



# Caythorpe Chronicle

The weekly news from Caythorpe Primary School

Thursday 7<sup>th</sup> May 2020

## Caythorpe Pupils @ Home

We have continued to be amazed 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 and enjoying themselves this week through cooking, horse riding, reading, making spears, looking after animals, running, building marshmallow & spaghetti towers and setting up a tuck shop! Looks like you are all making the most of your time at home. Well done!



## 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](mailto:enquiries@caythorpe-cit.co.uk) [Katie.Brockington@caythorpe-cit.co.uk](mailto:Katie.Brockington@caythorpe-cit.co.uk) School Mobile: 07702 821569

**STAY SAFE EVERYONE & TAKE CARE**

## VE Day

Victory in Europe (VE) Day on 8 May 1945 saw Britain and its Allies formally accept Nazi Germany's unconditional surrender after almost six years of war. At 15:00, Prime Minister Winston Churchill announced on the radio that the war in Europe had come to an end, following Germany's surrender the day before. Spontaneous celebrations broke out and excitement was shared across the country.

Despite lockdown there is no reason why we can't celebrate the 75<sup>th</sup> anniversary of VE Day. Why not decorate your house with bunting and flags, take part in a two-minute silence on your front door step at 11am and enjoy a garden party with your family at home. I look forward to sharing how you celebrated this momentous occasion in next week's newsletter so please send your photos to Mrs Madge or Mrs Brockington.



## Anxiety

Anxiety is another word for feeling worried or scared. This is a very anxious time for everyone but maybe especially children who don't understand why things are different. It may not always be clear when a child is anxious but here are some signs to look out for:

- Reassurance-seeking (Are we going to be ok? Is grandpa going to be ok?)
- Reluctance to separate from parents. (following you around)
- Physical symptoms-headache or stomach pains
- Moodiness or irritability
- Tantrums and meltdowns
- Trouble sleeping

Ways you can deal with your child's worries:

- Talk about feelings, this can be done with a feelings chart
- Structure the day
- Reassurance
- Model calm yourself
- Look for positives (getting to spend family time)
- Mindfulness and calm time. (listening to calm music, or a story, yoga and breathing exercises, make a sensory box see attached)

Attached with this week's newsletter is a set of instructions on 'How to make a Sensory Box'. Creating and exploring a sensory box can be very therapeutic which can help with anxiety. If you decide to make a Sensory Box please send us a photo of the finished product!



## 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.

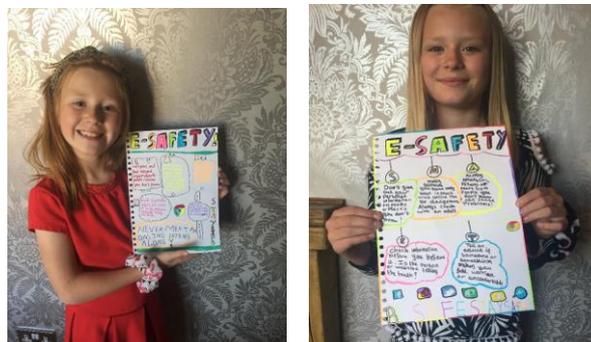
To help us promote the importance of E-Safety we are running an 'E-Safety Poster Competition'. Please design an E-Safety Poster with key tips and information about how to keep safe on the internet and send entries to Mrs Brockington or Mrs Madge by Friday 15<sup>th</sup> May 2020.

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

### ENTRIES SO FAR



## 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.

## Free School Meals

The Department for Education (DfE) has developed a centrally-funded national voucher scheme to support with providing Free School Meals. Families who are currently eligible for Free School Meals should receive supermarket vouchers during term time to use to support you in providing nutritious meals during the Coronavirus Crisis. If your circumstances have changed due to the Coronavirus Crisis and you think that your child might be eligible for free school meals please visit the following website to apply:

<https://lcc.cloud.servelec-synergy.com/SynergyWeb/Parents/default.aspx>

If you have any questions or concerns about this please do not hesitate to email Mrs Brockington or Mrs Madge.

## Whole School Topic

We would like your ideas for our September 2020 Whole School Topic so if you have any thoughts about a topic we could all enjoy learning about then please share them by emailing Mrs Brockington. It needs to be appealing, inspiring and engaging to the whole school so get thinking!