



Newsletter 5th February 2021

Children's Mental Health Week

This week has been children's mental health week and on Monday morning we hope that many of the children at home joined the live assembly delivered by the Oak Academy. For those children currently attending school, all of the children in KS1 and KS2 watched the assembly and the early years bubble have been focusing on positive experiences and been talking about what makes them smile as well as having opportunities for mindfulness.

<p>As a family, design outfits that express who you are individually!</p>	<p>Put on your favourite music and sing your favourite song!</p>	<p>Talk to someone at home about how you're feeling.</p>	<p>Spend time doing something that makes you happy!</p>	<p>Draw/paint your emotions – what colour are the different emotions to you?</p>
<h3>Children's Mental Health Week – Express Yourself</h3>				
<p>Spend time with your family – play games, go for a walk or do something creative together.</p>	<p>Spend time doing something that helps make you calm.</p>	<p>Dress up in your favourite outfit!</p>	<p>Create (draw or build) a place you'd like to visit!</p>	<p>Draw a picture of yourself and write on it the things that you like about yourself!</p>

In less than 5 weeks,
it'll be March.
Daffodils 🌼, sunshine
☀️, warmer days 🧥,
longer days 🌅 & new
beginnings 🐣 🐑.
Keep going everyone,
we can do this ❤️ ❤️ ❤️

WELL DONE to ALL parents - you are surviving a pandemic, keeping children safe, loved and cared for whilst supporting them with remote learning, whilst many of you are working from home and looking after babies and toddlers too! Lockdown 3 is clearly harder for all concerned and times are tough, however there are glimpses of spring as the dark nights are drawing out. We've seen sunshine and blue skies this week and I can see new shoots starting to appear in my garden. The weekend really does need to be a complete break from remote learning for parents, children and staff.

Walk, run or cycle competition

Until the end of next week, we will be hosting an inter school competition to see which classes are being the most physically active during lockdown. Earlier in the week, we sent you a simple and easy to complete online form where you or your child (depending on their age) can log what their daily physical activity was and how long they were doing it for. Not only have you been logging how far the children have been walking running and jogging but some of the children have been outside playing football, playing on their trampolines, scooting, doing workouts and roller skating. After the half term holiday, we will be announcing which class had the most physical active minutes. During this lockdown, it is still permissible to leave your house for daily physical exercise as the impact that this will have on not only the children's mental health but also your own will be very positive.

Top 10 active children

- | | |
|---------------|-----------------|
| 1. Aaliyah O | 6. Freddie W |
| 2. Isabella S | 7. Amy R |
| 3. Henry H | 8. Jamie H |
| 4. Frankie RM | 9. Jonah D |
| 5. Rafe B | 10. Annabella S |



Top 3 classes to date

1. Year 6
2. Year 4
3. Reception and Yr 1

Young Artists Summer Show

Get Making! Submissions to the Young Artists' Summer Show now open. Looking for a creative activity for the young people in your life? Why not suggest a submission to the Young Artists' Summer Show 2021. Taking inspiration from the Summer Exhibition, the Young Artists' Summer Show is an opportunity for young artists aged 5-19 to see their work exhibited online and at the Royal Academy of Arts. Submissions are open until 26th April 2021.

Mrs Goodman will be registering us as a school to submit entries, so in the meantime take a look at the website and get your creative ideas flowing.

Youngartists.royalacademy.org.uk

The Tate has also got some great activities online to get stuck into! Tate.org.uk/kids

Virtual Assembly

This week many of the children watched an assembly focusing on mental health. As many children aren't currently in school, we would like to provide opportunities for children at home to listen to an assembly based around a theme.

Next week we would like to encourage as many children as possible to watch a short assembly (12 mins) all about kindness which is delivered by The Duchess of Cambridge.

<https://classroom.thenationalacademy/assemblies/kindness>

Stars of the week

We know how hard the children are working both in school and at home during the lockdown and we have been really pleased with the work that is being returned to teachers. Every week, the teachers will choose 2 children from every class who have just amazed them with their participation, engagement and fantastic work. Teachers will be sending out Star of the week certificates and badges via our Marvellous Me and Tapestry platforms.

