



Newsletter – No. 19 29th January 2021

Message From Ms. Mole.

I hope that last weekend's snow brought some much needed light relief and joy to you and your children. The staff WhatsApp group was filled with photos and videos of them and their children building snowmen, throwing snowballs and generally having fun in the snow. When I arrived at school on Monday morning the grounds were covered in a stunning blanket of pristine snow with just a few fox paw prints and several of Mr. Gregory's footprints!



Next week is Children's Mental Health Week and so I thought that it would be good to share some Mindfulness practices that you and your children may find useful. They are all fairly easy to do and can be built into daily life. (You will find them below in the newsletter.)

It is however not only the children's mental health that needs to be looked after. I frequently think of the air crew in planes who say that you must get your oxygen mask on before helping someone else. The same is true when it comes to mental health - it is so difficult to look after someone else if you are not feeling well yourself. We now know that we will not be able to open fully until at least 8th March and this lock down does feel harder than the first: the weather is not so good, there is a greater expectation that the learning will continue as if the children were in school, some are impacted having had Covid and we all miss being able to see people we would usually spend time with and are desperate to hug our friends and family. With all this in mind I want to say please do be kind to yourselves, please do not stress if you don't get all the work set completed, practise some of the mindfulness practices, STOP worrying about what you can't do, and focus instead on what you CAN.



We are constantly reviewing our remote learning plan, tweaking and changing to improve. We understand that it is difficult at the moment and that one size does not and never will fit all. To help us improve further I will be sending out a survey next week to parents and staff and I would greatly appreciate you taking the time to fill it out.

This time will pass and we will be back together soon, if you want to talk or have any questions please do contact us, don't struggle in silence.

Take care, stay safe and look after yourselves

Rebecca Mole - Headteacher

Star of Week

Well done to all the winners this week.

Rabbits: **Maël** for his enthusiasm and enjoyment with all his learning at home.

Squirrels: **Freddy** for always being ready to learn.

Badgers: **Anais** for working very hard on her English and Maths and writing interesting stories.



Values Leaves: Fair, Resilient, Respectful, Caring, Courageous and Curious.

Below are some of this week's leaves:

Throughout lockdown we will be continuing awarding values leaves so please do let the teachers know if and how your child or children have demonstrated one of the Polesden Lacey Infant School values.

Charlie for being curious this week asking lots of questions about planet earth and the sun.

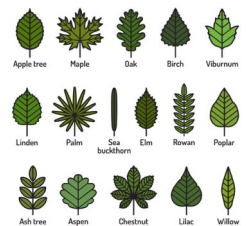
Henry for being courageous this week when he was poorly for 3 days.

Addison for showing great resilience and perseverance towards catching up on the work she missed.

Leo for being caring and sending lots of cards and messages to her friends while they can't play together.

Isobel for being kind and caring to all the Rabbit children in the playground.

Dana- caring leaf as she has been sending lots of cards and messages to her friends while they can't play together.



Good Luck to Mrs. Mathews

Today is Mrs. Mathews' last day before she starts her maternity leave. We are so excited for her and her husband and can't wait to meet baby Mathews.

I am sure that you will all join me in wishing her the best of luck and thanking her for all she has done for the children, parents and her colleagues.



Mental Health Week

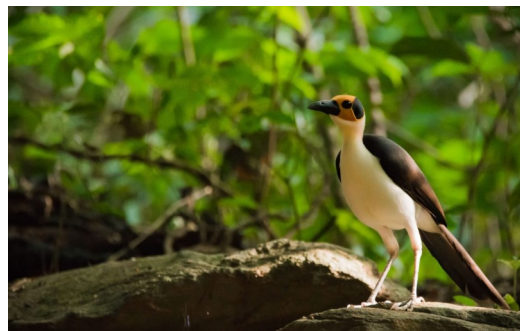
Following Children's Mental Health week, we would love for the children to have a day off from their learning for one day during the week commencing 8th February. A day to have a break from our screens and the pressures of learning for all, so hopefully you can have some fun family time together without worrying about school! The teachers will only plan 4 days worth of learning for the week. We will give you more information including which day of the week has been selected for this, early next week.

Fairtrade

We have watched the Fairtrade video, 'Guardians of the Rainforest', several times with the children at School. The film tells the story of a boy and his family who grow cocoa in Sierra Leone on the edges of the Gola Rainforest. In the film we learn that, with the help of Fairtrade, they know the importance of looking after their environment and this includes the habitat for many birds. If Beshey, the boy in the film, was taking part in the Big Garden Birdwatch, these are some of the birds that he may be able to see.



White-necked Picathartes



Rufous Fishing-Owl



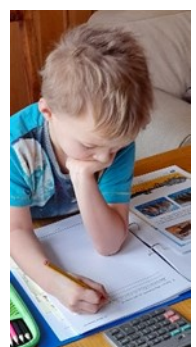
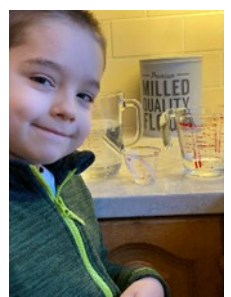
Join in the Big Garden

Birdwatch



We love to see photos of your children and the learning that they are doing. We hope that the children enjoy seeing one another in the newsletter and that the pictures help to keep feel connected to the Polesden Lacey Infant School community.

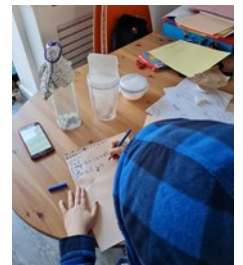
Here are some pictures from this week.



