



School **Update**

Spring Term 2021- Week 6

Friday 12th February 2021

The East Anstey School Newsletter

Infant News



Hello families

Have a lovely half term everyone and get a good rest. We look forward to seeing you all after the half term break.

My achievers this week are:

Amethyst: Callie for a lovely Chinese lantern and some great show and tell in our teams meetings.

Gold: Ruby and Lily for hard work in school this week and lots of lovely chinese new year art.

Silver: Milo for great phonic work this week and **Rory** for smashing maths and phonics - lovely Chinese new year card by **Phoebe**.

Bronze: Raffles for good literacy work.

Have a wonderful weekend

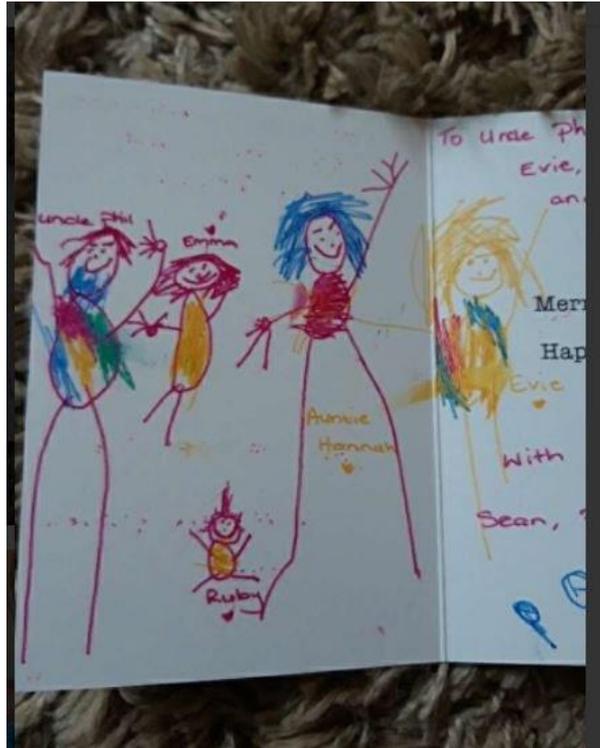
Kind Regards

Mrs Yarney









Junior News

Dear parents,

It has been another unusual half-term but one punctuated with some fantastic highlights. We began with the sudden news of closure from the government but as a team (meaning myself, the staff at East Anstey, you the parents and your children) all pulled together and managed to make it through. I understand completely the struggles of home learning whilst also working and very much appreciate the efforts from the majority of my parents. You have supported your children through a difficult time whilst keeping your heads, which is no mean feat.

We have lots to celebrate, such as the hard work from all the children especially those who have been in school and their flexibility and fantastic behaviour throughout and also the response we had to our photographic competition as part of the Ogden Trust. We had some fantastic entries from Evie B, Sophia, Henry, Annabell, Emily, Jesse and Isabella and are pleased to announce the winners. In first place is Annabell, what an inspiring photo from up on Exmoor - truly wonderful. In second place is Henry. I absolutely love the reflection in the wine glass, very classy, such a great photo, I love it. And in third place Sophia for capturing the spark of a match. Such a well captured image, brilliant. We will be awarding prizes to those children after half-term, and I have already submitted them into the overall final competition - so watch this space.

I am also awarding a **diamond award** each to **Isabella, Evie B, Jesse** and **Emily** for their photo entries, they can pick their own book from the prize box when they are in next. Well done.

So, it just remains to say how proud I am of my staff, parents and children and that I wish you all a good, restful and safe half-term break.

Kindest regards,

Mrs Scandrett



1 - 1st



2 - 2nd



3 - 3rd

Cleanse and Clean Action Campaign

COMPETITION TIME!

If you are aged 4-16 you can win yourself a fantastic dryrobe® Advance by taking part in our 'Cleanse and Clean' action campaign

Here is how to enter:

1. Go out for a cleansing activity as part of your daily exercise. e.g. a walk, cycle, surf or just a run in the rain!
2. Follow up that activity by giving back to nature with a clean.
3. Send photographic evidence of your clean, the location, your name and the name of your school to: plasticfreenorthdevon@gmail.com to enter the draw.

Closing date is 22nd February 2021

EACH ACTION SENT IN = 1 ENTRY INTO THE DRAW!

If you have access to social media share your action with us by tagging @plasticfreenorthdevon and @dryrobe and use the #cleanseandclean

'Plastic Free North Devon' are a local environmental charity started by volunteers who want to reduce the impact of plastic pollution on the environment in North Devon and beyond. They are running a super competition that is open to all of our families. Please do get involved and have some fun!

