



# Greatstone Primary School

## NEWSLETTER

Friday 22nd January 2021

### HOW ARE YOU ?

A very Happy New Year to you all, I hope you continue to stay safe and well. So much has happened since our last newsletter in December, I thought I would take the chance to catch up with you.

The theme for this newsletter is mental health and well-being; it's a place to offer helpful advice and some sign posts to other agencies which may provide some additional support.

Firstly, a whopping 80% of our children engaged in home learning last week – that's incredible. It means the majority of children are continuing with their education, and the disruption to their learning is being kept to a minimum. To all of you who have supported your children at home with remote learning, I take my hat off to you. You are doing an amazing job keeping all the plates spinning. If you haven't yet been able to join in, please have a go, even if it's just the live lessons so that your child can see their peers, and still feel connected to their class.

The feedback we've had from parents regarding remote learning has been incredible – thank you so much. This has really helped us to ensure we are providing lessons that are meeting the needs of children and families, as well as ensuring all subject areas are covered. You will shortly be receiving a class newsletter so you can see what your child will be learning this term. Admittedly, we've had to make some tweaks (in music and PE for example), but we continue to follow the national curriculum.

To help our families with siblings, in the last week of term 3 we will follow a whole school theme, i.e. all of the children will be learning the same topic. We have chosen to do this because from experience, we know that remote learning fatigue can set in. We want to not only make life a little easier for parents at the end of what will feel like a very long term, but to also keep the learning 'fresh and motivating'. Miss Williams will be leading on this so watch out for more information from her and your child's class teacher.

Now, put the kettle on and put your feet up for five minutes, you've earned it!

**Sharon Lewis, Headteacher**

### THANKS FOR THE THANKS!

A huge thank you for all your cards and Christmas gifts for staff at the end of Term 2. They weren't expected but very much appreciated, in particular, your kind words of thanks.

I know it seems like ages ago now, but I hope you all had a safe and happy Christmas and New Year– it's been quite the start to 2021, not the one I was expecting that's for sure.



### DANCE IT OUT

On those really rainy days when you just can't bring yourself to go outside, it's still important that you and your child get some physical activity.

If this is the case, anything goes really... Twister can become a new form of Yoga.... Extreme Hide and Seek where everything is done at speed can be an option or just simply turn up your favourite music (for a short period of time otherwise your neighbours won't thank you) and just simply dance! Naturally, dads will win the 'dad dancing' competition with their best moves but I wonder what other family awards you might give out? Listening to music can be uplifting for your mood as well so, enjoy!

## NEED HELP SUPPORTING YOUR CHILD'S EMOTIONAL WELLBEING?

<https://kentresiliencehub.org.uk/> aimed at parents of children aged between 10 and 16. A place where you can increase your understanding and find tools and approaches to help build your child's resilience.

<https://youngminds.org.uk/> have information, resources and a helpline for parents: 0808 802 5544.

<https://www.minded.org.uk/> is a free educational resource on children and young people's mental health for all adults.

<https://minds.actionforchildren.org.uk/> a resource that helps parents/carers support children in managing life's ups and downs.

<https://www.annafreud.org/parents-and-carers/> offers a range of resources that include free podcasts to help parents/carers manage child and family mental health issues.

<https://witherslackgroup.co.uk/> offers a series of webinars to support parents/carers of children with special educational needs.

## SUPPORT FOR FAMILIES

Early Help provide services that can be accessed locally at a time and place that suits families to help them do well, stay safe and resolve problems at the earliest possible opportunity, before they become more serious.

You can speak to either Mrs Roberts and Mrs Grimes if you feel you need help or you can self refer via:

<https://www.kent.gov.uk/education-and-children/early-help-support-for-families>



## ARE YOU WORRIED?

<https://www.familylives.org.uk/> if you're finding it hard at home with your child and struggling to cope. Free, confidential advice is available: 0808 800 2222.

<https://www.nspcc.org.uk/> if you're concerned about the safety of another child in our community: 0808 800 5000. Call 999 if you believe a child is in immediate danger.

<https://www.internetmatters.org/resources/staysafestayhome-tech-advice-for-families/> offer advice and guidance on how to tackle online hate and trolls and how you can support your child.

