

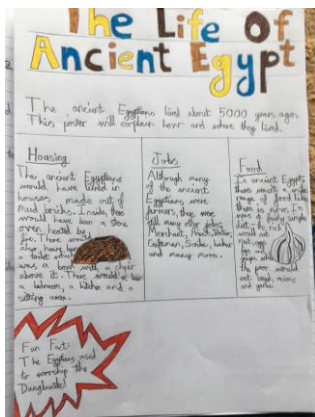
Caythorpe Chronicle

The weekly news from Caythorpe Primary School

Friday 1st May 2020

Caythorpe Pupils @ Home

We have continued to be overwhelmed by all of the fantastic activities that our families have been engaging in whilst we are in lockdown. Pupils have been developing a wide range of skills this week through cooking, gardening, building models, making bug houses, reviewing games they have played, making posters, building marshmallow & spaghetti towers, completing various projects, getting creative, exploring the outdoors and sewing! Looks like you are all making the most of your time at home. Well done!



Young Voices

Young Voices have now created YV at HOME. YV at HOME is a platform to bring you lots of fun music and movement sessions all for free, that children, parents and teachers can access and enjoy from your safe place. Expect interactive tutorials, demonstrations and performances all suitable for adults and children. Some live workshops in the past (still available on YV Youtube channel 'YVTV') have included: instrument lessons, dance sessions, write your own freestyle rap sessions, sing alongs and beatbox workshops! Join in with future live YV at HOME sessions by following Young Voices on Facebook. Song lyrics and sheet music for instruments is also available to download on their website <https://www.youngvoices.co.uk/>



E-Safety Poster Competition

E-Safety is extremely important. If used well, the internet is a safe, fun and informative place. However caution is needed because the internet can also be a dangerous place. It is vital that everyone knows how to use technology safely and knows what to do if an incident occurs whilst using the internet. To help us promote the importance of E-Safety we are running an 'E-Safety Poster Competition'. Please **design an E-Safety Poster** with key tips and information about how to keep safe on the internet and **send entries to Mrs Brockington or Mrs Madge by Friday 15th May 2020**. The winning E-Safety Poster will be displayed on the school website, posted on Twitter & Facebook and put up around school.

Tips for a good poster:

- Clear title
- Simple, clear & concise
- Eye catching & attractive
- Make effective use of space
- Mix of writing & images

GOOD LUCK - CAN'T WAIT TO SEE YOUR ENTRIES

Look After Yourself

Tips on looking after yourself:

1. It is important to **talk about your worries**, rather than keeping feelings bottled up. It might feel awkward at first but it is important to practice talking about feelings and talk about them every day.
2. Keep active.
3. Find activities you enjoy, jigsaws, drawing, lego, cooking, maybe you can set yourself a challenge how many skips can you do? Try and get an adult or sibling to do the challenge with you.
4. Healthy eating is important. How about get creative with some salad vegetables or help prepare the meals.
5. Mindfulness is excellent. Try the breathing exercises below and you could also do some mindful colouring.

Tips for supporting a child:

1. Share updates but share wisely
2. Keep in touch with friends and family
3. Don't be too hard on yourself
4. Practise hobbies and relaxation exercises with your child
5. Maintain a good routine.

On the link: <https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself> if you scroll down you will see lots of helpful information. If you click on the relaxation and self-soothing tab you will find some short relaxation videos which are around two minutes long. These can be used by not only children and young people, but family/carers and professionals who may be struggling and need some support :

- square breathing
- finger breathing
- colour breathing
- my happy place exercise
- progressive muscle relaxation



Foodbank

A Community Hub has been set up in response to COVID-19. If you are struggling financially at this difficult time please don't hesitate to contact the SK Community Hub directly on 01476 406 177 and 01476 406358. They will take some details and if you are eligible they will email you a voucher for Grantham Foodbank and give you a time to collect a food parcel.

Caythorpe Primary School 'Big Sing'

We would like to invite you to participate in the Caythorpe Primary School "Big Sing". The song we have chosen is Sing by Gary Barlow. To take part in this, children mime along, sing along, sign in Makaton, dance, just wave or do a fun activity e.g. kicking a football, jumping on your trampoline etc. So that it is easier to edit, please can KS2 do the lyrics highlighted in blue and KS1 the lyrics in red. The green lyrics are for all to join in. Please be aware that the final product will be shared on social media. Please see the following YouTube link for the Makaton signs <https://youtu.be/RHruPY6mIro>. The video will be edited and the music will be put over the top so please do not worry about background noise. So that every child may be part of this we may not be able to include the full clip that you send.

Please return your final clips to helen.hunt@caythorpe-cit.co.uk no later than Friday 8th of May. If your clips are short you may be able to send via email. It is fine to send more than one clip of different parts of the song. It's also fine to send in separate emails. If you find your clip is too large you could send via the GDPR safe <https://wettransfer.com/> which is free and no sign up is required - just your email and the email you are sending to. If you have any question please do not hesitate to contact us.

We look forward to seeing you all!

Keep In Touch

Please keep sharing all the great activities you are doing at home & don't hesitate to contact us if you need anything:

enquiries@caythorpe-cit.co.uk
Katie.Brockington@caythorpe-cit.co.uk

School Mobile: 07702 821569

STAY SAFE EVERYONE & TAKE CARE