	Stars of the week	
Pre Sch	Josh C - he has been doing lots of our home learning. He has been very busy and has put lots of things on Tapestry, Well done Josh keep it up, it's been lovely to see.	Darci T - she has been a star while in school. She has enjoyed taking part in all of our activities and has done some wonderful learning. Well done Darci, we are very proud of you.
Nur	Frankie - for her amazing crafts that she has taken part in. Her Lion mask was brilliant last week and was followed up with the Three Little Pig lollypop puppets.	Hadley - for his efforts in our Live Zoom lessons every week. This week he really impressed me during PE, doing all of the actions and stopping/going when given the instructions. He has listened really well. A big well done to him.
Rec	Logan T - we have been so delighted to see how much his writing skills have developed and that he is wearing his glasses!	Sarah S - we have thoroughly enjoyed her videos - which have included storytelling and animal noises!
Year 1	Edie M - for always engaging during the zoom sessions and completing the home learning tasks with great enthusiasm: accepting challenges, humorous additions to a science task and story time impersonations of Miss Oakley.	Joshua G for being such a pleasure to teach in the classroom and his positive attitude towards all areas of his learning. Joshua constantly tries his best and completes tasks with a smile on his face
Year 2	Rose H - for challenging herself in maths.	Charlie S- for beautiful presentation in his writing.
Year 3	Caitlin S- for her great writing across all subject areas and always working to the best of her ability.	Alex B - for consistently high standards in his work and setting an impeccable example in his online learning behaviour.
Year 4	Freya H: Freya has adapted to remote learning extremely well. The work she is returning is of the highest quality and we are very proud of her achievements.	Blake S: Blake has been a valuable member of the class during our zoom lessons. His presentation relating to our digestive system 'Eating and Excreting' was inspirational.
Year 5W	Corinne W - she works to the best of her ability in school and is a great contributor to our live lessons.	Max K - is attending all zoom lessons and completing all the tasks to the best of his ability, I can see progress in his work.
Year 5B	Megan C- she has been a great role model for our bubble and always works to the best of her ability.	Dylan E- he has been juggling home learning and school learning and is always ready to share ideas on zoom and in the classroom.
Year 6	Oliver S- Oliver has been engaging well in lessons; he has offered great ideas and raised questions in discussions and I have valued all his contributions. I have seen real progress in his maths understanding in particular and in his creative writing. I am proud of his achievements.	Isla C - Isla has shown such a commitment to her learning, completing activities to a really high standard. She is challenging herself and is responding with genuine concern to issues that we are considering in our lessons. Isla has also impressed me with her creativity and imagination.

Children engagement

We are so proud of how many children are engaging with their remote learning during this lockdown. For the next few weeks we are going to celebrate the classes who have the highest % of children returning work to their class teacher to be marked (either by email, Purple Mash, Tapestry or leaving work in the drop off box). It will not be possible to give feedback on all the work that they send in to their teacher.

- 1st place - Year 5 (Wonders) 100%
- 2nd place - Year 6 (Attenborough) 94%
- 3rd place - Year 1 (Darlings) 90%
- 4th place - Reception (Donaldson) 89%
- 5th place - Year 5 (Beckhams) 76%

Online Safety

Most people, including children, have been spending more time online, whether that is in the classroom or at home. This will be the case more than ever during the national lockdown. It is important to have regular conversations about staying safe online and to encourage children to speak to you if they come across something worrying online.

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

These resources provide guidance to help parents and carers to keep children safe online. They will, amongst other things, support you to talk to your child about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices.

Coming up next week

Internet safety day

On Tuesday, 9 February, we will celebrate the 18th Safer Internet Day. With a theme once again of "Together for a better internet", the day focuses on making the internet a safer and better place for all, and especially for children and young people.

