



Words from St. Werburgh's

Spring term 10



DIARY DATES

****ALL DATES ARE PROVISIONAL IN LIGHT OF THE COVID-19 PANDEMIC****

Friday 12th February	School closes for half-term
Monday 22nd February	School re-opens (for vulnerable children and those whose parents/carers are 'critical workers')
Thursday 1st April	School closes for the Easter holiday
Monday 19th April	School opens for the summer term
Monday 3rd May	May Day Bank Holiday (school closed)
Friday 28th May	School closes for half-term



HAVE A LOVELY BREAK

As we reach the end of the first half of the spring term, we would like to thank you for your support, understanding, and efforts at home to continue your child's learning during this period of partial school closure. Now half-term is upon us, please have a nice break. You deserve it! Although we perhaps cannot do as much as we previously did during this school holiday, try to make the most of the fresh - and hopefully not too cold - air!



School will return to online sessions and re-open to vulnerable children and those whose parents/carers are classed as critical workers, on **Monday 22nd February**.

Love to learn, love God, love one another.

CHILDREN'S MENTAL HEALTH WEEK 2021

Last week, we celebrated 'Children's Mental Health Week' with lots of activities and took time to relax and be calm. We held two special events which were open to everyone in school and also to everyone at home via Zoom.



Children's Mental Health Week Dance Session

Mrs Bloor taught Reception and Year 1 and Year 2 to dance in the hall on Thursday for 'Children's Mental Health Week'. Some Key Stage 2 children joined in the dance in the Year 3 classroom.

Some boys and girls who were not in school, danced at home and could see us on Zoom. We really liked the song, and dancing helps us to get stronger and it helps us to relax.

Afterwards we felt tired, happy...and sweaty!

By Vinnie and Etti

Children's Mental Health Week Yoga Session

On the Friday of 'Children's Mental Health Week', we had a yoga session to keep us healthy and fit. Through Zoom, sessions took place in two classrooms and were also open to children at home. It was very relaxing, but the stretches also made my back ache! The yoga refreshed our minds, kept us fit and restored our energy. I enjoyed doing the 'downward dog', because when my dog stretches, she does the same position!

Thank you to Mrs Holder, Jake and Zara for teaching us.

By Milton and Alfie G.

The **Duchess of Cambridge** kick-started the week with a video message which can be seen via a link in the 'News' section of our website.

Stay safe, keep talking and be healthy.

HAPPY BIRTHDAY TO YOOOUUUUUUUU!

We may not all be together in school at the moment, but please join us in sharing our 'Happy Birthday' wishes (in our best singing voices) with the following members of the school family who celebrate a birthday between 30th January and the day before we return to school (21st February).

Happy Birthday: Aaliyah, Carys, Bobby, Ophelia, Brodie, Zac G., Meeah, Riley, Ashton and Mrs Sales.



ADVICE ON HOW TO KEEP YOUR CHILD SAFE ONLINE

As you may now be using online devices on a daily basis to support learning, or perhaps your child has received a Playstation, Xbox, Nintendo Switch, tablet, laptop, mobile phone etc for Christmas, we are sure that you will agree that it is essential your child is safe in the online world. Therefore, we wanted to share some e-safety advice.

6 essentials to keep your children safe online

Follow this list to help keep your children safe online:

Use parental controls to block upsetting or harmful content, control in-app purchases, or manage how long your child spends online. They're really easy to set up too. More information about setting controls on mobiles, tablets, home broadband, games consoles, apps, wifi, films, music and TV is on the [NSPCC web pages](http://www.nspcc.org.uk), (www.nspcc.org.uk) and there's a useful helpline number too.

Regularly remind your children not to give out personal information, like their address, phone number, school name or email address. It can be easy to forget with live streaming videos (like YouTube) that anyone could be watching, and it's important not to give away too much information about themselves.

Get to know the games, apps and social media sites they use. Learn how to use them yourself and how their 'privacy', 'block' and 'reporting' settings work.

Make sure they know that people aren't always who they say they are online and that they don't accept friend requests from people they don't know (even if the person has mutual friends, it doesn't mean they can be trusted).

Talk about the risks of sharing photos online or sending them to others. Once they're out there, they're out there!

Let them know that you're listening and want to know if anything at all makes them feel uncomfortable online, no matter what.

Please also make yourself aware of the age restriction of certain social media platforms, for example **Whatsapp is for 16+**, **Snapchat is for 13+**, and **TikTok is for 13+**.

Please also be aware of the content of online gaming, for example, **Fortnite is rated as suitable for 12+**.

These controls are to there to simply keep your child safe in the online world.

Need to know more?

These are the places you can find good advice and guidance:

NSPCC (www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/parental-controls/) great for easy-to-follow parental control guides and knowing what to talk about;

Think u know (www.thinkuknow.co.uk/parents) great if you're concerned, need to understand social media or are worried about online abuse;

Staffordshire Police (<https://www.staffordshire.police.uk/police-forces/staffordshire-police/areas/staffordshire-police/campaigns/2019/cyber-bullying/>) explains cyber bullying and online harassment;

internetmatters (www.internetmatters.org) great for cyberbullying advice;

CEOP Child exploitation and online protection command (www.ceop.police.uk/safety-centre) - if you suspect abuse report it to one of their specialist advisers now.

