

Dates for your diary

Friday 12th February

Home learning packs available to be picked up ready for 22nd February for Year 1 and Reception

3.00pm School Finishes

15th-19th February

Half term break

Monday 22nd February

9.00am New school term starts
Home learning packs available to be picked up – Year 2

Proposed end to Lockdown
Monday 8th March

Latest guidance is that schools will be closed until at least March 8th.

We will be send out a Parentmail as soon as we have details of full opening.

#ChildrensMentalHealthWeek

Some ideas for managing stress.

	WHAT YOUR CHILD CAN DO:
OUT OF CONTROL	<ul style="list-style-type: none"> Calm breathing exercises Use visualisation meditation techniques
SCARED OF LOSING CONTROL	<ul style="list-style-type: none"> Body tightening exercises (progressive muscle relaxation) Sigh to become fully present in the moment Practice music therapy
NERVOUS	<ul style="list-style-type: none"> Change location / surroundings Use a stress ball / fidget toy Give themselves a 10-second hug to boost their mood
UNSURE	<ul style="list-style-type: none"> Colour, draw, write, craft, etc. Practice positive self-talk / words of affirmation Exercise Go outside
CALM	<ul style="list-style-type: none"> Play Hydrate with water

School News

Children's Mental Health Week

This week we have been thinking about how we can have positive mental health and what we can do if we are worried or anxious. Lockdown has been particularly difficult for many of us as it means we are unable to socialise with friends and family in person. Working from home as parents and trying to support home learning is a challenge and it's important to look after yourselves. We can all be affected by the situations and circumstances we find ourselves in. Here are some helpful tips for things we can do when it feels too much, and it works for adults too.

If children have not already watched it, there's a lovely assembly celebrating this year's theme, 'Express Yourself'.

<https://www.childrensmentalhealthweek.org.uk/news/watch-our-children-s-mental-health-week-assembly-with-bafta-kids-and-oak-national-academy/>

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If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.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.

University of York Research Project

The Department of Psychology at the University of York is running a research project on sleep for parents of a child under 6 years, and would like your help. Please see the attached flyer for more information.

Parents Evening

We would usually have a parents evening in March, however due to the current situation we are going to postpone it to later in the school year. If you have concerns our queries, we are available to discuss them as needed.

Little Acorns Pre-Nursery

PTA News

To see what you may have missed out on please visit the PTA on

Facebook: <https://www.facebook.com/MrsBlandsPTA>

Get in Touch via –

mrsblandspta@gmail.com

or catch someone on the playground –

Loic Manneville, Claire Oakes, Ben Ash, Laura Hooke

Hello everybody what a fun week of home learning we've had.

This week we have been reading the story of, 'Polar Bear, Polar Bear What do you Hear?' How have you been practising our listening skills whilst at home.

We talked about our favourite colours and why they were our favourites. We got creative with paint and mixed different colours together to create a new colour and finally we kept our bodies moving with some yoga. Thinking about how to move and control our bodies.

Please remember to call or email if you have any questions or concerns.

Take care and stay safe.

Acorn (Nursery am and pm)

We are so impressed at the way all of the Acorns children are learning so much, both the children in school and with the remote learning sessions, Seesaw and the learning packs. Please let us know if there is any way we can help you with any learning.

With our topic, 'How Many Colours in the Rainbow?', this week we have been exploring the colours in the Elmer stories as well as learning how we are all different and special. We have been thinking about ways we can express ourselves as part of children's mental health week, with lots of art, music and dancing! We have made 3D Elmer models, re-enacted the stories with model elephants and created small world animal scenes, and practised moving like elephants! In maths we have been exploring concepts such as long/short and comparing the length of our toy animals. We have been learning about the 'e', 'u' and 'r' letter sounds in phonics and have been on hunts to find things starting with those sounds. Next week we are exploring about the Mouse Paint story, and also learning about Chinese New Year. Keep an eye on Seesaw for more resources and to see what else we are learning!

Maple and Beech News (Reception)

This week we have been learning the story of the, 'Three Billy Goats Gruff'. We have enjoyed making puppets for the story and using them to help us retell it. We used different instruments to make sound effects for the story too, it got very noisy! We thought about the story from the troll's point of view and how he would need a new home. We came up with lots of ideas of places the troll could live instead of under the bridge. The children have also thought hard about good words to describe the different characters – the scary troll and some brave goats!

