



January Newsletter 2021

We would like to say a huge thank you to you and your children, for the amazing job you've done in the last month - you have juggled so many roles and learned many new skills in the need to support your child's learning at home during the coronavirus pandemic. I thoroughly commend and thank all of you for your efforts and support.

I have devised a questionnaire to consult with you on how best to support you in developing your child's learning at home. Can I ask you to please complete this questionnaire so that we can learn about the experiences of pupils working at home and better understand your perspective as a parent or guardian.

The Link to the questionnaire is....

<https://forms.office.com/Pages/ResponsePage.aspx?id=R5mT-jXCXU-NAYgoVN6wkGb-O-oIzFDgfnFEF7OtcRUQkVCRDdSRjQzWE5YQkVDVDlwlwSkpMT1JZQy4u>

Yesterday it was announced that if the Government achieves its target of vaccinating everyone in the four most vulnerable groups with their first dose by 15 February that it will therefore be safe to commence the reopening of schools from Monday 8 March. The government will give at least two weeks notice to prepare for a return to face-to-face education. As soon as we have more details, we will continue to put in place the necessary Risk Assessments and we will share the way forward with all our parents.

Children's Mental Health Week 2021

Nationally, Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is 'Express Yourself'.



In Cumbria, children and other young people are being asked to share the ways they express feelings, and their thoughts about what has helped them cope or what they have learned in this time from the COVID pandemic or maybe what they wished they had known at the start. There are a number of ways in which you can your child involved if you wish. They could....

- Draw a picture
- Write a poem
- Produce a short piece of writing (200 – 400 words)
- Make music, write a song (audio only)
- Send a photo of an object that helped you cope with ups and downs (something they made; their pet; favourite book/game etc)

- On Wednesday you can dress to express! What could you wear? It's a bit of fun!

Please send their contributions in digital format into school so we can share with the school community by the 7th February. You can also send them to Lucy.Pye@cumbria.gov.uk by the end of Thursday 4th February. All entries will be entered into a prize draw

Buddhism Week

The week beginning the 8th February we will be exploring the teachings of Buddhism as a whole school project. We will still be setting maths and Spelling activities but our English and Topic work will be done through this theme.

My Time – Parent Support forum and sessions

The company My Time will also be hosting free Zoom information sessions for parents and carers. The “Supporting your child's mental health through the pandemic” sessions will provide informal practical advice and ideas that can help you to support the mental health of you and your child through the pandemic. I have attached a separate document to the email with the Newsletter which contains Information on dates and how to book. My Time is supported by both Barnardo's and NHS England.

E-School Nurses

E-School Nurses are running twice weekly online health support and advice for parents, carers and professionals, supporting children and young people aged 5-19 years old. More information is available on this website <https://www.cumbria.gov.uk/ph5to19/>

The E-School Nurse runs a **5-minute briefing each day** covering themes such as:

- How to get support
- Top tips
- Family mental health
- Music and wellbeing
- Words and feelings
- Helping yourself and helping others

February Half Term

At February Half Term the school will be closed as normal and unfortunately will not be open to Key Worker or Vulnerable Children. School will be closed from 3.20pm on Friday the 12th Feb until 8.30am on Monday the 22nd of February.

Once again, a huge thank you to you all for the love, care and support you are showing our pupils and other parents in our school community. Even though school may be closed to some at the moment, we as Team Selside are here to support you all in any way we can. We appreciate and understand that everyone's circumstances are very different, and we think you're ALL doing the most fantastic job.

Thank you and Take Care,

J. A. Lowther

Miss June Lowther & the staff of Selside School