The teachers will all be delivering a live Zoom Internet safety day lesson on Tuesday and we have also arranged for the children to watch a Shooting Stars Production called "Captain Wonderweb and the Cyber Patrol". Between the 8th and 28th February you and your children will be able to watch this production as many times as you would like. It is interactive as the crew will talk to the audience and ask for their opinions. Teachers and parents can hear the children's thoughts to the problems and allow opportunities for further discussion afterwards. We will be sending login details home next Monday so that all the children at home can watch it too.



Coming up next week also

No Pens Day

We know how much the children thoroughly enjoy our half termly no pens days and just because we are teaching and learning virtually at the moment, doesn't mean that we don't want to continue with the learning styles that appeal to so many of our children.

So, next Wednesday, we will be having our no pens day for this half term and all of the remote learning will be practical, hands on and interactive. Live lessons will still be taking place throughout the day.

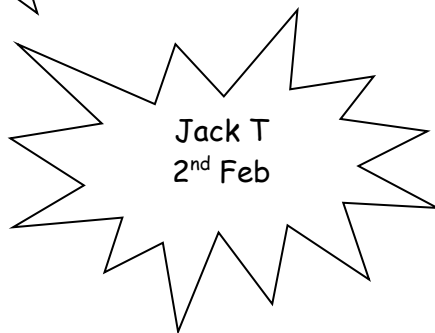
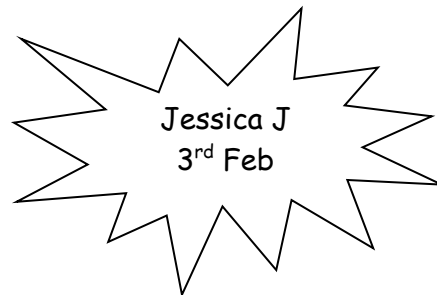
Live Zoom Lessons

This week I have had the pleasure of joining Year 3, Year 4, Year 5 (Wonders) and Year 1 for their live Zoom lessons. I saw a lesson about persuasive writing, a lesson focusing on inverted commas, another lesson focusing on drawing line graphs and the final lesson was ordering daily events in chronological order.

I was so impressed with the technical skills of the children and staff, the high quality teaching taking place and the engagement of the children. The children have adapted very well to this new way of learning and are covering lots of the curriculum virtually.

Lockdown birthdays

Wishing all the children who have celebrated their birthday this week a very happy birthday.



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.

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 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.

Supporting your child's remote education during Coronavirus.

<https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19>

Marking and Feedback

We are really proud of the amount of work that many children are sending into school and we can see how hard they are all working at home. Just a reminder that teachers will be providing written feedback to the children for 1 piece of maths and 1 piece of English work per week and this feedback will be sent to the parents and carers by email. Teachers and teaching assistants will also acknowledge other pieces of work using the Marvellous Me app and will be sending children badges and awards. We hope that these rewards continue to motivate and encourage children to continue working to the best of their ability.

Wellbeing in Lockdown



If you're feeling down, or bored at home, choose one activity which will make you smile!

1) Make a colourful paper chain, on each section write something that makes you happy. Hang this somewhere you can see it whenever you are sad.	2) Draw some stars on a piece of paper and colour them in, then 'send' them to your family or friends with a reason why they deserve a gold star! 	3) Draw round your hand, on each of your fingers write one way you have helped someone recently. E.g. Cheered someone up.	4) Look out of your window or go on a walk, and think of three ways you can see that Winter is changing to Spring. 
5) Write a letter to someone who you miss, this could be a friend from school or family member. 	6) Think of a good joke, or find one online, and tell it to someone who needs to laugh today! Do they have a joke for you?	7) Make an A-Z of things that make you happy.. (A is Angels, B is Birthdays, C is Cake)	8) Make a proud cloud – draw a cloud on a piece of paper and write something you are proud of inside. 
9) Think of yourself as a superhero – what powers would you have? Can you design your own outfit?	10) Clean out an empty jar/bowl/box and make a label. Write all the things you are grateful for on slips of paper and pop them in the jar.	11) Have a five minute disco – put on your favourite song or do some singing, and do your best dance moves!	12) Draw a picture or take a selfie of yourself, write as many things you like about yourself as possible (I like my big smile, I like my kind heart).