In Maths, we have been exploring coins and learning that the bigger coins are not necessarily the best to have! We have sorted coins in order of value and worked out addition sentences with coins. We have played games with real coins and on the computer to help us become more familiar with them.

We have also been focusing on our mental health this week and how we can express ourselves. We have thought about things we enjoy and are good at and songs and music that make us feel calm.

Birch and Cherry (Year 1)

In Year One we have had another busy week completing the tasks at home and in school. In Maths we have subtracting using a number line which the children are becoming really confident with using. In English we read the story, 'Handa's Surprise' and we looked at all the adjectives describing the fruit and wrote our own sentences describing different fruit. We are going to continue working on the story next week.

In Geography we have created aerial maps of the classroom or rooms at home and created a key. The children have enjoyed Music sessions especially at home where children have been using items around the house as instruments to join in with the Three Pigs song. In Science we have continued with our weather chart and then also checking on our pine cones daily to see if pine cones know if it is raining or not. Both in school and at home the children have enjoyed practising their football skills using Danny's clips.

Well done to everyone at home for continuing to work hard with the children's remote learning. You are all doing a great job.

Hazel and Rowan News (Year 2)

This week in English we have read the book, 'The Journey'. There are no words in this book, so we have had to use the pictures to tell the story. On Tuesday we planned our stories and on Wednesday we began to write them. The children have done a super job and we've loved getting a glimpse into their fantastic imaginations.

In maths, we have continued to work through our maths workbooks. We have looked at doubles plus the 2, 5 and 10 times tables. Some of the children have also challenged themselves with some ninja maths.

In RE, we've learned more about Judaism, and some of the other traditions which are followed in this religion. In history, we found out about Edith Cavell, and thought about whether she could be considered a hero. And in PE, we've kept ourselves fit by improving our football skills!

We've had lots of fun 'expressing ourselves' too this week, and have discussed how the things we do and wear shape our personalities. It has been lovely hearing the children's ideas and seeing some of their lovely drawings!

School Star



Seesaw Star



Berkshire Maestros Half Term Music Courses

This February half term, we will be running a series of courses for only **£10!** Some of these require an instrument and a bit of musical experience (perfect for those doing In2Music, Play On or have just started lessons), some are for more advanced students, and some are for complete beginners, no experience or instrument needed! Click on the link below to find out more:

<https://www.flipsnack.com/bmaestros/february-half-term-music.html>

Covid News

We are seeing an increase in positive cases nationally, so to continue to keep the school community safe could all parents, who are not exempt, please wear masks whilst dropping off and collecting your children at school.

If you or your child are showing Coronavirus symptoms and have a Covid test, the whole family bubble must isolate until the test result is received back. Please do not come into school if you or your children are showing any of the symptoms.

Help us to Raise Funds for the School:

Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be collecting free donations for Mrs Bland's Infant and Nursery School?

There are over 3,000 shops and sites on board ready to make a donation, including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's – it doesn't cost you a penny extra!

It's as easy as 1, 2, 3 and it's free! Go to...

<https://www.easyfundraising.org.uk/causes/mrsblandsinfantandnurseryschool/>

Every time you shop online, go to easyfundraising first to find the site you want and start shopping. After you've checked out, that retailer will make a donation to your good cause for no extra cost whatsoever! There are no catches or hidden charges and Mrs Bland's Infant and Nursery School will be really grateful for your donations.

If you have a tablet or smart phone you can download the 'easyfundraising' app which is easy to access.

School Lottery

Please click on the link below to access the new school lottery where you can win money and prizes whilst supporting the school. Please share this link with your friends and family. The more people that buy tickets, the better the prizes and the more money we raise. Thank you for your support and good luck everyone!

The PTA

<https://www.yourschoollottery.co.uk/lottery/school/mrs-blands-infant-and-nursery-school>



Mrs Blands is now registered with Amazon's 'smile' charity programme!

If you select Mrs Bland's as your selected charity, 0.5% of eligible spend will go straight back to the PTA.

<https://smile.amazon.co.uk/ch/1050019-0>