

26th February 2021



Mail on Friday

Redhill Primary Academy and Nursery

Weekly Newsletter

Email us at: parentcontact@redhillprimary.co.uk

Reopening the Academy to All Pupils

On Monday 22nd February 2021, the Prime Minister announced that schools are to fully reopen to all pupils on 8th March, as part of the roadmap for leaving lockdown. We are delighted by this news and are very much looking forward to welcoming all our children back to the academy for face-to-face education. Upon returning, children will embark on their everyday lessons and have additional sessions in both physical education, through our Get Fit for Summer programme, and in mental health and well-being, through the Calm Project. Please refer to our letter dated 23rd February.

Safeguarding Support for Parents during COVID-19 and beyond

The government have updated their advice and guidance around how parents and carers can support their children whilst undertaking remote education:

https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19?utm_medium=email&utm_campaign=govuk-notifications&utm_source=2cb9faab-867f-488f-8831-05616e0ac796&utm_content=daily

This video on engaging children at home may be useful to watch:

<https://www.youtube.com/watch?v=KZaC3Jsgb4Q&feature=youtu.be>

It also signposts parents and carers to a range of websites offering support and information about young people's mental health and wellbeing:

[Place2Be](#)

[MindEd](#)

[Every Mind Matters](#)

[Public Health England](#)

[Child Bereavement UK](#) and the [Childhood Bereavement Network](#)

[Youth Sport Trust](#) and [Sport England](#)

[Young Minds](#)

[Think Ninja](#)

[Barnardo's See, Hear, Respond Support Hub](#)

Your local library can also provide access to [Reading Well: books on prescription](#), a collection of carefully curated titles for adults, children and young people to support common mental health conditions, or deal with difficult feelings and experiences. [Find your local library](#) to join up and borrow them.

Young people can get free, confidential support at any time from government-backed voluntary and community sector organisations by:

texting SHOUT to 85258

calling Childline on 0800 1111

calling the Mix on 0808 808 4994

Join DAVID WALLIAMS for his AMAAAAZING ASSEMBLY FOR WORLD BOOK DAY!

Join David Walliams for a very special and FREE schools event on 2nd March to celebrate World Book Day 2021!

Recommended for Years 3-6.

Beamed straight into your living room, everyone is welcome to join in with this event!

It will be held at 10:30am, with a catch-up screening at 4pm, so that as many people will be able to join in as possible.

Follow this link to find out more or register for the event:

<https://www.worldofdavidwalliams.com/join-david-walliams-for-his-amaaaazing-assembly-for-world-book-day/>

After-School Activities and Wraparound Childcare

From 8th March, the guidance states that we should resume all our before and after-school activities and wraparound childcare for our children, where this provision is necessary to support parents to work, attend education and access medical care.

When accessing this provision for your children, you must only be using this where:

- * the provision is being offered as part of the school's educational activities.
- * the use of the provision is reasonably necessary to support you to work, seek work, undertake education or training, attend a medical appointment or address a medical need to attend a support group.

Baker & Son School Uniform

Although our school will be open from 8th March, our uniform supplier is classed as non essential retail and not likely to re open their store until after Easter. They are still operating online sales www.bakerandsonschoolwear.co.uk where orders can be placed and delivered to your home.

They have also now added a "click and Collect" option for you to collect from the shop on a Monday, Wednesday or Saturday between the hours of 10am to 12pm starting from Monday 1st March. If you do need to get in touch with them the best form of contact is email - sales@bakerandsonschoolwear.co.uk or through their Facebook page - <https://www.facebook.com/bakerandsonschoolwear>.

PREPARING YOUNG PEOPLE FOR THE RETURN TO SCHOOL #LOCKDOWN 2021

WELLBEING



Parents and their children may be anxious about the return to school.

- As a parent try to not project your fears onto your young person.

Children learn to manage their emotions via co-regulation. Model the response you wish your child to have.

- Allow your child the opportunity to discuss their fears and concerns. Work on solutions and strategies together.

- Involve your child in preparation the night before school starts laying out uniform, packing bag. Promote a positive mindset.

- We have a free activity pack to support young people at www.thecontentedchild.co.uk.

ROUTINES



Many young people will be out of the school routine. In order to support a smooth transition back to school, we should consider

- bedtimes and waking time. If necessary work towards this gradually over the next 14 days.

- mealtimes, to fit in with the school timetable, snack and lunchtime. Stop excess snacking between meal times.

- Keep to school timings for home learning, particularly in final week.

- Ensure child is supported to manage timetable and equipment, ensure organisation day before to save anxieties on the morning.

- Take the walk/journey to school once or twice in the week before.

14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.



1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.



Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.



If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.



5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.



7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.



13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.



14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

