



Blackawton Primary School Weekly News



Contact us: parent@blackawtonprimary.org.uk
Please talk to us about any issues or make an appointment.

11th September 2020

Weekly Attendance Per Class for 8th to 11th September 2020
Class 1 100%, Class 2 100%, Class 3 96.10% Class 4 96.55%, Class 5 100%
Our Attendance Target is 96%
A brilliant start to the year with 3 classes having 100% attendance

Dear Parents and Carers

We have all been so impressed with the conduct of the children as they have started the new school year. It has been a joy to walk around the school (masked up and visor on!) and see the children engaged in their learning, attentive and excited about being with their friends and their teachers. This week the children have set their class charters with Article 42, knowing their rights. Each week we will be focusing on a different right enabling the children to explore and understand what each article means for them.

Next week the focus will be Article 3

Article 3 states that the best interests of children and young people must be a top priority in all decisions and actions that affect them. And it is important that as adults and duty bearers we communicate to children and young people the need to act in their best interests and seek their involvement in those decisions.

Thank you for bearing with us this week whilst we "tweaked" the drop off and collecting arrangements for the children. Teachers will aim to have all doors open by 8.45 to help with congestion in the playgrounds in the morning. We realise, as a small site, that we have limited places for parents to wait and appreciate your efforts in maintain social distancing and giving each other space whilst you are waiting.

With best wishes
Rachel

Thank you

Unfortunately, during the summer break, the school was broken into and some was money stolen. We are incredibly grateful to the fund-raising efforts of Leanne Roberts and family and to everyone who has contributed. Thank you so much for the £400, that will sit in the FOBS account and go towards class resources for your children.

Food for Life – Peter Melchett Award

Back in February the school were the proud winners of the inaugural Peter Melchett Award in association with Food for Life. We decided that we would use our winning prize money to invest in the garden and in something that would be long lasting and for the school community to use. Over the summer, Simon Lindsay (Lily and Whillan's Dad) has very kindly given his time to build the school a pizza oven. Until we can hold community events, the children will be using the pizza oven in school to not only cook pizza but also bread, potatoes, vegetables and more.

Prevention measures for Covid-19

1. Minimise contact with individuals who are unwell by ensuring that those who have coronavirus (COVID-19) symptoms, or who have someone in their household who does, do not attend school

We are ensuring that pupils, staff and other adults do not come into the school if they have coronavirus (COVID-19) symptoms or have tested positive in at least the last 10 days and ensuring anyone developing those symptoms during the school day is sent home. These are essential actions to reduce the risk in schools and further drive down transmission of coronavirus (COVID-19).

If anyone in the school becomes unwell with a new and persistent cough or a high temperature, or has a loss of or change in, their normal sense of taste or smell (anosmia), they will be sent home and advised to follow guidance for households with possible or confirmed coronavirus (COVID-19) infection, which sets out that they should self-isolate for at least 10 days and should arrange to have a test to see if they have coronavirus (COVID-19).

If they have tested positive whilst not experiencing symptoms but develop symptoms during the isolation period, they should restart the 10-day isolation period from the day they develop symptoms.

Other members of their household (including any siblings) should self-isolate for 14 days from when the symptomatic person first had symptoms.

What we are doing in school to help reduce the risk and spread of Covid-19

Using face coverings for staff in shared areas

Cleaning hands thoroughly more often than usual

Ensuring good respiratory hygiene by promoting the 'catch it, bin it, kill it' approach

Enhancing cleaning, including cleaning frequently touched surfaces

Minimising contact between individuals and maintain social distancing wherever possible

Reminder that we are a Nut Free school as we have pupils with severe allergies to nuts.

Please be mindful of what food you send in to school in lunchboxes etc.