Message from the Fire and Rescue Service to all families

Importance of smoke alarms

As our local Fire and Rescue Services are still unable to visit schools they have asked us to share a key safety message, which is that all households with children should have working smoke alarms.

If households don't have working smoke alarms they are entitled to a free Home Safety Visit.

All information concerning this is in the flyer below.



Your Fire Service needs YOU!

As we are still unable to visit our schools for the annual fire safety talks, we still want households with children to be aware of the importance of having working smoke alarms.

If you don't have working smoke alarms then you can call
0800 05 02 999 to request a **free HOME SAFETY CHECK**
(quote code : 294)

And if you or someone you know answers "yes" to at least one of these questions:

- is over 65 years old?
- finds it difficult to move around?
- can't hear things very well?
- smokes?
- doesn't have one smoke alarm for each level of their home?
- has NO smoke alarms?

They can also request a free **HOME SAFETY CHECK** by calling **0800 05 02 999**

Welcome to the February 2021 Scomis Online Safety Newsletter for Parents

Misleading Content (Fake News)

Latest research from UK Safer Internet Centre identifies half of young people encounter misleading content (fake news) online every day!
62% of young people have had friend requests from people they don't know
Easy to read summary report [here](#)
Read the full report [here](#)

Find out how to tackle misinformation (fake news) - explore [Internet Matters](#) fake news and misinformation advice hub.

Learn:

- more about what fake news is
- how to protect your child from it
- how to deal with it if they have been affected by it

Take the 'age-appropriate' [quiz](#) with your child to test their knowledge of fake news and misinformation



Do you know the gambling-like risks of Online Gaming?

What is a loot box?

What does F2P mean?

What is skin gambling?

Find out the answers to the above questions and more by visiting [Parent Zone](#)

[Parent Zone](#) and [GambleAware](#) have partnered to help families:

- learn about gambling-like risks children may face playing online games
- practical steps parents and carers can do to keep gaming fun (but safer)

Review a short video and find out more [here](#) including:

- Top Tips
- Glossary
- Quiz
- FAQs



Want to speak to someone about gambling?

If you are looking for help, advice or support in relation to your or someone else's gambling, please go to [BeGambleAware.org](#) or contact the National Gambling Helpline on 0808 8020 233

HELP IN THE HOLIDAYS!

Remember FREE advice is just a phone call away from the O2 and NSPCC helpline 0808 800 5002
Childline 0800 1111

Have you heard of MeWe ?

Recommended Age 16+

MeWe is a free social networking app in direct competition with Facebook.



Registration is via email or phone number.

Contains:

- optional in-app purchases, including a new dark theme,
- emoji packs
- unlimited voice and video chat

Users can:

- share their locations within the app
- use privacy settings to limit contact and chat requests

Find out more and read review by [CommonSense Media](#)

Internet Matters—Inclusive Digital Safety

What is Inclusive Digital Safety?

Visit [Internet Matters](#) Inclusive Digital Safety advice hub and discover advice for parents and carers including:

- Supporting children with SEND online
- Supporting a care experienced child online
- Tackling Online Safety issues
- Accessing free resources
- Setting up devices safely
- Balancing screentime



Review the short video on [Inclusive Digital Safety](#) and download the [guide](#)

Online Safety and Coronavirus

The Coronavirus pandemic has changed young people's lives dramatically with children spending more time at home and online.

The NSPCC has lots of help/advice and guidance for parents and carers to help talk children and young people about:

- Staying safe online
- Apps and sites they may be using
- Using social media safely
- Livestreaming
- Screentime

Book a free online safety webinar

The NSPCC are offering free webinars for groups of parents and carers.

Delivered by experienced NSPCC staff, topics covered include:

- understanding the risks and benefits of being online for children
- practical things you can do to help your children stay safe online
- knowledge of the tools and resources that can help you.

If you'd like to organise a webinar on behalf of a group, please email: parentworkshops@nspcc.org.uk

Home School Survival Tips

Some Golden Rules...

1. **Start Home School.** Re-creating school at home is not straightforward but finding separation from learning time and relaxing time is important.
2. **Get into a routine.** We all need structure and this is still true when isolating at home. Setting up a daily timetable is a good way to make the structure work and get some quality bursts of

learning taking place. Make your timetable and put it up so everyone knows the pattern. Split time into lessons and subjects so you can really concentrate.

3. **Do some PE.** Regular breaks and exercise can all add value to the Home School experience and break up the day.
4. **Don't Panic** (*Parents or Children*). Do what you can and do what works for you. The school will provide learning to help during closure but we understand the difficulties in accessing and completing this.

