

Friday 5th February 2021

I hope this newsletter finds you all well. We are still working towards a restart of March 8<sup>th</sup> but unfortunately do not have any information on what it will look like. Apparently the government will be releasing more information after Half-term week. I would expect it to be a phased return rather than all children straight back in. The local rate of infection is falling (460 per 100,000 in Halton) which is good news. Keep on following the advice and stay indoors unless absolutely necessary.

### Home Learning

We are acknowledging some of the hard work that has been going on for the last few weeks. Check out our page on Facebook for a list of overall hard working stars that teachers have nominated.

Lots of children have been enjoying work on Mathletics and these are the current leaders in each class. The number at the bottom is the number who haven't done anything at all. Infants need to try a bit harder!!

Sherwood	Delamere	Thetford	Grizedale	Whinfell	Epping
Poppy	Oscar	Emma	Dominik	Izzy	Cameron
Noah	Dylan	Jamie	Eli	Liam	Remi
Rosie	Layla	Lewis	Mia J	Tylor	Harrison
14	14	5	4	3	2

Consistent hard work on Mathletics earns a bronze/silver/gold level. First person to get a silver was Liam in Y6 followed by Jessica. Who's going to be first to gold??

Mrs Scott and Mrs Whitaker would like to see more home work from EYFS children on Tapestry. You have been sent an email with activation instructions. We really need to see the activities they are doing at home. Call us if you need more information.

If anyone is still having problems getting on Zoom lessons, please message the teachers on Dojo. It would be quicker than ringing school.

**8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN**

- 1 Know how to spot the signs**  
If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.
- 2 Talk to your child**  
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.
- 3 Create structure and routine**  
Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.
- 4 Give children a sense of control through information**  
Look online with your children to find useful information and resources that help children feel they have control.
- 5 Keep children learning**  
Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.
- 6 Limit screen time and mix up activities**  
As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.
- 7 Help your child manage stress**  
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.
- 8 Expressing feelings doesn't have to be face-to-face**  
Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

If you are having any problems then here are some helpful numbers

☎ Samaritans 116 123

☎ Mind 0300 123 3393

☎ Calm 0800 58 58 58

☎ Women's Aid 0808 2000 247

☎ Age UK 0800 678 1602

☎ Childline 0800 1111

☎ YoungMinds 0800 018 2138

Updates to lessons and plans are easily viewable at

<https://www.woodsideprimary.co.uk/>

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Thank you ☺