Letter to Boris Johnson

Some of you may remember that at the end of November, Lily Aston in Year 5 wrote to Boris Johnson to complain about Priti Patel bullying people in the workplace. She was so angry that she felt compelled to write to him and express her views about bullying. She explained how bullying was dealt with in school and that bullying isn't tolerated by any member of our school community.

This week, Lily received a reply to her letter. Unfortunately, Boris Johnson didn't respond to her personally, but she did get a response from the Department of Education instead. Lily has given me permission to share her response with you all. Well done Lily for being so passionate about your views on bullying and not being scared to express them. We are really proud of you.



Department
for Education

Department for Education
Ministerial and Public
Communications Division
Piccadilly Gate
2nd Floor Store Street
Manchester M1 2WD

Tel: 0370 0002288
www.gov.uk/contact-dfe

Our ref: 2020-0068798
Date: 29 January 2021

Dear Lily

Thank you for your letter of 22 November, sent to the Prime Minister, about bullying.

As I am sure you will know, the Prime Minister receives lots of letters from members of the public. Unfortunately, he is unable to answer them all personally. Your letter has been forwarded to us, in the Department for Education and on this occasion, I have been asked to reply to you. I apologise for the delay in doing so.

I have read your letter with great interest and would like to say thank you for taking the time to write to the Prime Minister with your comments. I am sorry but we cannot comment on the situation regarding Priti Patel.

I would like to say that bullying, including cyberbullying, for whatever reason, is unacceptable. That is why we have asked all schools to have behaviour policies and tell everyone what steps they will take to prevent bullying.

Of course, bullying can also happen to adults who are working, and so employers should also have a system in place so that staff can report bullying. Employers and staff should work together to sort out and prevent any bullying.

Also, under the Equality Act 2010 some types of unacceptable behaviour for example if it is racist or sexist can be unlawful.

If the employer and worker can't sort out a bullying issue, then the worker may be able to take legal action at an employment tribunal

The government wants to make sure that bullying in the workplace does not take place and has published information which you may want to read with your parents. This is on the government's website at:

Thank you for writing and sorry for the delay in replying to you.

Yours sincerely

M Dhokia
Ministerial and Public Communications Division

Watton at Stone Primary and Nursery School, Rectory Lane, Watton at
Stone, Hertford, SG14 3SG <http://www.wattonatstone.herts.sch.uk>
Headteacher: Mrs N.Etienne Deputy Headteacher: Mrs S. Gill

Dates for your Diary

February

9th - Internet safety day
10th - No Pens Day
15th - 19th - Half term

March

2nd March - Parent Forum Meeting (2)
4th - World Book Day
8th - 12th - Science week
12th - Comic relief/sports relief
15th - 19th - Assessment Week
16th - Parent consultations 4pm - 7pm
17th - Parent Consultations 3.45 - 5.45pm
22nd - No Pens Day
26th - Last day of spring term

April

12th - INSET Day 3
13th - Children return to school
23rd - St. George's day

May

3rd - 7th - Geography fieldwork week
21st - No Pens Day
31st - 4th June - Half term

June

7th - INSET Day 4
10th - Sports Day
17th - Reserve sports Day
30th - Book fair arrives for 1 week

July

2nd - Enterprise Day

Watton at Stone Primary and Nursery School, Rectory Lane, Watton at Stone, Hertford, SG14 3SG <http://www.wattonatstone.herts.sch.uk>
Headteacher: Mrs N.Etienne Deputy Headteacher: Mrs S. Gill

5th - 9th - Assessment Week

12th - No Pens Day

14th - End of Year reports to parents/carers

21st - Last day of summer term

22nd - INSET Day