COVID-19 symptoms in comparison to the flu and the common cold

Symptoms	Coronavirus Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common (usually dry)	Mild	Common (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometime
 Sore throat	Sometimes	Common	Sometime
 Diarrhea	Rare	No	Sometimes for Children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Prices for Autumn Term 2020

School Meals £2.60

Nursery Meals £1.85

Breakfast Club £4.00

After School Club £6.00 (until 4.30pm), £8.00 (until 5.30pm)

What's On

When	What	Who	Where
23rd October	Non Pupil Day	Whole School	
6th November	Flu Vaccinations	All Year Groups	In school

SCHOOL LUNCHES



We will be on Week 2 of the Autumn Menu next week

Supporting Children with Anxiety

The following advice can be found on the website: <https://www.babcockldp.co.uk/campaigns/coronavirus-support-for-schools-parents-and-pupils/mental-health-and-wellbeing>

In the current situation with Covid 19 there are many anxieties for families – for adults and children alike. It is important that we learn to recognise when our children are anxious and find ways to support them, to make sure that it doesn't develop into a much bigger problem. Anxiety itself is a normal emotion and can be helpful in our daily lives. It can help to sharpen attention, increase focus and enhance performance, However it can turn into a problem when it becomes excessive and gets in the way of everyday life.

How can we tell if our children are anxious?

There are many different ways that anxiety can display itself - listed below are a few of the symptoms of anxiety of children and young people:

- Difficulty concentrating and finding it hard to focus.
- Not sleeping or waking up during the night – bad dreams
- Loss of appetite – not eating properly
- Tummy aches or complaining of not feeling well.
- Talking too much and asking lots of questions, or becoming sullen and quiet
- Being clingy to adults or crying
- Becoming more fidgety than normal
- Going to the toilet a lot

Some children may be happy to talk about their concerns whilst others may find it more difficult and clam up. Never force a child to talk or 'interview' them as this may increase their levels of anxiety. Instead create a safe and familiar environment where talking is likely to occur naturally. Examples of such situations may include cooking, reading together or going for a walk. If a child does share with you it is important that you thank and reassure them. Tell them that you will do your best to find a way to help them with what is on their mind. Good conversation starters (ask open questions):

- What are you enjoying about today?
- What's the hardest thing for you at the moment?
- How do you feel about things changing?
- When you feel uncertain what is it you do that makes you feel better?
- What worries you the most?

If your child responds be sure to attune and validate e.g. "I can see that you are really worried about that" or "that must be really hard for you" Don't try and offer a 'quick fix' – instead tell them that it is okay to feel like that and offer reassurance.

Setting a goal and making a plan

Work with your child and identify one key issue that is causing concern right now - set a realistic goal for example 'to have a fun time with my friends when I go back to school'. Make a step by step plan working towards the goal:

- Talk with your child and identify a series of steps that will help them work towards and ultimately achieve the goal (between five and ten)
- Rate each step according to the level of anxiety and make sure that the first one is very achievable i.e. something that your child can already do (for example talking to friends on social media)
- Order the steps according to the levels of anxiety, starting with least cause for concern and ending with the final goal
- Give lots of positive feedback - praise and celebrate all efforts along the way
- If necessary break down each step into smaller more manageable steps and repeat any step if needed – remember this is a marathon, not a sprint.

Other things you can to do help reduce anxiety in children and young people

- Try nurturing touch activities with your child if they are willing. The Massage in Schools Association (misa.org.uk) has ideas for this simple, clothed massage, such as 'The Weather Massage.' Examples of The Weather Massage can be found on YouTube. Nurturing touch has been shown to produce the anti-stress hormone oxytocin in the body, both for the person giving the massage and for the person receiving it. The giving and receiving is a 'win-win' exchange, promoting feelings of well-being as well as reinforcing parent-child bonds (NB always with permission).
- EFT (Emotional Freedom Techniques) is a great tool to help reduce anxiety, for adults and children alike (emofree.com). It involves tapping or pressing on acupuncture meridian end-points on the body. Studies show that this calms the amygdala, which is the part of the brain which controls our fight/flight/freeze response. It may seem an unusual approach, but it has been found to be highly effective for many people.
- Yoga and mindfulness activities are becoming ever more popular ways of promoting calm and relaxation, and have been found to be beneficial for mind, body and emotions. There are lots of examples of these available for children and young people online.

Andy Simpson Advisory Teacher for Social Emotional and Mental Health (SEMH) team (With additional info from Jeff Cornish Family Worker SEMH team) - Babcock LDP

Piano and Cello Lessons

Jess Heywood provides piano and cello lessons in school and has availability.

If your child is interested please contact Jess.

jess_h_heywood@yahoo.co.uk