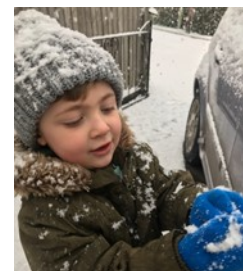
Dear Seb
I want to go
to the pig pond
wag
Elisa +



I want
to go to the
pig pond
wag
Elisa +



I love you
Seb
and I want
you to have a
happy day
(I love you Seb
and I want
you to have a
happy day)



Families Surrey East Magazine

Instead of providing paper copies of the Families magazine they have provided us with a link so that you can access it on line should you wish to.

https://issuu.com/familiesonline/docs/famjan-feb_surreyeast



Mindfulness Tips for your child as well as your selves

Next week is Children's Mental Health Week and so I thought that it would be good to share some Mindfulness practices that you and your children may find useful. They are all fairly easy to do and can be built into daily life

- 1. Breathe** As simple as it sounds, taking the time to focus on nothing but our breathing will help to clear our minds. Try experimenting with breaths, breathe in for 2, exhale for 4 or breathe in for 3, hold for 3, breathe out for 3 and hold for 3, allow yourselves to find your own natural rhythm.
- 2. Muscle relaxation** When tensions are running high, lie on the floor and starting from your toes, tense your muscles for 5 seconds – squeezing as tightly as you can – before releasing again. Continue all the way up the body, even scrunching your facial muscles to relieve any tension from the day.
- 3. Sensing the senses!** Tap into your senses by pausing for a moment and noticing exactly what you can see, hear and smell in that particular moment. Being in the present can help to alleviate worries that we all experience.
- 4. Noticing emotions** Mindfulness teaches us that it's ok not to be ok. Recognising the emotion that they are experiencing is the most important thing, as well as understanding that this emotion will fade over time.
- 5. Time on your hands** For those needing some breathing space, a simple yet effective exercise is asking holding out your hand in a high five pose, then as slowly as you can, trace round each finger with the other hand. This takes the attention away from what has made us feel frustrated or upset, even if only for a matter of seconds, might be all it takes to calm down.
- 6. Strike a pose** When thinking of mindfulness, yoga is the first exercise that springs to most peoples' minds. Complicated downward dogs may be attempted, but a simple crossed legged position or standing tall with arms stretched out wide can help us all to refocus.
- 7. Heartbeats** Jog on the spot for 30 seconds to release some much needed endorphins, then put your hands on your heart, noticing the speed of the beats. This simple exercise is effective in improving focus.
- 8. Practise gratitude** When a day or a lesson seems to have been a complete disaster, take the time to share one positive thing about the day. Hearing what others are grateful for will foster an environment of positivity.
- 9. Youtube meditation** There are so many fantastic guided meditation channels on Youtube now, such as "[Peace out](#)" which lead children through a relaxation sequence. Ideal for improving concentration before doing some learning.
- 10. The sound of music** Using a bell, tambourine, maracas, or a spoon on a pan, make sound while the children close their eyes. Ask them to open their eyes when they notice that the sound has completely gone and silence has been restored.

Surrey's Family Help Hub

The design team at Surrey CC have been working in partnership with parents and professionals to develop and build an online Hub to help parents looking for additional information about how to support their children. It provides information for all age groups from babies to teenagers and everything in between. Whilst it is in its infancy the focus is primarily on behaviour but the intention is that this builds to be much more comprehensive in terms of what it offers.

We have been asked to share the following link with you; <https://www.surreysfamilyhelphub.org.uk/?view=category> so that you can visit the site and then provide feedback to Surrey CC on what you think.

During the next few weeks Surrey CC will be continually testing and improving the site based on parent's feedback (the feedback link is at the top of the page on the family hub site).

Please do have a look at the site and provide your feedback as this will help Surrey CC to gauge whether it is of use to you as parents and allow them to make decisions on its long-term viability and whether they invest further.

Can you help?



The poster features a photograph of a child's back being held by two adults. A purple banner across the middle reads 'SURREY URGENTLY NEEDS MORE FOSTER CARERS'. Below this, on a yellow background, is the text: 'Do you have a spare room? Could you open your home and heart to a child? Have you considered fostering? Meet a foster family in your local area and hear about their experiences. Email foster carer Cindy at Cindyajmorris@gmail.com for more information and/or to request to join the online event. Call 07851654544 if you have trouble joining the event! Find out more about fostering: www.surreycc.gov.uk/fostering'. To the right of this text is a calendar icon with a list of dates: 'Tuesday 9th February 7:45pm', 'Friday 26th March 7:45pm', and 'Thursday 8th April 3pm (half term)'.

Surrey County Council has been extremely busy during COVID and now urgently needs new carers in Surrey. You may have seen on the news how carers across the country have had to shield or how mental health due to covid has caused a higher amount of families needing support, Surrey urgently need new carers to come forward.

Cindy a Foster Carer for Surrey CC, is holding online information events monthly over the next year to tell people what it is like to have children in their lives and support them to reach their full potential. She will also have a young person with her to talk about what it is like being in care.

"I have had young people join our family now for many years through fostering. I have seen personally the massive changes we, as a family could make in young people's lives, as they have in ours. If like me, you think you could make a difference and support some of the children in your home do please join me."

Dates

Spring Term

12th February 2021 Break up for half term

15th - 19th February 2021—School Closed for Half Term

22nd February 2021 INSET day (No children) This is the spring INSET day which has now been set