

# Rokeby Primary School



## Newsletter



2 5 . 0 2 . 2 0 2 1

**We kindly ask that you wear a mask when visiting the school office . Thank You.**

Hello everyone,

I am sure you are as pleased as I am to hear that we can welcome back all children on the 8th March. We have revised our FAQs for you which you will find attached to this newsletter and also on school story on class dojo.

We understand that both parents and children will have some anxieties about returning to school, this is normal and you won't be alone in this feeling. We have ensured all of our safety measures in school remain in place and are robust, as well as a few additional measures. All parents should now wear a mask on the playground and staff will be wearing masks when moving around school. Additionally, all staff are now being tested twice weekly and an enhanced cleaning regime remains in place. More details of our COVID safety information is on our website in our risk assessment.

We will be focussing on mental health and wellbeing with the children in school, alongside developing their learning in line with their age and phase.

We can't wait to see you all,

**Mrs James**

### **Rokeby Nursery 2021-2022**

We now have a very limited amount of spaces left for children to join our Nursery class in September. Please enquire at the school office as soon as possible if you are interested in a place at our Nursery.



### **Reopening of School**

As you may be aware, schools are reopening to all children on 8th March 2021. We will release more information soon however if you have any questions, please email [rokebyprimary@stowevalley.com](mailto:rokebyprimary@stowevalley.com).

### **COVID-19 Rokeby Primary Contact line:**

**0 7 3 8 8 0 5 5 3 9 6**

**IMPOTANT: If you have taken a COVID-19 test, please send your results to the number above. This is for both negative and positive results.**

If you are unsure on whether your child should be attending school, please refer back to last weeks newsletter or visit the GOV.UK website where you can find the latest in COVID-19 updates. We ask that parents are following the governments social distancing guidelines at all times.

### **Family Information Service**

Warwickshire's Family Information Service provides support, advice and one-to-one support for families, parents, carers and professionals on a variety of issues including family relationships, housing, parenting support, childcare, health and wellbeing and much more.

We are here to help.

**[fis@warwickshire.gov.uk](mailto:fis@warwickshire.gov.uk)**

**Twitter – @WarksFIS**

**Facebook – Warwickshire Family Information Service**

**01926 742274**



OF STOWE VALLEY MULTI ACADEMY TRUST

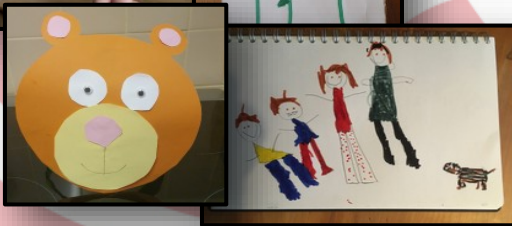


## What Have We Been Learning About?

We would like to say a big **Thank You** to all our parents and carers for the support they have given to their children in order for us to continue their learning remotely. We are really proud with how the children are coping with the current situation. Here is what they had been learning about before

### **Nursery and Reception**

The Early Years children had been finding out about Chinese New Year. They had made a dragon and performed the dragon dance, they had made Chinese rattle drums and lanterns and explained capacity by filling containers with rice. They used animals to tell the story of the Chinese New Year and counted the right number of cotton reels to thread onto numbered dragon heads.

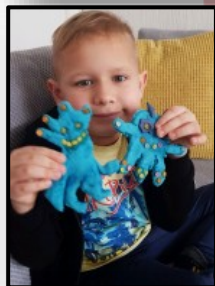
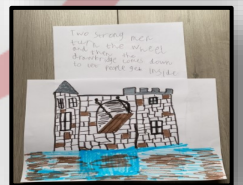
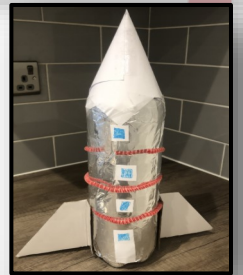


The Early Years children also went on a Bear Hunt! They used this activity to help them understand the story of A Brave Bear. Week 3 was all about cats and pets, they read the story Lulu Gets a Cat. The children have been getting very creative both at school and at home.

