



# Luddendenfoot Academy Newsletter

“Be all you can be”

NEWSLETTER – w/c 01.03.21

**WE CAN'T WAIT TO SEE YOU ALL ON MONDAY!**

In supporting children to become active citizens the development of their character is key. As a school community we have identified six character traits that are important to us and that we want to develop in our children in order to prepare them for adult life and support them in becoming active citizens.

Which are: Motivation; Integrity; Respect; Reflective; Open Mindedness; Resilience, that we believe will enable pupils to become active citizens.

## Resilience

Why is resilience important to us?

It's what enables children to emerge from challenging experiences with a positive sense of themselves and their futures. Children will develop resilience are better able to face disappointment, learn from failure, cope with loss, and adapt to change.

*How can you be resilient at home?*

- Its' okay to make mistakes it is all part of learning.
- Set yourself small achievable goals to work towards a larger solution or project.
- Believe in yourself, you are strong and can bounce back when things are tough.

**M I R R O R** - What do you see when you look in the MIRROR?

## MIRROR Honour Awards 05.03.21

	<i>Pupil</i>	<i>For Characteristic trait</i>
Rec	Jorja S	Resilience
Y1	Arthur M	Motivation & Resilience
Y2	Stanley K	All aspects of MIRROR
Y3	Alice C	Open minded
Y4	Myles P	Integrity
Y5	Ayaan M	Open minded
Y6	Leyla G	All aspects of MIRROR

## Full re-opening of school – 8<sup>th</sup> March

Following the government decision that all schools should reopen from 8<sup>th</sup> March to all children we are looking forward to welcoming everyone back!

As school will be open to all children we will need to revert back to staggered start and finish times for different year groups and will still need to continue to operate as bubbles in order to follow the guidance. You should have already received an information letter. A copy of the letter is available on the school website.

## Wellbeing Tip: LOOK AT THE POSITIVES

It might be helpful to talk with your child about the things they have enjoyed during the pandemic and what they may be looking forward to, like their favourite shop reopening, seeing friends in the park or getting ice cream from their favourite café.

## E-safety tip:

Encourage critical thinking when online - talk about what people might post online and why some posts could cause distress. Always make sure that children know how to use reporting tools on apps and games and remember that if a child sees distressing material online listen to their concerns, empathise and offer reassurance.





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## Preparing Your Child For the First Day Back in School

*As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.*

### Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



### Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – “it’s completely fine to feel like that at the moment” or “I can really understand why you would feel like that”



### Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



### Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



### Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



### Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your ‘goodbye’ routine and create a ‘hello’ greeting for the end of the day for them to look forward to.





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**NHS Test and Trace announced earlier this week, that all adults in households with school and college age children without symptoms can now access regular rapid coronavirus (COVID-19) testing.**

Test kits can either be collected or ordered online, as set out below. You should not give test kits to parents, carers or household members and should not order more test kits for this purpose. Secondary school and college students will continue to access testing through their school or college.

Undertaking regular, rapid coronavirus (COVID-19) testing helps reduce transmission of the virus. Parents and other adults in households with children at school or college, who do not have symptoms, can now access regular, rapid coronavirus (COVID-19) testing. This includes childcare and support bubbles.

Tests are fast, easy and completely free. There are [different ways](#) for a household, childcare or support bubble to collect their test to take at home, twice-weekly:

- through your employer, if they offer testing to employees
- by collecting a home test kit from a local test site – anyone aged 18 or over can collect 2 packs of 7 tests
- by ordering a home test kit online – please do not order online if you can access testing through other routes, this frees up home delivery for those who need it most

If you have any queries about the tests, and you live in England, please call 119 (free from mobiles and landlines). Lines are open every day from 7am to 11pm.

Children of primary school age (and below) without symptoms are not being asked to take a test.

Testing is voluntary, but strongly recommended to all who are eligible. Alongside the vaccine, washing hands, wearing face coverings, and maintaining social distancing, rapid testing plays a vital role in reducing transmission rates. Getting into the habit of regular testing as part of our everyday lives will help us all to play our part and do what we can to protect each other.