Other Top Tips

- Trying to create a routine with a sticker chart for daily activities.
- Give a reward if all stickers are completed through the week – child to choose a treat at the beginning of the week so they have something to look forward to.
- Let the child have a day when they choose the order in which they complete the activities.
- Use a timer for short bursts of focus – followed by a short exercise or wiggle break.
- See if they want to do their teacher and share work for praise
- If younger siblings, get older ones to teach/read to them (and vice versa for confidence)
- Role play school (kids love a role play) have a bit of fun pre tending to do a register or breaktimes. Younger children really like this.
- If your child wants to take their learning off on a tangent – go with it. Support them if you can and let them choose how they want to present their work (models, paintings, poems etc)
- Change the space where you do your learning if possible. A change of room can stop it feeling like a 'daily trudge'
- Try to include exercise (Joe Wicks or numerous online short clips) before trying to do afternoon learning. Getting active can help to refresh and reinvigorate.

Some further information that might be helpful

WHAT TO PUT IN A CALM DOWN BOX

www.andnextcomesL.com

Items that provide proprioceptive support

- Weighted lap cushion or weighted stuffed animal
- Weighted vest or pressure vest
- Stretchy resistance bands
- Sensory tunnel
- Mini massager
- Body sock
- Small blanket

Items to squeeze & keep hands busy

- Fidgets like Tangle Jr. or puffer ball
- Rubik's Cube
- Play dough or silly putty
- Pipe cleaners
- Stress balls
- Bubble wrap
- Bag of tissue paper to rip
- Scarves or fabric scraps
- Spinning top

Items to support breathing & relaxation

- Bottle of bubbles
- Pinwheels
- Straws and cotton balls or pom poms

Items for olfactory sensory support

- Calming essential oil spray
- Smelling bottles
- Scratch and sniff stickers

Items to get kids moving

- Book of yoga poses or yoga activity cards
- Skipping rope

Items for auditory sensory support

- Noise cancelling headphones
- MP3 player with music
- Audiobooks

Items for oral motor sensory support

- Chew toy or chew necklace
- Chewing gum, hard candies, or lollipops
- Snacks with a variety of textures
- Whistle, harmonica, party blowers, or similar
- Rescue Remedy Spray

Items that give kids a brain break

- Puzzle
- Books to read
- Blank notebook and writing utensils
- Coloring books
- Scratch art doodle pad
- Small chalk board, Magna-Doodle, Etch-a-Sketch, or Boogie Board
- Activity books
- Photo album

Items to visually calm

- Visual calm down cards
- Sensory bottle or calm down jar
- Light up toys
- Flashlight
- Plastic snow globe
- Kaleidoscope
- Hourglass
- Eye mask

TOP TIPS FOR CREATING A HEALTHY HOME LEARNING ENVIRONMENT #LOCKDOWN 2021



PARENTAL WELLBEING

- Remember most children do not see work independently during the school day - there is no reason they should not be able to do this when working at home.
- It is even more important to stick to your usual bedtime routines for your children - once they are in bed it is adult time and a chance to relax.
- Involve your young people with household chores - this is a great time to work on life skills.
- Make time to connect with friends and extended family members.
- Limit your exposure to media/news outlets.
- If necessary adapt your child's timetable to fit in your own timetable. The timetable has to work for you as a family.
- Remember whole class lessons are not as easy to differentiate as in the classroom - manage your expectations for your child.
- BE KIND TO YOURSELF - it may not always go to plan but tomorrow is another day.



MAINTAINING ROUTINES

Many children benefit from routine and clear boundaries but particularly those children who are on the autism spectrum or whom are anxious.

- Try to replicate the timings of the school day - start, snack/break time, lunch, and end of the school day.
- Children are used to seeing visual representations of the day - use a clear timetable. Have a clock in the room.
- If young people are used to having a morning snack, keep to this routine.
- Ensure lunch/break comprises of time to eat as well as free play time - preferably outdoor. Top up their vitamin D.
- If your child takes the same lunch to school each day continue with this.
- Keep to school day waking and going to bed times. These children find emotional regulation difficult.
- Ensure your child's hydration - most children will have access to water in school throughout the day.



DIFFERENTIATE BETWEEN LEARNING TIME AND HOME TIME

- Some children will benefit from wearing part of or their school uniform during the 'school day'.
- Use a visual timetable or whiteboard to outline the structure of the 'school day'.
- Signify the beginning and end of the school day - that may be taking a register or end of the day school story time.
- Create a dedicated 'work' space.
- Put away resources and school work out of sight during non-school hours.
- Draw up home learning rules - these can duplicate your child's school rules which they may know off by heart.
- If you are working from home also, try working alongside your child and model good working habits.