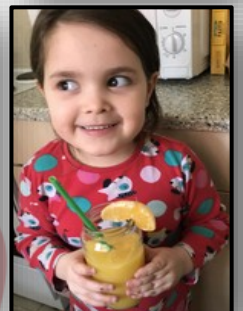


### **Year 1 and 2**

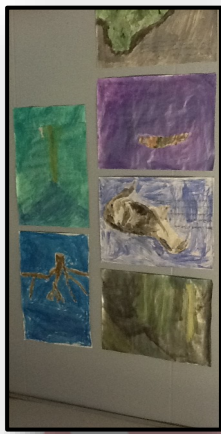
Year 1 and 2 have been working extremely hard over the last half term and have been having lots of fun being creative! They have been learning about astronauts and created some amazing spaceships. This week there has been lots of creativity going on and the children have been making smoothies of all flavours and colours, some even used spinach! They have also made some wonderful and imaginative treasure maps. So proud of you all for all your hard work! - Mrs Brindley.



Year 1 and 2 key worker bubble have been making pirate maps. They even stained the paper using tea-bags. They have also been collecting leaves, twigs, stones and feathers to make some natural art pictures as well as watching videos about pyramids and discussing where you would find them. They also made colour feeling monsters with salt dough. Year 1 have also been decorating paper plates with their favourite pancake toppings and making rainbows.

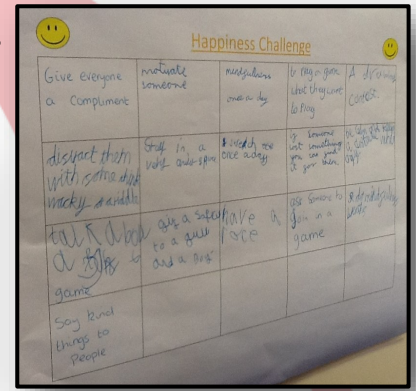






## Year 3 and 4

The 3 and 4 have been making lanterns, paper flowers, writing poems based on the 'Lost Words' book and finding ways to make each other happy in our happiness challenge.




## Year 5 and 6

Year 5 and 6 spent their time in our creativity week building their very own theme parks using a variety of materials. They were packed full of rollercoasters and food stands!



## Nurture Group


For Mental Health week, our Nurture Group looked at small things they can do in order to improve their wellbeing. They have been using this 'Express Yourself' calendar throughout February to give them some ideas. Maybe you could try some at home.




