



5-14 March
**British
Science
Week
2021**



Together Everyone Achieves More

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



Newsletter 10/03/21

Dear Parents/Carers,

A very warm welcome back to school after the long break. The children seemed to have returned to school full of enthusiasm and very grateful to be back at school. The staff and I are looking forward to working with you to continue to provide the highest quality of education for all the children at North Curry School.

Collective Worship Theme of the Week: Being Active

Be active,
Be healthy,
Be happy!



Prayer of the week

Dear God

This week we pray together for real peace and calm as we welcome back our wider school family
This week we pray together for true joy and friendship as we welcome back our wider school family
This week we pray together for deep wisdom and assurance as we welcome back our wider school family

This week we pray together and ask that your loving spirit will connect us, and connect with us, as we welcome back our wider school family

For peace, joy, wisdom and love we pray

Amen

Our 'Big Question' of the Week

What do you do to keep active?

Well Being: Tips

Celebrate your amazing self. Reflect each day on things that have gone really well and allow yourself time to notice and to enjoy the feeling of a job well done, a sense of achievement. Even better, catch other people doing great things and celebrate that with them too. After all you are amazing individuals and even better as incredible teams.

ELSA Support

Reducing Stress and Establish Routines

Returning to school after the winter lockdown has no doubt left us with a range of feelings and emotions. Getting back into the school routine again and coping with another big change has made us feel everything from excited to overwhelmed. Here are a few strategies and suggestions if you need a little support in getting back into the swing...

Get back on schedule. Use this new start as a starting block for new routines and positive changes, for example; start establishing new 'school bedtimes', morning and evening routines.

Talk about it. Sometimes children need a little time to process their day. If your child does not immediately share their day with you wait until later. After your child has some 'down time' then ask about your child's day with the focus on the positive, fun and exciting things, try and find three positives.

Emotional Outbursts. You may see an increase in emotional outbursts after school. These outbursts are an emotional outlet and not tantrums (when your child is wanting something and pushing boundaries). The after-school 'restraint collapse' or meltdown happens because your child has become emotionally overwhelmed. If this is a persistent problem for your child please let the class teacher know.

Growth Mindset/Stay positive! Show your enthusiasm for what the day brings, your child will be aware up on it, and any nervous energy will turn into excitement.

Establish fun new traditions. Do something fun after school at home or have something for your child to anticipate on their return home. Each weekday could have a different theme or treat.

Don't over-schedule your child or family. Also, include your child in decisions regarding what or how many activities they are involved in. Ask him or her how much they would like to do in addition to school.

Set expectations. Go through your expectations ahead of time about your routine getting dressed, eating breakfast, and appropriate grooming so that everyone is aware of what is expected. Use visual timetables and Now and Next if needed.

Victoria Harris

North Curry Primary School ELSA, Wellbeing lead and DDSL

Little Herons Nursery

This week the children have enjoyed having their PE session with Mr B and the adult led 'Five Little Speckled Frogs' activity. Don't forget Forest School restarts on Friday...remember your waterproofs and wellies as the forecast looks wet.



Online Safety

Be Internet Legends Family Adventure

Be Internet Legends from Google and Parent Zone is designed to support families to become safer and more confident when they are online.

Their newest resource is a three-part animated series about a family of 'Internauts' who go on an adventure, and learn about phishers, cyberbullies, and hackers on the way.



Join in the adventure at:

https://beinternetlegends.withgoogle.com/en_uk/parents/adventure

For further support, [please visit our website](#) to find helpful links to a range of resources to develop knowledge, skills and confidence in staying safe online.

No Inset Day 28th May

Just a reminder that the inset day originally planned for the 28th May 2021 was taken early on Friday 18th December 2020. Therefore, there is no inset day on Friday 28th May, this will be a normal school day.

School Lunch Reminder

For w/c 15th March orders must be placed by midnight today Wednesday 10th March. 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 are unable to order lunches via ParentMail, please email the school office asap. Otherwise please ensure you provide a packed lunch for your child.

Kind regards,

HMorley

Helen Morley.

Key Dates: Spring Term 2021

Date	Subject
Monday 15 th March	RSE Parents' Consultation Meeting: 3.30 via Zoom
Friday 19 th March	Red Nose Day Parents' Forum: 2.00
Tuesday 30 th March	Local Governing Board Meeting: 5.00
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