BRAIN BREAKS

Brain breaks are mental breaks designed to help young people stay focused and boost brain function. These are especially important if your child is accessing learning online. Healthy brain breaks would be:

- Going for a walk - exercise burst
- Dancing - releases feel good endorphins
- Play-Doh
- Play keep it up with a balloon or ball
- Yoga or mindfulness
- Star jumps
- Jogging on the spot

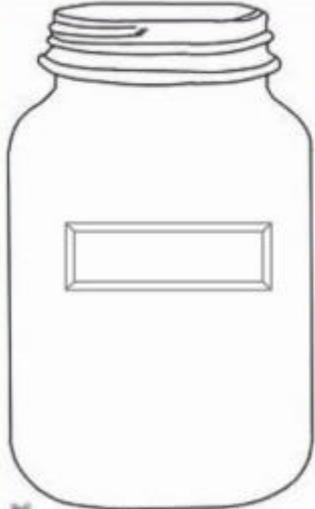
20 THINGS YOU CAN DO AND SAY TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ



My Wellbeing Jar

Writes your name on the jar. Choose a marble colour and an activity from the NHS 5 Ways to Wellbeing. Colour a marble each time you do this activity during the week.



- Connect** — with friends and family. You may spend time with family at home, video call a relative or friend, you may write them an email or letter.
- Be Active** — jump on the trampoline, dance, skip, do star jumps, jog on the spot.
- Take Notice** — be aware of the world around you — notice flowers, leaves and the changing seasons.
- Keep Learning** — learn to play an instrument or to cook your favourite food. Do research on a country, a sport or an animal.
- Give** — Do something nice for someone, write to them, help them with a chore, draw them a picture.




10 WAYS PARENTS CAN SUPPORT THEIR CHILDREN TO BUILD POSITIVE MENTAL HEALTH HABITS



01
Encourage your child to openly talk about their feelings and thoughts



02
When your child is worrying help them to effectively problem solve



03
Support them to connect and build positive relationships with others



04
Encourage them to look after their physical health (Sleep, food, exercise)



05
Help them to stay focused on the present moment using mindfulness



06
Highlight the importance of looking after both physical and mental health



07
Be a mental health role model. Demonstrate positive behaviours



08
Praise, encourage, motivate and regular support your child to build their self esteem



09
Work together to learn some coping skills such as deep breathing



10
As your child grows up encourage and support autonomy

[@BELIEVEPHQ](#)



Questions to ask your child

YOUNGMINDS

What things are you looking forward to?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?

A parent's guide to creative expression of emotion at home



Often, when a big feeling happens for children and young people, it goes up with no warning. These helpful tips on how to use arts and creativity alongside your children and young people at home will help you find ways to safely express and manage emotions, create 'feel good' brain chemicals, help reduce stressful feelings and develop thinking skills.

These activities are designed for you to do together. This is important as it helps build a strong, supportive relationship, enabling you to explore emotion and develop a shared language for communicating feelings.

Many beautiful memories relate to one or more of our senses. For example, during a walk through the woods, the smell of a campfire might stimulate your brain to bring back a memory of a similar time, maybe a cub camp or toasting marshmallows on the fire, or fun this could make you smile or have a warm feeling. All of the activities below will engage different senses and help to develop expressive, emotional language during the activity.

Activities

Key phrases to try out during the activities are: "Show me!", "I'm curious about...", "Let's try it together!"

Sensory words to try:

bright, shiny, dim, sparkly, scary, crunchy, scratchy, hard, soft, cold, warm, sticky, muddy, rough, scaly, wet, sweet, bitter, spicy, fruity. Feel free to add your own words to this list.

Sensory exploration

From birth through childhood and beyond, sensory exploration helps to make sense of the world around us by using our senses of tasting, smelling, seeing, touching and hearing. Engaging our senses will help us to learn and retain information well, it is crucial for brain development.

Activities to try: Baking using store cupboard ingredients, kneading bread dough, making a calm bottle, creating a sensory garden/tub, for older children and young people they enjoy making slime, creating new ordinary slimes or natural fluffy facemasks to investigate the senses.

Music and movement

Helps to increase body awareness, spatial awareness and coordination. This allows children freedom to communicate all sorts of emotions, without judgment or expectation. Music can offer us the opportunity to experience busyness, quietness, energy, calm and everything in between.