# ELSA Support February

## EXPRESS YOURSELF CALENDAR

www.elsa-support.co.uk



<p><b>1</b></p> <p>What makes you feel happy? Draw anything at all that expresses your happiness.</p>	<p><b>2</b></p> <p>Create a collage of calm by cutting out pictures that are calming for you. Stick them to a piece of card and hang up in your room</p>	<p><b>3</b></p> <p>Draw a large heart on a piece of paper and fill it with colour to represent how you are feeling right now</p>	<p><b>4</b></p> <p>If you could choose an animal to turn into for one day. Which animal would you choose and why. Draw it</p>	<p><b>5</b></p> <p>What is on your mind right now? Draw a huge thinking bubble and fill it with drawings</p>	<p><b>6</b></p> <p>Where do you feel the safest? Draw your safe place. It can be anywhere at all where you feel calm and relaxed</p>
<p><b>7</b></p> <p>Draw a picture with your eyes closed. How does it feel to be free to draw anything from your imagination</p>	<p><b>8</b></p> <p>Draw yourself as a superhero. What is your super power? How does it feel being a superhero?</p>	<p><b>9</b></p> <p>What scares you? Draw your biggest fear!</p>	<p><b>10</b></p> <p>Draw some important memories for you!</p>	<p><b>11</b></p> <p>What does your anger look like? Draw your anger</p>	<p><b>12</b></p> <p>Draw something you are thankful for today</p>
<p><b>13</b></p> <p>Draw around one of your hands and then decorate each finger with something you are good at</p>	<p><b>14</b></p> <p>Draw a comic strip of a fun time that you have had. Who was there? What did you do?</p>	<p><b>15</b></p> <p>Close your eyes and scribble on a piece of paper. Really enjoy feeling the freedom of just scribbling</p>	<p><b>16</b></p> <p>Can you draw something just with the letters of your name today?</p>	<p><b>17</b></p> <p>Draw a gift you would give to someone very special to you</p>	<p><b>18</b></p> <p>What do your worries look like? Are they monsters or something else? Draw your worries today and talk to someone about them</p>
<p><b>19</b></p> <p>Make some patterns today and then colour them all in to make a beautiful piece of art</p>	<p><b>20</b></p> <p>Create some bunting for a celebration. What might you be celebrating today? It can be anything at all!</p>	<p><b>21</b></p> <p>Create your own character for the emotion of happiness. What might it look like? Draw it!</p>	<p><b>22</b></p> <p>Draw your favourite time of year. Is it your birthday? Christmas? Winter? Summer? You choose!</p>	<p><b>23</b></p> <p>What do you dream about? Draw one of your dreams</p>	<p><b>24</b></p> <p>Listen to some music at the same time as drawing. What is in your mind when listening to the music.</p>
<p><b>25</b></p> <p>Smiling challenge. Draw a HUGE smiling face then write down all the reasons that make you smile or laugh</p>	<p><b>26</b></p> <p>Draw a self portrait of you. Use a mirror to take in all the details of your beautiful face</p>	<p><b>27</b></p> <p>Draw something in nature today. It could be an animal, bird, insect, flower or leaf. Anything that you choose</p>	<p><b>28</b></p> <p>Draw a picture of someone you admire. Why do you admire them?</p>		





## Primary Mental Health Team Consultations and Parents Information Sessions.

Supported by the NHS

Rise offer FREE Parent Information Sessions. During the current restrictions, these will be delivered via the online platform ZOOM. At these sessions you will have the opportunity to meet other parents and learn about common emotional wellbeing concerns in children/young people and find out what you can do to help! Parent Information Sessions are structured sessions on a particular topic.

### **Understanding and supporting children aged 3-11 years with Anxiety—17th March 2021 @ 1:00pm—2:30pm.**

You will learn about anxiety and how we can help our children manage their worries. You will learn to identify the signs and symptoms of anxiety and how it might present in children of different ages.

You will learn to differentiate between the usual stresses of childhood and anxiety that may be more problematic for your child.

You will learn practical strategies and techniques you can do at home to support your child when they are feeling anxious. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.

### **Understanding Self-Esteem in children and young people— 12th May 2021 @ 1:00pm-2:30pm.**

To understand the definition of self-esteem and development of self-esteem in childhood.

To identify and understand what healthy and low self-esteem might look like in a child or young person.

To consider and understand the link between self-esteem and mental health.

To explore the risk and protective factors which may impact upon anxiety and low mood.

To introduce strategies that can be used to support a child or adolescent experiencing and low self-esteem.

To understand when & how to access specialist services in relation to self-esteem.

### **Understanding and supporting healthy Emotional Development in children aged 3-11 years— 09th March 2021 @ 1:00pm-2:30pm.**

You will learn about healthy emotional development in childhood and understand what healthy emotional development looks like at different ages.

You will learn about the challenges children and parents face at different ages and what can you do to help.

You will learn practical strategies and techniques that may be helpful to support your child's emotional development and you will also find out where you can access local support if you are worried about your child's emotional wellbeing.

**For more information, please see the Rise—Primary Mental Health website. The PDF leaflet is also available on the school website.**

---

## Exploitation Awareness Week

15th–19th March 2021

Have you heard of CSE? Do you know about County Lines? Maybe you would like to know more about substances? Warwickshire Exploitation Team and Compass are joining forces to bring you a 60 minute virtual guide to Child Exploitation and Substance Misuse. This is a perfect opportunity to increase your awareness, ask experienced professionals any burning questions and learn more about the support that is available in your area.

