



Caythorpe Chronicle

The weekly news from Caythorpe Primary School

Friday 15th 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 a wide range of activities! 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

Katie.Brockington@caythorpe-cit.co.uk

School Mobile: 07702 821569

**STAY SAFE EVERYONE
& TAKE CARE**

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.



VE Day Celebrations

Thank you so much for sharing how you celebrated the 75th anniversary of VE Day. It looks like you had a great day!



Mindfulness

Mindfulness is quite a buzz word at the minute, your children will have engaged in mindfulness in PSHE with Jigsaw Jerrycat during calm me time, but what is it and what does it mean? Mindfulness is simply noticing what's happening right now. It is taking notice about how our body feels, taking notice of all our senses and emotions and noticing what our mind is doing. When you notice what is happening around you it can help calm you when you are sad, angry or frustrated, it can help with tough emotions and make you happy and feel good. It is using the space between an emotion and a reaction and allows us to think before reacting. Mindfulness has been shown to reduce stress and anxiety, improve health, sleep better, improve focus and increase compassion and kindness.

Here are a few mindfulness activities you can do:

- There are tons of mindfulness apps out there to help you become more mindful, and many of these apps are designed specifically for kids some examples are; Breathe, Think, Do Sesame, Calm and DreamyKid are examples
- You can play games like jenga, or even concentrate on balancing on one leg
- Go for a walk and pause every so often to tune in to your surroundings. What can you hear? Birds tweeting? Dogs barking? Footsteps? Traffic? The wind in the trees? Make a note of everything you hear. This is a great way to get kids to focus on their senses and expand their awareness of their surroundings.
- Lie back and look at the clouds.
- Mindful colouring.

These activities only need to last a few minutes but make you more aware of the moment and improve our focus so we can understand and put things in perspective, give it a go.

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>

