

Polehampton News

Friday 29th January 2021

Dear Parents and Carers,



Children's Mental Health week – 1st- 7th February

Next week is mental health week and on Friday we will celebrate **"Inside Out" day** – this is an awareness campaign that aims to help children talk about their mental health. Children at home and at school will be encouraged to wear an item of clothing 'inside out' and consider that how someone looks on the outside doesn't necessarily reflect how they are truly feeling on the inside; it is important to be kind and think of others. It also encourages them to know that it is 'ok to not be ok'. We hope you will join us and support this important initiative. Our assemblies will be talking about this and teachers might use some of the Place 2 Be's materials in sessions for remote learning.

Please send your "Inside out" pictures in to together@polehampton-inf.wokingham.sch.uk so we can compile a Polehampton slide show and share on Twitter - please send by Monday 8th February at 9.00am.

Need some more advice? See a **Parents' Toolkit for Wellbeing** attached to today's newsletter – it's full of good thinking and ideas how to support children. Essential reading for these times.

[Our first picture and photo slide show for 2021!](#)

Our first slide show, celebrating what we are hopeful and grateful for, makes us smile so much. Lots of our children sharing happy thoughts – we love that the snow featured quite heavily!!!

[Thankful slideshow](#)



Infant Staff – School Song Lip Syncing

We hope you spotted the Infant Staff lip syncing during this week's singing assembly –here's the link in case you missed it! [Infant School Song](#)



[RSPB Big Garden Birdwatch](#)

A fun weekend activity for all the family, this is the 42nd year of the country's biggest citizen science project. Last year, ½ million people took part – I reckon it will be bigger this year! We often have a Birds topic in Year One and all our Junior Classes are birds this year, so this should be right up our street! One hour of careful observation and identification, recording, research – lots of things that can fill more time if you are big bird fans!

Relationship and Sex Education Policy – Parent Consultation

In accordance with guidance from the Department of Education and the Keys Academy Trust for schools to review their relationships and sex education policies, our Polehampton schools have created a new Relationship and Sex Education policy. Schools have been asked to consult with their parents. The policy will be available to view from Monday 1st February on our school website (found under key information - curriculum).

Alongside the policy, there will be a FORM for parental feedback. This FORM will be accessible for two weeks until 15th February.

Assemblies and Certificates

We hope you are enjoying our assemblies this term – don't forget all the ones going back to last year's first lockdown are still there if you want to enjoy them again.

Does anyone in your house deserve a certificate? We've added a blank certificate template to the [Assembly page of our website](#), so you could print that off and present your own – maybe one for mum who has helped you this week or Gran who reads you stories on Zoom? You could send us in a photo of certificate presentations and we could add them to our Friday celebration assemblies!

Paper Packs

Staff are spending a lot of time creating printed packs for families which they are, of course, more than happy to do. However, we are having an increasing number being requested and not all are being collected. Also, we are then seeing the same work submitted online, which allows for quicker feedback from teachers.

Please **only request these if you absolutely need them and are going to use them.**

Virtual Cross Country for both schools

This is your last weekend to get involved in Maiden Erlegh's virtual cross-country event. We know some of you have already sent in your times – well done!!

If you would like to take part, all you have to do is run the distance for your age group and submit the time it took on [the website](#). You will need to complete your run and submit the time by **31st January**.

There will be certificates for all who take part and special certificates for anyone who places in the top 3. It is also a competition between schools so we would love at least 4 runners to take part in each category.

Distances are -

- **Rec, Y1 and Y2 - 1km**
- **Y3 and Y4 - 1.5km**
- **Y5 and Y6 - 2km**

Inset Day and Half term

As Friday 12th is an inset day and we will have staff training, we will not be setting or marking work that day or having Zoom sessions.

Critical Worker and Vulnerable Children Group – school will be closed over half term.



Keeping Children Safe Online with NSPCC & O2

As most children will undoubtedly be spending more time online, [NSPCC's Net Aware](#) has lots of super resources for parents to quickly find out about different apps, games and social media sites. It gives an overview of the game, the age rating and then an easy-to-read scale for different areas to be aware of. For example, here is their page for Minecraft. It has handy links to explain the ratings.



Minecraft

Minecraft is a game that lets you build and create a virtual world using building blocks. Other activities include using the multiplayer function to explore the worlds created by other users and to combat, chat and play with them. Minecraft has a PEG age rating of 7+.



Attachments

- **Mrs Castell's Top Tips** - we've already received emails saying this was helpful so do take a look over the weekend, if you haven't had time to yet.
- **Parents' Toolkit for Wellbeing**

We hope you all have safe and happy weekends – it's going to be another cold one, so wrap up on your winter walks!

Best wishes,

Miss Ball, Mrs Medcalf, Mrs Scott and Mrs Castell