Activities to try: Dance, percussion, creating playlists linked to a feeling, rough and tumble play, tai chi, yoga, silly walks, silly faces, follow my leader. Music is one of the most fundamental ways we can express emotion, older children and young people could be supported to compile playlists to reflect a range of feelings and emotions. Music has a fundamental impact on the reward pathways of the brain and can trigger 'feel happy' chemicals which can help to calm and regulate.

Animals and nature

Nature exists as a free, magical and endless source of calming and soothing. Within nature and in our homes, animals offer an instant source of joy, unconditional love and increase our levels of oxytocin, the love hormone.

Activities to try: Spending time looking, listening, foraging, smelling and touching the things that nature offers us. Just remember to wash hands, remove your rubbish and forage safely. Try sand play, mud play, water play, moss-bowls, hugging/strking pets, cloud watching, star gazing, rain drop rooms, dancing in the rain, sunning along a beach, walking through the woods. For teenagers, they enjoy seeking out risk taking behaviour and trying new things. The outdoors is great way to enable teens to take calculated risks and push their boundaries to the limits. Fishing, hiking, rock climbing are some great ways to support them in this way.

Drawing and painting

Getting messy is a great way to engage the senses and helps children to create shapes and images for fun and to explore emotion.

Activities to try: Painting rocks, mandala colouring, painting an image to show a feeling, hand or foot printing, landscapes, self portraits.

Our adolescents too need to have a creative outlet to explore emotions. Journaling is an excellent way to allow them to express emotions through drawing, scribbling or even painting.

Story telling, writing and drama

Using a puppet to tell a story or act out an event that has happened will help with sequencing, order sorting and problem solving.

Activities to try: Puppet theatre, story corner for reading together, writing stories together, telling funny stories.

Make and model

Encouraging children to make something out of nothing will help them to explore sensation, switch on their imagination and feel pride in what they have created.

Activities to try: Junk modelling, play dough, clay, strawing foam shapes.

"It is in playing and only in playing that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative that the individual discovers the self."

Donald Woods Winnicott

Remember, you're doing a great job :)

General Information



Current School Opening Arrangements

East Anstey Primary School is currently only open to the children of **Critical (Key) Workers** and those designated as **Vulnerable**. School transport is running as normal for these children. If you think you may be eligible for a place at school and would like your child to attend, please contact the office for more information. The school is currently **closed** for all other children until further notice. All previous arrangements for COVID 19 are still in place on site with distancing and hygiene measures fully in place. Visitors are not currently permitted on site unless by prior arrangement. Please note the National Lockdown regulations are currently in place.

Nursery Opening

Nursery is currently open for all children. Please note that this applies to Nursery aged children only - not children in reception year. If you would like your child/ren to attend a session place, please contact the office for further information or email: eastanstey@exmoorlink.org

Blue Peter on YouTube...



Remote Learning

Remote Learning Programme

During the last school closure, back in 2020, we developed our remote learning package quite extensively.

This time round, we have refined our offer and our plans going forward are outlined below:

Aims

We are aiming to provide **3-4 hours of quality remote education** for children on a daily basis.

We aim to provide a **wide range of learning opportunities and tuition** (including live lessons using Office 365 & TEAMS, access to teachers, links to the latest national provision, daily/weekly based and project based learning through our websites and the TEAMS platform).

We aim to enable **regular 2-way feedback** using our communication systems (such as ClassDojo).

We aim to **provide on-going support**, reviewing progress and what's working well/not so well at home

Provision Your class teacher will set remote learning on a weekly basis (setting packs and / or live sessions as appropriate).

We will send links to this Home Learning before Monday morning each week so that families can access their learning the following week. They will communicate when work is due, they may give you a suggested timetable and they will make contact with you as the week progresses.

We will celebrate success wherever we can and will put the latest good news into this newsletter each week.

What's On

Although many of our school events will not be able to be held in our normal way, we are aiming to hold some of our usual termly activities via Microsoft TEAMS.

A list of dates for virtual events will be added below - please make sure your child's TEAMS access is still working as you will need that to access the online events. We are also increasing the number of communications we send home via TEAMS including messages, homework etc., so it is becoming increasingly important that you have access. Please contact us as a matter of urgency if you are having any difficulty.

Term Dates

Half Term Holiday - Monday 15th February - Friday 19th February

End of Term - Thursday 1st April

Connect:



Do you have some good news for us or an advert you would like to share? Do you have some community news or would like to promote a project or event? Connect with our newsletter and reach a wide audience. Children, do you have something to share (book reviews, hobbies etc)?

- Email your news or adverts direct news@exmoorlink.org

- Email the office eastanstey@exmoorlink.org

This newsletter is also available as a PDF