**Tuesday 16<sup>th</sup> March – 7pm**

**Thursday 18<sup>th</sup> March – 7pm**

To book your **free** place or to get more information, please email [rebecca.weaver@barnardos.org.uk](mailto:rebecca.weaver@barnardos.org.uk) or [gemma.austin@compass-uk.org](mailto:gemma.austin@compass-uk.org) and we will complete your booking and send a link.





## How to EXPRESS YOURSELF

Pupils can express themselves in many ways. Here are some ideas for self expression.  
Encourage pupils to use different ways to express their thoughts and feelings

- Writing
- Drawing
- Painting
- Crafting
- Acting
- Facial expressions
- Gestures
- Tone of voice
- Creativity and invention
- Responding to art
- Poetry
- ICT
- Visualisation and imagination
- Making music
- Responding to music
- Singing
- Dancing
- Designing
- Choosing clothes, hair styles
- Photography
- Video
- Talking
- Body language
- Creating recipes/food



[www.elsa-support.co.uk](http://www.elsa-support.co.uk)

### Important Dates

DATE	EVENT	INFORMATION
08/03/2021	School Reopens	School is set to reopen for all children. More information will be released soon.
02/04/2021 & 05/04/2021	Bank Holiday	School closed. <b>Last day of term—1st April 2021.</b>
06/04/2021 to 16/04/2021	Easter Holidays	Last day of school 01/04/2021. Children return 19/04/2021.
03/05/2021	Bank Holiday	School Closed. Children return to school 04/05/2021.
24/05/2021 & 25/05/2021	Parents Evening	Please expect more information regarding the running of parents evenings this year.
31/05/2021	Bank Holiday	School closed.
01/06/2021 to 04/06/2021	May Half Term	Last day of school 28/05/2021. Children return 07/06/2021.
07/07/2021	School Induction Day	More details will be published closer to the time.
20/07/2021	Last Day of Term	Last Day of Summer Term.
21/07/2021	Teacher Training	School closed to students for staff training.
22/07/2021 to September 2021	Summer Holidays	School Closed.

Rokeby Primary is part of the Stowe Valley Multi Academy Trust.  
**Tel: 01788 814399 Email: [rokebyprimary@stowevalley.com](mailto:rokebyprimary@stowevalley.com)**



**Rokeby Primary School is committed to safeguarding and promoting the welfare of children and young people and expects everyone to share this commitment.**

PART OF STOWE VALLEY MULTI ACADEMY TRUST

## **FAQs for returning to school on Monday 8<sup>th</sup> March**

### **What will social distancing look like?**

Where possible, we will encourage and promote social distancing, but it would be dishonest to promise that social distancing between pupils and pupils or pupils and staff will be possible all the time. We will continue to educate the children on the importance of keeping apart and will monitor it as closely as we can. Younger children are going to find this very difficult, particularly where intimate care such as nappy changing is needed.

In Key Stage 1 and Key Stage 2 classrooms, pupils will be sat in rows, facing the front, with their own school equipment. This equipment will be named and stored for their use only.

During breaks and lunchtimes, only one bubble will be allowed out at a time. Children will be encouraged to play non-contact games. However, there will be breaches of this due to children's understanding and we cannot guarantee that children will remain 2 metres apart, throughout the day.

### **What is a bubble?**

The advice is to keep groups of children together, with the same regular adults. This strategy is often called the bubble strategy. As you will appreciate, this is not going to be completely reliable and bubbles will 'burst' at times meaning that staff may need to be re-deployed etc.

### **Will staff be given PPE?**

Staff will be provided with PPE including aprons, masks, gloves, and medical waste bags for first aid and intimate care purposes.

All staff will wear face coverings in communal areas of school, e.g. staff room, corridors etc.

### **Will children be given PPE?**

PPE will not be provided for general wear around school. If parents wish to send their child in in PPE then that is their choice, it will not be provided by school. If you send your child with a face covering then please ensure that they also bring a named, sealable plastic bag to store it in when your child is not wearing it, e.g. whilst eating lunch.

