

Caythorpe Chronicle

The weekly news from Caythorpe Primary School

Friday 27th March 2020

Thank You

Thank you all for your continued support at this challenging time for everyone.

Our school community has pulled together, reinforcing my belief that Caythorpe is a very special place with amazing people & one which I am proud to lead.

I hope that you are all keeping well and you are coping with a very different way of life. My main message is to keep healthy both physically and mentally during unprecedented times. With regards homeschooling, you need to just make things work for you and your family. This will look very different for everyone so please try not to get stressed about things and devise a family plan that works for you.

Take care and stay safe.

If you need anything at all during this difficult time for all please do not hesitate to contact me:

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Homeschooling & Working from Home

Homeschooling and working from home can be a challenge, especially when it is not the norm for you and your family. Here are a few tips which might be useful:

Stay positive, don't be too harsh on yourself or your child/ren, and remember... **just do your best**. Ofsted will not be visiting you!

Develop a **daily routine** and create a learning schedule which works for you and your family. Try and maintain some links to your child/ren's usual school experience, consider setting break and lunch times.

If possible, **allocate specific work spaces**. This way you can primarily associate this space with learning, and will find it easier to switch off when in other areas of the house.

Ensure that you **have realistic expectations** about what you can accomplish and avoid putting unnecessary stress on you and your family during **unprecedented times**. Remember this is not your normal daily life so **be flexible and expect the unexpected!**

Take time to **relax**, have a **varied and balanced diet** and partake in **physical exercise**. **Meditation and breathing exercises** can be very useful for **reducing stress**.

If things aren't working out, **don't be harsh on yourself or your child/ren**. Try things in a different way and tweak what you are doing to **make things work for you and your family**.

Be creative - this is your opportunity to inspire your children and foster a love of learning.

Swap over the pupil/teacher roles and **get your child/ren to teach you or their siblings something**. This is a great way to check their understanding and they will love being in charge! They can plan their lesson and teach it however they want.

Put your families well-being at the top of the list of priorities. Homeschooling and working from home requires a lot of patience and flexibility.

Easter Challenge

It would be great if you could complete one or more of the following Easter Challenges and email us a copy of your completed masterpieces! I will include some of my favourites in next weeks newsletter.

- Create an Easter picture
- Decorate a hardboiled egg
- Make an Easter bonnet
- Write an Easter poem
- Make an Easter nest
- Make an Easter bingo game for you and your family
- Write a set of Easter Egg Hunt clues
- Make a paper woven Easter basket
- Make an Easter cake



Happy Easter!



Story Time

You all know how I love a story so I thought I would share some of my favourites with you over the coming weeks.

The Singing Mermaid by Julia Donaldson can be found at:

<https://www.youtube.com/watch?v=OuCijKk1qbA&feature=youtu.be>

The Singing Mermaid is a super rhyming adventure where a mermaid is lured into a promise of fame and fortune in the circus. However she soon discovers living in a fish tank cannot be compared to the freedom of the beautiful ocean.

It's the Bear by Jez Alborough can be found at:

<https://www.youtube.com/watch?v=ayQPCP786dq&feature=youtu.be>

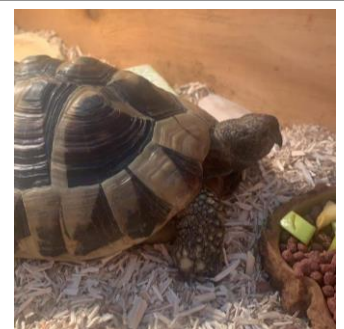
It's the Bear is a really enjoyable picture book which rhymes. Eddy is very apprehensive about going into the woods for a picnic with Mum as he is scared that the huge hungry bear who lives there will make a picnic out of him!

As we do in assembly, try to identify which Golden Values link with the story and any key messages that you can take away.

After listening to the stories you could complete a book review, write a character description or create a scene from the story.

Hello Norman!

We are delighted to let you know that our much loved pet, Norman the tortoise, is awake after his long winter sleep. We look forward to seeing him back in school when we return. Thank you for looking after him Sam!



Reporting Safeguarding concerns

If you have any safeguarding concerns, please do not hesitate to contact a member of the school's safeguarding team:

<https://www.caythorpe.lincs.sch.uk/page/?title=Safeguarding&id=51>

Urgent Concerns

Lincolnshire County Council -
<https://www.lincolnshire.gov.uk/safeguarding/report-concern>

If you have urgent concerns for a child, or suspect that a child has been abused in any way, you can also report a safeguarding concern to Lincolnshire County Council Children's Safeguarding by calling 01522 782111 (if you are a member of the public).

If you require an urgent response outside of working hours, please call 01522 782333. In an emergency, call 999.

Other sources of help:

Childline www.childline.org.uk

Comforts, advises and protects children 24 hours a day and offers free confidential counselling.

Phone 0800 1111 (24 hours) Chat 1-2-1 with a counsellor online

Kooth www.kooth.com

Is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free to access.

Young minds www.youngminds.org.uk

Advice and information about young people's mental health including information on CAMHS and what the next steps to seeking support are.

Samaritans www.samaritans.org

24 hour confidential listening and support for anyone who needs it. (Adults included.) Phone 116 123 (24 hours) Information and support for mental health issues

Harmless- www.harmless.org.uk

provides a range of advice and support about self harm, people who self harm, their friends and families. Phone 0115 934 8445

B-eat www.beateatingdisorders.org.uk

The UK's eating disorder charity. They have online support groups and a helpline for anyone under 18. Phone 0345 634 7650 (4pm - 10pm 365 days a year) Email fyp@b-eat.co.uk

The Mix www.themix.org.uk

Information, support and listening on everything for young people. Phone 0808 808 4994 (24 hours), get lots of support online

Drugs and alcohol Frank www.talktofrank.com

Confidential information and advice about drugs and substance abuse, whether it's for you or someone else. 0800 7766 00 (24 hours, won't show up on your phone bill)

NSPCC www.nspcc.org.uk

NSPCC stands for the National Society for the Prevention of Cruelty to Children - the website has a range of support for Parents/Carers. Phone 0808 800 5000 - main NSPCC helpline (call if you're worried about a child, if you need more information inc child trafficking advice)



HM Government



Advice for everyone - Coronavirus (COVID-19)

Everyone must stay at home to help stop the spread of coronavirus.

You should only leave the house for 1 of 4 reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household
- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home

Important

Even when doing these activities, you should be minimising time spent outside of the home and ensuring that you are 2 metres apart from anyone outside of your household.

How to stop infection spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus.

DO

- wash your hands with soap and water often - do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get back home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterward

DO NOT

- do not touch your eyes, nose or mouth if your hands are not clean

Looking after your health and wellbeing

To help yourself stay well while you're at home:

- stay in touch with family and friends over the phone or on social media
- try to keep yourself busy - you could try activities like cooking, reading, online learning and watching films
- do light exercise at home, or outside once a day

Information:

For more advice, see:

- [Every Mind Matters: 10 tips to help if you are worried about coronavirus](#)
- [Every Mind Matters: how to look after your mental wellbeing while staying at home](#)
- [strength and flex exercises you can do at home](#)

What to do if you need medical help

If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.

If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the [111 coronavirus service](#).

If you need help or advice not related to coronavirus:

- for health information and advice, use the [NHS website](#) or your GP surgery website
- for urgent medical help, use the [NHS 111 online service](#) - only call 111 if you're unable to get help online
- for life-threatening emergencies, call 999 for an ambulance