

Dear Parents and Carers,



The Evolving Road Map

I expect everyone was watching the news about the next steps out of lockdown with great anticipation. Being able to hug brought a few happy tears, I'm sure!

Schools have also been issued with updated guidance for the next stage of opening up – for us, very little has changed in primary schools. You may have heard that secondary school children will no longer need to wear masks in lessons, though staff will continue to and everyone will in communal areas. To quote our Education Secretary, Gavin Williamson “all other protective measures such as “bubbles”, extra hygiene and social distancing will remain in place.

So, whilst we can anticipate further changes in June, we have to work under current guidance now. Therefore, we are planning summer events which can work in a number of ways and will be in touch to confirm details when we can.



Walk to School Week

Next week is our **Walk to School** Week! We will be encouraging all children and adults to be extra eco-friendly this week, including walking to school if possible. We will be thinking about how walking is good for our mental and physical health, as well as the environment. This really complements the mental health theme of connecting with nature. What treasure from nature might you spot on your way to school – a cobweb covered in dew, a ladybird hidden on a leaf?

If you live far away, we are recommending that you walk from the shops around the corner of the Juniors, from London Road or the Waitrose car park, in order to do your bit! We will be keeping a tally in each class to see if we can make a giant total of walkers between us!



Mental Health Awareness Week – 10th- 16th May

This week is national Mental Health Awareness Week. Here are some suggestions for supporting children at home.

- **Reading Well** has published a list of books called “Books to make you feel better” that they are promoting to support children with mental health or disabilities. They should be available at local libraries. <https://reading-well.org.uk/books/books-on-prescription/children>
- **Place 2 Be** produced some great resources for Children’s Mental Health week back in February - <https://www.childrensmentalhealthweek.org.uk/>
- Don’t forget Wokingham’s Connecting with Nature competition we sent you last week – see attachments

During Mental Health Awareness Week, they are asking you to do three things:

- **Experience nature:** take time to recognise and grow your connection with nature during the week. Take a moment to notice and celebrate nature in your daily life. You might be surprised by what you notice!
- **Share nature:** Take a photo, video or sound recording and share the connections you’ve made during the week, to inspire others. Join the discussion on how you’re connecting with nature by using the hashtags #ConnectWithNature #MentalHealthAwarenessWeek
- **Talk about nature:** use our tips, school packs, research and policy guides to discuss in your family, school, workplace and community how you can help encourage people to find new ways to connect with nature in your local environment.

We would love it if you copied us in to your photos on Twitter (@Polehampton) using the hashtag #ConnectWithNature



In assembly today, we learned how to sign “**Peace be with you**” - do ask your child if they can show you how to do it.

I find this a handy site for checking how to sign - <https://www.signbsl.com/>

It’s also on our twitter feed if you want to see the whole phrase altogether.



Change of Menu for next Thursday/Friday

Due to the school census being next Thursday, we are swapping our menus next week. This is because part of our funding is calculated based on the numbers having lunch that day.

Fish in Batter with Chips
Cheese Frittata with Chips
Baked Beans Peas
Orange and Lemon Shortbread 

Thursday -

Chicken and Red Pepper Pizza with Wedges 
Vegetarian Tortilla Stack with Wedges
Sweet Corn Green Beans
Pear Upside Down Cake

Friday -

Junior families – can you make sure you keep your lunch accounts topped up please? If you think you might be eligible for free school meals, please complete the form on our website and return it to the school office – we will deal with your application in the strictest confidence.

- **Paying for lunches** - <https://www.scopay.com/polehampton-iun?redirect=true>
- **Free School meal forms** - <https://www.polehampton.org.uk/page/?title=School+Dinners&pid=26>



coat

Coats for Playtimes

We are having quite a rainy May, with occasional sudden downpours, so please do send your child in with a coat. Some fresh air and a run around really does make a difference to children's concentration and wellbeing, so we try to get outside for every break, even if it's slightly damp.



Polehampton Swimming Association

Can you help? The Polehampton Swimming Association are looking for more people to join the committee and being involved with running the pool. There are various ad hoc as well as day to day tasks such as maintenance, gardening, pool water checks, supervision and admin tasks which go on behind the scenes. New volunteers are always welcome.

If you do have any time, it would be very gratefully received. EVERY Polehampton child benefits from having this amazing pool within our grounds. Their next AGM is on Thursday 20th May at 7.30pm. Further details on how to attend are on their Facebook page or check their website for contact details. <https://www.psaswimming.co.uk/>

Who can get a vaccine?

You can get the COVID-19 vaccine if you're aged 38 or over or you'll turn 38 before 1 July 2021 - <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/who-can-get-the-vaccine/>

"COVID MATTERS" for emails

If you need to contact school to let us know your child has developed symptoms, that you have booked a test for them or to let us know about the results of a test, please put "COVID MATTERS" in the subject line of your email so we can search for them more easily.

Attachments and Links

- Wokingham's Connect with Nature competition

We hope you have a lovely weekend!

Miss Ball, Mrs Medcalf, Mrs Scott and Mrs Castell

Diary Dates

- **Next week**
- **New or amended dates**

Date	Event	Details
Mon 17th-Fri 21st May	Walk to School Week	
Mon 31 st May – Fri 4 th June	School closed for half term	
Thurs 10th June	Empathy Day – work happening in each school on the subject "Walk in Someone Else's Shoes"	
Tuesday 15 th June	Goodies uniform order deadline for delivery to school by the end of term	
Thursday 15 th July	Goodies uniform order deadline for home delivery by 31 st August	
Wed 21 st July	Last day of term	School closes early Non-uniform day