Little Herons Pre-school
North Curry

NORTH CURRY
CofE PRIMARY SCHOOL

Together Everyone Achieves More

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

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RICHARD HUISH

Newsletter 10/02/21

Dear Parents/Carers,

As half term is drawing closer, I would like to take this opportunity to thank the staff for all they have done to support your child/ren's learning from afar and to you for your continued support. Remote learning has certainly been a steep learning curve for us all! I hope you and your families manage to enjoy a well deserved rest from it all next week and I'm keeping everything crossed that we will all be allowed back together in school very soon.

Collective Worship Theme of the Week: Helping Others
Help others to achieve their dreams and you will achieve yours.
Les Brown

Prayer of the week
Dear God,
We pray for all those involved in the shaping of young lives.
We give God thanks for the sacrifice and commitment of teachers and all those involved in serving children and young people in education.
We pray that all might be nurtured and cared for and that every needful resource would be made available – that all lives can flourish even in these difficult times and that no-one would be overlooked.
Amen.

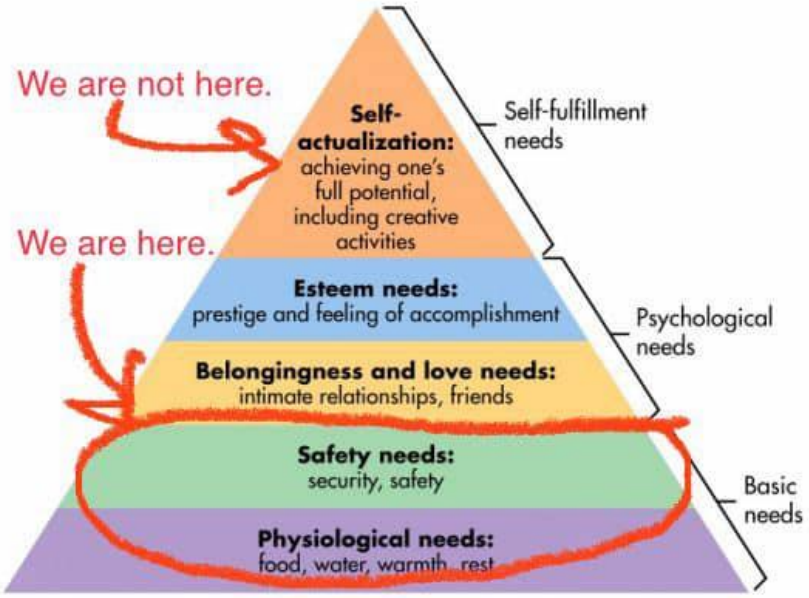
Our 'Big Question' of the Week

Who have you helped this week to achieve their goals?

Well Being: Tips
Sleep more. Find ways and times that might enable you to enjoy more sleep, from napping to setting the alarm later in the morning (half term may be good for this rather than the working days this week!).
Exposure to daylight can boost sleep at night so if you are able then enjoy some exercise in the fresh air and better sleep as a result, three wins!

ELSA Support

I have been speaking to parents this week about how a focus on our more basic needs can bring a sense of security, calm and regulation at a time when we are all feeling burnt out. Sometimes it is good to take a step back and look at what our basic needs are.



What is Maslow's Hierarchy of Needs? Abraham Maslow was a psychologist who split key motivations for life into a five-tier pyramid known as Maslow's Hierarchy of Needs. We can use this tool to help us address what we need at the moment and what our children need in this winter lockdown.

The pandemic has brought our sense of security and safety sharply into focus. To address these needs and physiological needs we can think about what brings us those feelings of comfort. **What makes me and my child feel safe and secure? What are our physiological needs?** No matter what age, safety and emotional security can be re-enforced through familiar routines, activities they enjoyed when they were younger such as; nightly bubble baths, story time, eating favourite foods, bedtime milk, watching films that you know really well (Harry Potter for the millionth time!), looking at happy photos and family videos, singing family songs… essentially things that you do that are old and familiar rather than new experiences, this will all contribute to a sense of safety.

Once an individual's physiological needs are satisfied, and the needs for security and safety you can then think about higher needs. Needs lower down in the hierarchy must be satisfied before individuals can attend to needs higher up. The pandemic has brought our attention to the lower stages of the pyramid because of the threat to our safety. For more information please read this article for more insight 'How has Maslow's 'Hierarchy of Needs' been tested during Covid-19?'

https://dorsetmind.uk/blog/has-maslows-hierachy-of-needs-been-tested-during-covid19/

Random Acts of Kindness day

Wednesday 17th February 2021

Random Acts of Kindness Week takes place for one week each year. It's a week dedicated to kindness and taking that extra, conscious step to brighten somebody's day.

It was created by the Random Acts of Kindness Foundation with the intention of encouraging more harmony and kindness between people by offering thoughtful gestures of kindness, no matter how big or small.

It's also Children's Mental Health Awareness Week, and we can probably all agree that it's come at one of the most strange and difficult times any of us can remember. Giving is an essential pillar of wellbeing so maybe you can think of a random act of kindness to help others and yourself.

For ideas for acts of kindness in lockdown
https://www.bbc.co.uk/bitesize/articles/zhkybdm

Don't forget…Be kind to yourself
Possibly the most important act of kindness you can do.
Treat yourself - you deserve it!

Little Herons Nursery

To conclude our termly theme of Castles and Fairy Tales the children have enjoyed making 'magic wands'. The staff have been busy planning our next theme of Spring and will be sharing the continuous provision planning in the next newsletter. Our Little Herons Pre-school Instagram and new Facebook page have now gone live so please do take a look, like and follow. Have a lovely half term everyone!

Kind regards,

HMorley

Helen Morley.

Key Dates: Spring Term 2021

Date	Subject
Monday 15th – Friday 19th February 2020	**Half Term**
Tuesday 23rd February	**Starfish Show and Share: 3.30**
Thursday 25th February	**Dolphin Show and Share: 3.30**
Friday 26th February	**Octopus Show and Share: 3.30**
Monday 1st – Friday 5th March	**Reading Enrichment Week**
Tuesday 2nd March	**Minnow Show and Share: 3.30**
Thursday 4th March	**Shark Show and Share: 3.30**
Friday 5th March	**Seahorse Show and Share: 3.30**
Thursday 4th March	**World Book Day!**
Friday 12th March	Parents' Forum: 2.00
Monday 15th March	**RSE Parents' Consultation Meeting: 3.30 via Zoom**
Friday 19th March	**Red Nose Day**
Tuesday 30th March	**Local Governing Board Meeting:** 5.00
Thursday 1st April	**Virtual Easter Service: 2.00** **Break Up**
Friday 2nd – Sunday 18th April	**Easter Holidays**
Monday 19th April	**Back to School**