### **How will collection and drop off work?**

Drop off time will be between 8.45 and 9.00 and collection between 3.00 and 3.15pm for all classes to spread out the flow of parents collecting their children. We ask that you do not congregate with other parents of families on the playground. When collecting your child, you **MUST** wear a face covering (unless you are medically exempt) whilst on our school premises, this includes any children that are with you that are aged over 11 years old.



**How will my child be kept safe at break and lunchtime?** Only one bubble will be allowed out at a time. We can not guarantee children will remain 2 meters apart. We will only be offering deli bags as our lunch option. This is to keep visitors at the kitchen to a minimum. A member of staff will collect the deli bags and deliver it to their classroom. Children will have lunch in their classrooms.

**What will my child need to bring?**

Your child is only permitted to bring a coat, lunchbox/water bottle, communication book and reading book. All other equipment will be provided by school including handwash, hand sanitiser and stationery. Please do not allow your children to bring anything else into school. If year 6 children need to bring a phone, it should be for safety purposes, when travelling to and from school only. We ask that they come in a sandwich bag or plastic bag and they will be stored in their teacher's cupboard.

**What will my child need to wear?**

Your child will need to wear full school uniform.

**Does my child have to come?**

Yes, the UK Government has stated that attendance for ALL children is mandatory.

**What will my child be learning?**

During the first week back (W/B 8th March), we will be focussing on mental health and building resilience and self-esteem using a programme called 'Tree of Life'. The children will also be working on some key skills in English and maths.

From W/B 15th March until the Easter holidays, the children will be working on key skills for their current year group in maths and English. In the afternoons, they will be continuing with their learning of the foundation subjects.

**Will you still be supporting home learning if I do not bring my child in?**

We will support home learning if your child has been advised to self-isolate as they have been told to do so as they are a close contact of case of COVID, if a bubble closes at school as a child or adult in that bubble test positive for COVID, or if your child must shield (classed as clinically vulnerable and advised by a doctor to shield).

As children's attendance is mandatory, we will not support remote learning if you do not send your child to school.

**How will you encourage frequent hand washing and hygiene?**

Children will be encouraged to wash their hands, on entry to school and after each activity and after going to the toilet. We have additional and sanitiser and portable sinks so that each class has enough areas to clean their hands. Each used classroom will have an additional deep clean once a week. Teaching staff will also be cleaning desks each breaktime.

**Will parents be allowed into school?** Unfortunately not. Parents will be allowed on to the playground to drop off and collect their child. They must stay back from the classroom door at a distance of 2 metres, where possible. All meetings/conversations with parents that would usually require them to come in will be done via telephone or virtually on a video call (Zoom or Teams).

### **Will assemblies and gatherings happen once children are back at school?**

There will be no assemblies taking place in the hall for the foreseeable future. There will be no mass gatherings of any kind. We will have virtual assemblies each week. The first assembly will be based on a key event/occasion for that week. The second assembly will be a Celebration Assembly led by Mrs James that will be posted on Class Dojo every Friday morning.

### **What additional measures are in place to keep my child safe?**

- Electronic registers only so children and staff do not need to move unnecessarily around school.
- Additional hours of cleaning taken on to keep the school well cleaned as well as cleaning throughout the day by cleaners and by teachers and TAs.
- Minimising contact with other bubbles, where possible.
- Operating a one-way system around school so staff do not have to pass as often as usual.
- Doors will be propped open where it is safe to do so to minimise contact with handles.
- Additional portable sinks purchased for on the playground.
- Hand sanitiser on entry to the school and available around the school.
- Only admin staff and head teacher allowed in the offices.
- Cleaning products available in classrooms.
- Hand sanitiser and wipes will be stationed next to photocopiers to use before and after the photocopier.
- PPE provided for first aid, cleaning and intimate care purposes for staff. Face coverings provided by school for staff to use in communal areas.
- Deli bags provided for children's lunch so the lunch hall business is minimised – children will eat in the classrooms.
- There will be no face-to-face staff meetings. All meetings will be done 1:1 or electronically.
- Designated toilet cubicles for each bubble.