to do something to help their mental health. No work will be set on this day, allowing students to either engage with their own choice of positive mental health activity or to engage with the optional mental health activities that all students will be able to access through TEAMS from Ms Harris.

If your child normally attends school on a Friday as they are part of the Key Worker/Vulnerable Children/Nursery bubble, we would strongly recommend that you do not send your child to school on this day, if at all possible, to allow everyone in the family to spend time together.

I hope that Friday, followed by the weekend will help both children and staff to take some time to relax, ready to return to remote learning the following Monday.

Thank you for your continued support.

Collective Worship Theme of the Week: Setting Goals/Aiming High

Setting goals is the first step in turning the invisible into the visible!

Tony Robbins



Prayer of the week

Dear God

Thank you for good change in our world

Thank you for our ability to grow in wisdom and change for good

Thank you for the wonder of simple moments that can change us for good

Thank you for hope and real possibilities of change for good

Thank you that through opening our hearts we can all change for good

Thank you that in opening our heart to you, you can change us for good

Amen

Our 'Big Question' of the Week

What goals have you set yourself this Lockdown?

Well Being: Tips

Make time during every day this week to consciously stop, in order to cherish simple moments, notice how you feel and capture that feeling as a positive memory. Use that positivity, share that moment or that memory if you can, and in doing so open your heart just a little bit more to other.



ELSA Support

The Star of the week is...You!

In week four of working and learning from home we are all feeling the pressures, and managing the massive task of working and learning from home. You are spinning the plates of managing; home school, working, walking the dog, cleaning, looking after others, cooking, food shopping, doing the dishes, the laundry, and the list is endless. Allowing time out for yourself is so important at the moment, time to re-charge the batteries and clear the head. Give yourself permission to nurture yourself. During these times it's more important than ever not to be too hard on yourself and to be your own best friend. There are lots of ideas on how to manage at <https://www.cypsomersehealth.org/news&id=359>

If you would like ELSA Support please email the school office or viharris@nc.huish.education

Little Herons Nursery

This week the children have been making and decorating Fairy Cakes as their adult led activity. We hope you enjoy looking at their creations as much as the children enjoyed making and eating them!!

We are very much looking forward to exploring the sparkly gloop in the water tray next week...photos to follow!



Kind regards,

HMorley

Helen Morley.

Key Dates: Spring Term 2020

Date	Subject
Tuesday 9 th February	Local Governing Board Meeting: 5.00
Monday 15 th – Friday 19 th February 2020	Half Term
Friday 26 th February	Virtual Shark Show and Share: 1.20
Monday 1 st – Friday 5 th March	Reading Enrichment Week
Tuesday 2 nd and Wednesday 3 rd March	Virtual Parents' Evening 3.30 – 6.00
Thursday 4 th March	World Book Day!
Friday 5 th March	Virtual Octopus Show and Share: 1.20
Friday 12 th March	Virtual Dolphin Show and Share: 1.20 Parents' Forum: 2.00
Monday 15 th March	RSE Parents' Consultation Meeting: 3.30 via Zoom
Friday 19 th March	Red Nose Day Virtual Starfish Show and Share: 1.20
Friday 26 th March	Virtual Seahorse Show and Share 1.20
Tuesday 30 th March	Local Governing Board Meeting: 5.00
Wednesday 31 st March	Virtual Minnow Show and Share 1.20
Thursday 1 st April	Virtual Easter Service: 2.00 Break Up
Friday 2 nd – Sunday 18 th April	Easter Holidays
Monday 19 th April	Back to School

How to boost your mental health during isolation

HERE ARE 6 WAYS TO IMPROVE MENTAL HEALTH



GET CREATIVE

Finding a creative outlet is incredibly helpful when it comes to relieving stress. Try painting, drawing, embroidery - anything you like

STAY CONNECTED

Isolation can be lonely. Stay in contact with your friends and family through video chat and phone calls. Remember we are all in this together.



BE ACTIVE

Staying active is great for the mind and body. Yoga, Pilates and weights are all great activities you can do inside.

TAKE A BREAK

The constant stream of news can become very overwhelming. Try to take a break from social media and the news to reduce anxiety.



STRUCTURE YOUR DAY

Keeping a routine and structure to your day can help you avoid slipping into unhealthy habits that can affect your mental health. Plan to achieve a few small goals a day.

REMAIN CALM

It is okay to be stressed about this situation but it helps to remember that

