



Caythorpe Chronicle

The weekly news from Caythorpe Primary School

Friday 12th June 2020

What is Resilience?

Resilience has many different definitions. We mean "being able to bounce back from, or overcome, setbacks, obstacles or disappointments, and also to keep going in the face of challenges and failure or change". It is a skill which can be learnt or developed through your life. In these strange times resilience is important as the world around us is changing every day and it is important that we use resilience to cope with these changes. Here are some top tips for resilience.

TOP 10 TIPS FOR RESILIENCE

- R** **Remain Positive** Look towards the future, think of what you want from life.
- E** **Establish Realistic & Achievable Goals** This helps give you focus.
- S** **Strategies** Plan your coping strategies. Don't be afraid to ask for help.
- I** **Identify** Identify your strengths and be confident in yourself.
- L** **Learn from Experience** Learn from experience and move on.
- I** **Introduce** Introduce a positive way of thinking. Focus on the good things in your life.
- E** **Enjoy** Make time to do the things you enjoy.
- N** **Needs** Take care of yourself. Keep healthy and fit.
- C** **Connect** Build healthy relationships with your family, friends and teachers.
- E** **Embrace Change** Don't dwell on the past. Put your energy into the present to shape your future.

Vacancy @ Caythorpe Primary School

We have the following vacancy at Caythorpe Primary School to start September 2020:

Midday Meal Supervisor

7 ½ hours per week, split over 5 lunchtimes. This post involves setting up the hall for lunch, serving, meals, supervising children, playing games and clearing away.

We are looking for someone who is dedicated to children's welfare and able to work as part of a team.

If you are interested in this post and would like to join the Caythorpe Team then please contact the school office via email at enquiries@caythorpe-cit.co.uk or telephone on 01400 272600.

JOB VACANCY
Apply Now!

NSPCC

The NSPCC team usually come into school to deliver age appropriate assemblies to all pupils and workshops to Y5 & Y6 to remind them about the importance of speaking out about their worries to a trusted adult & staying safe. Ant & Dec have joined NSPCC for a virtual whole school assembly. Please show this to your child/ren:

[Ant & Dec NSPCC Assembly](#)

The Childline telephone helpline is currently available 9am-midnight. Here is the link:

<https://www.childline.org.uk/kids>



Update

We all know how important it is for children to be in education and we are desperate to get everyone back to school as soon as the scientific advice indicates that it is safe to do so. After careful planning and a thorough risk assessment, we were able to successfully welcome back some Reception, Year 1 and Year 6 children last week. They are working in smaller class sizes, alongside the group of children of critical workers and vulnerable children of all ages, who continue to be able to attend. We continue to follow the Government guidance and advice from the Department for Education and believe that a cautious, phased return is the most sensible course of action to take during this challenging time. Due to the current guidelines, we unfortunately do not have the capacity to welcome all year groups back before the summer break. As and when new guidance is released we will keep you informed of the next steps of getting everyone back to school.

I would like to thank all Caythorpe staff who are working incredibly hard to meet the needs of children who are in school and also to support those who remain at home. If you have any questions or concerns about your child's welfare or learning, please do not hesitate to contact us. We really are here to help where we can and if we all work together we will get through this.

Thanks you for your continued support and patience during this difficult time for everyone.

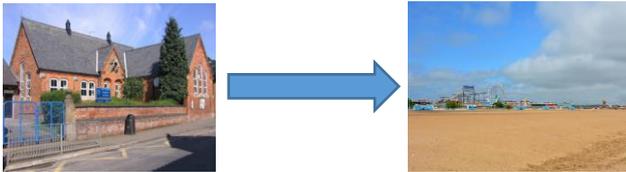
Take care and stay safe.

Caythorpe Primary School to Skegness Beach

Last year some staff and children took on the challenge of walking the distance from Caythorpe Primay School to Buckingham Palace and enjoyed afternoon tea with the Queen, also known as Mrs Brockington, on arrival!

This year I would like to invite staff, pupils, parents and grandparents to join me on a virtual walk from Caythorpe Primary School to Skegness Beach in 10 days. The distance of this journey is 49.8 miles which equates to approximately 105,178 steps in total.

All you need to take part in this exciting challenge is a pedometer to count your steps, a water bottle to keep you hydrated on the journey and lots of energy. The challenge begins on **Monday 29th June** and ends on **Wednesday 8th July** This is something that we can all do apart but together so come on Caythorpe Primary School lets do it!



Coronavirus Symptoms & Confirmed Cases

As always, the health and safety of our staff and pupils remains paramount at Caythorpe Primary School and we are consistently following the advice and guidance from the Government, the Department for Education and Public Health England.

In line with Government Guidance if a pupil or member of staff develops coronavirus symptoms, they will be sent home and advised to self-isolate for 7 days. All members of their household will also be advised to self-isolate for 14 days. All staff and pupils attending education settings have access to a test if they display symptoms of coronavirus, and therefore we will encourage them to get tested for COVID-19 if this is the case and inform school of the outcome as soon as possible.

Upon receiving the outcome we will take one of the following courses of action and inform you of this:

- If medical advice is taken and the **member of staff or pupil** does not meet the requirements for testing based on the symptoms being displayed they will be able to return to school once they are well again.
- If the **member of staff or pupil** displaying coronavirus symptoms tests negative, they can return to school and their fellow household members can end their self-isolation.
- If the **member of staff or pupil** displaying coronavirus symptoms tests positive, the rest of their '**group**' will be sent home and advised to self-isolate for 14 days. The other members of these individuals' households do not need to self-isolate unless the self-isolating individual develops symptoms.

If other cases are detected within the cohort or wider school, Public Health England's (PHE's) local health protection teams will conduct a rapid investigation and advise the school on the most appropriate action to take.

If you have any questions or concerns then please do not hesitate to contact me.

Katie.Brockington@caythorpe-cit.co.uk 07702821569

Pupils @ School

Pupils have settled back into school extremely well and we are extremely proud of the way they have adapted to a new way of life in school. They are all adhering to the new rules and routines to ensure that we minimise the risk of spreading coronavirus and can keep everyone as safe as possible.

Reception and Year 1 have been enjoying learning all about plants, Year 6 are really into their theme park project and the Key Worker Group have been busy finding out about space.

I have thoroughly enjoyed catching up with all of the staff and children via video calls this week. It was great to see everyone happy and settled.



As of Monday 15th June we will be increasing the length of the school day slightly:

Y6 - 9.15am - 2.45pm R & Y1 - 9.30am - 2.30pm

Please ensure that you are **prompt** for both **drop off** and **collection** times and remember the importance of **social distancing** within the school grounds.

Thank you for your cooperation.

Free School Meals & Universal Infant Free Meals

The Farm Kitchen can provide a packed lunch for those children entitled to UIFSM or FSM. If you wish to take advantage of this please make sure Mrs Madge is aware. The Farm Kitchen can also provide a weekly food box as an alternative for those FSM children not currently attending school.

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>