

# Culworth CofE Primary Academy

**Respect Believe Succeed**



## Upcoming Events

Monday 22<sup>nd</sup> February – start of term 4

[www.culworthschool.org](http://www.culworthschool.org)

**A huge congratulations to all who participated in the Chenderit Virtual Cross-Country. So proud of you all and thank you for representing Culworth School.**

**Well done to:**

Archie  
Eliza  
Ellie  
Holly  
Lillie  
Lottie  
Lydia  
Morgan  
Sam  
Zac

**Mental wellbeing:**

**We are really aware that this is something we want to support you all with. Below are some top tips to support mental wellbeing in your children.**

**1. Connect with your child every day.**

Try to have make time every day for an activity where you can connect with your child without distractions that enables comfortable conversation. We all lead busy lives, but doing an activity like this together will offer your child the opportunity for them to feel secure and express how they are doing / feeling;

**2. Have quiet time together.**

This is a great way to connect with your child and takes no planning! Uninterrupted quiet time provides an ideal environment for your child to focus and build their attention span. When things are overwhelming, quiet time can help your child reset their thoughts and avoid behaviour escalation to meltdowns;

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Our value this term is:

**Courage**

**'Be strong and courageous;  
do not be frightened or  
dismayed, for the Lord your  
God is with you wherever  
you go.'**

**Joshua 1.9**

### **3. Praise your child when they do well.**

Recognise their efforts as well as achievements- praise the small steps. For example, say your child has difficulty sitting quietly and calmly at the dinner table. Although desired, it would be unrealistic to initially expect them to do this for half an hour. So small steps might be praising that they achieved 5 -10 minutes. At the next meal this could be built on by reminding them of their previous achievement and setting a new goal of 15 minutes;

### **4. Foster your child's self-esteem.**

Self-esteem is how they feel about themselves, both inside and out. Children with good self-esteem generally have a positive outlook, accept themselves and feel confident. Fostering self-esteem includes showing love and acceptance, asking questions about their activities / interests and helping them to set realistic goals;

### **5. Actively listen to your child.**

That's really listening to what they are saying and how they are feeling. Often the way children feel may seem unrealistic or disproportionate to adults but remember, children do not have the wisdom of experience and they may need help and direction to make sense of situations and feelings. Try to answer your child's questions and reassure them in an age-appropriate manner. Whilst you may not be able to answer all their questions, talking things through can help them feel calmer;

### **6. Wherever possible stick to commitments and routines.**

Following through on commitments and routines builds trust and continuity, important relationship factors. Try to keep to as many regular routines as possible to help your child feel safe and secure. This includes having regular times for going to bed, waking up, eating meals and doing activities /hobbies;

### **7. Keep your promises.**

Should the need to break a commitment or routine occur make sure there is a valid reason and take the time to explain why to your child. Remember success comes from keeping your promises to your child;

### **8. Find opportunities to play together.**

Play is a fantastic way for children to learn new things and develop problem solving skills. It also offers great opportunities for them to learn how to express their feelings;

### **9. Be a positive role model.**

Look after your own mental health and wellbeing. Children are intuitive and will readily pick up on feelings such as stress, anxiety, hopelessness and fear.

### **10. Help your child to develop a language of feelings.**

Teaching children about feelings can be hard as it's an abstract concept but if they can understand and express their emotions, they will be less likely to 'act out'. For example, you can discuss how characters in a book are feeling and the reasons why they may be feeling that way;

## Don't forget about yourselves as well. Here are some top tips we have found to be useful over the past few weeks.

1. **Talk to someone**
2. **Get some fresh air everyday**
3. **Step away from the news time to time**
4. **Find a good book to read at bedtime**
5. **Exercise! Just a quick 5 minute hiit class can give you a boost**

The BBC top mental health tips online are also worth a read.

**Quick reminder to Key worker parents – please ensure any snacks or food sent in to school is nut free. Thank you for your help with this.**

**Reminder about Mrs Prewer's Wednesday assemblies**

**Wed at 2.30 pm for KS1**

**Wed at 3 pm for KS2**

You can use the link on the original invite each time – let the office know if you have lost/deleted it and we can resend.

### **Covid testing in primary school:**

In line with government guidance, staff in primary schools will now be able to access weekly testing in a bid to catch asymptomatic adults working in education and to prevent the spread of Covid 19.

### **Reminders:**

#### **Remote Home Learning Forms**

Please can you return these forms as soon as possible, if you haven't already done so.

#### **Zoe Covid App**

Please do register with this when you have a moment. The code you need is A6P15KX.

#### **General Reminders**

**Dolce have suspended their school meal service until after half-term. If you are a critical worker and are choosing to send your child/children in please make sure they have a packed lunch, drink and snacks.**

**One way system. Do please remember to stick to the one-way system and please make sure people can pass by easily at drop off in the morning.**

#### **Extra layers of clothing required**

As you know we have to ensure the school is really well ventilated to help minimise the risks of Coronavirus transmission. The heating is on but classrooms will be much cooler than normal with the fresh air circulating and flushing through at break and lunchtimes. Please can you make sure your little ones have plenty of layers on under their jumpers to keep them as warm as possible.

**Breakfast and Afterschool Clubs** are not running at the moment. We hope to re-open these after half-term.

**Coronavirus Prevention Measures relevant to Critical Worker children.** Along with enhanced hand cleaning, promoting good respiratory hygiene and keeping children in year group bubbles, government guidance on reopening schools states that to help prevent the transmission of Covid-19 contact with individuals who are unwell must be minimised by ensuring that those who have coronavirus symptoms, or who have someone in their household who does, do not attend school. In line with this guidance, schools are now required to send any child presenting with coronavirus symptoms home. We also ask for your support in following this guidance by ensuring that if your child or anyone in the household has symptoms or a positive test result you follow government guidance on household isolation. It is also important for anyone returning home from a country that is on the quarantine list to follow the guidelines including keeping children off school for the specified time.

## Helplines

**NSPCC: 0808 800 5000 or [help@nspcc.org.uk](mailto:help@nspcc.org.uk)**

**Childline: 08001111**

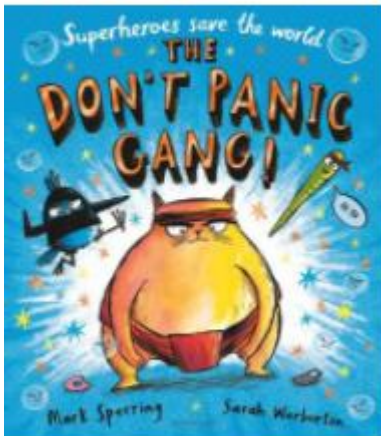
**National Domestic Abuse Helpline: 0808 2000 247**

**Women's aid: [womensaid.org.uk](http://womensaid.org.uk)**

**Mind: 0300 123 3393 or [mind.org.uk](http://mind.org.uk)**

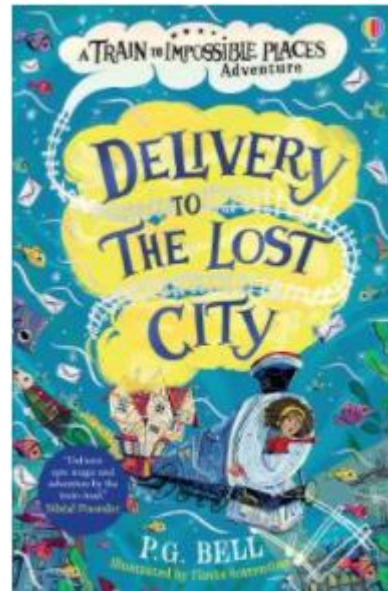
**Coronavirus helpline: 0800 028 2816**

Mrs Stephens's recommended reads....

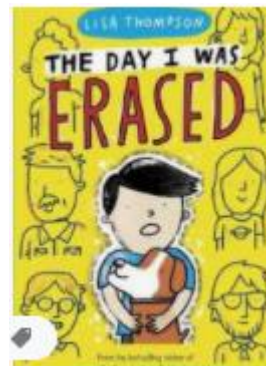


Key Stage 1

A doughnut loving cat, a tweety bird and an old worm – what's not to love? For a little bit of silly and an adventure with a twist, this is the book!



**Lower Key Stage 2** – This is a current book in the series based on 'Impossible Places'. It's a magical story, which involves the main character, Suzy, being sucked into a void storm at the bottom of the ocean! All this to return a book to a library!



**Upper KS2:** I have just read this book and loved it. Have you ever what would happen if your current life totally changed beyond recognition? Would it be better or worse?