Advice on keeping children safe can also be found on our school website, www.tmpf.staffs.sch.uk

We hope you find the above information useful, if you have any questions, please don't hesitate to contact a member of staff.



PARENT PORTAL

Thank you to those who have already logged on our new Arbor Parent Portal. In just the first week we had a 49% uptake, which is amazing!

The portal can be used to access your child/children's profiles and to top-up your child's dinner and Wraparound accounts.

We have found that the desktop version of Arbor works best on a laptop, or tablet, where there is an 'add to basket' feature for topping-up different accounts. There is an app version available for smart phones, however this does not have the 'add to basket' feature at present.

All outstanding balances/credits have been added to your child's accounts for you to see; we would appreciate any outstanding payments being made as soon as possible.

Moving forward, we kindly ask that you 'top-up' as much as possible online and avoid sending cash payments to school.

Hopefully, you are finding this new system to be helpful and convenient. If, however, you are having trouble accessing or navigating the site, please contact us - we will be happy to help.

A LITTLE HELPING HAND WITH MEALS

Many families may have experienced a change in circumstances at this time. Whichever year group your child is in, if you think that you may now be eligible for income-based Free School Meals, we would urge you to check and, if so, submit an application. This **also** applies to children who currently receive a lunch due to being in Reception, or Years 1 and 2.

During this period of partial school closure, children who are eligible to receive income-based Free School Meals and are not in school will have the option of receiving a food voucher.

To find out if you are eligible, or to apply for this additional support, please visit:

www.staffordshire.gov.uk/Education/Educational-awards-benefits/FreeSchoolMeals



A LITTLE MORE HELP

Digital Parenting Support: free online support for parents with children of all ages. This includes a "chat" facility with parenting coaches who offer professional advice and support. Within this service there is also online information for mental health, parenting, dealing with parental conflict, what I need to know about the Covid-19 situation and practical home learning and activity ideas. For more info please see the website:

www.parents.actionforchildren.org.uk

Materials to help support your child's emotional well-being following the COVID-19 pandemic - for parents and carers

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=4Pf3vU6K9yM>

Staffordshire Moorlands Family Hub – created to offer help for families in the Staffordshire Moorlands answering questions, helping you to find support and share ideas for coping with life in lockdown. www.facebook.com/staffordshiremoorlandsfamilyhub

COVID-19 SYMPTOMS - SELF-ISOLATION

Should your child, or any member of the household (or anyone your child may have been in contact with) display any symptoms of Covid-19, please do not bring them into school until any self-isolation period is fully complete. Should anyone in the household develop symptoms, please arrange a test as soon as possible. If your child has been in school the days prior to the test, or the days prior to the symptoms beginning, please let us know so we can follow our necessary procedures to minimise risk. If your child has been in school at any point this term and is now self-isolating, again, please let us know.



CORONAVIRUS

NHS

SYMPTOMS?

Do **not** visit A&E or your GP Practice.

Please call 119 or visit www.nhs.uk/coronavirus to book a test.



STAYING SAFE ON THE ROADS

As much of our exercise is now limited to going for a walk and it is dark fairly early in the evening, it's important to **Be Bright and Be Seen** when you are out and about near roads.

BE BRIGHT – wear fluorescent or brightly coloured clothing when exercising or walking to and from school – it shows up well in daylight and at dusk.

REFLECTIVE – When it's dark outside, wear reflective clothing to be seen in car headlights. Reflective vests, sashes or wristbands work well.

IMPROVE – improve your visibility with accessories, clip-on reflectors, armbands and stickers added to your coat or bag are a great way to improve your visibility.

GREEN CROSS CODE – always choose routes and crossing places that are well lit and remember to use the Green Cross Code.

HEADLIGHTS – if you like to cycle, it's the law to have clean and working headlights on your bike at night (white at the front, red at the back) and a rear reflector. It's good to fit spoke reflectors too.

HAPPY ST. VALENTINE'S DAY

St. Valentine's Day is an occasion with which we associate love. At this time, perhaps more than most, it is important that we show love for one another. Love by helping, love by talking, love by listening and love by just being there for someone.

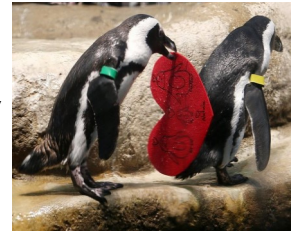
There are many stories about St. Valentine. A popular belief is that he was a Roman priest in the third century, when Emperor Claudius II banned marriage as he thought that married men were bad soldiers! Valentine thought that this was unfair, so he broke the rules and arranged marriages in secret!

When Claudius found out, Valentine was thrown into jail and sentenced to death. Whilst in jail, he fell in love with the jailer's daughter and when he was taken to his death on 14th February, he signed her a love letter with 'from your Valentine'.

St. Valentine's Day is thought to have originated from a Roman festival around 1500 years ago, called Lupercalia. At this, boys drew names of girls from a box and whoever they picked would be their girlfriend during the festival...and sometimes they really fell in love and got married!

We are very proud to have love throughout our school motto:

Love to learn, love God, love one another.



THANK YOU AND STAY SAFE

Thank you for all of the brilliance, patience and support you have shown throughout this half-term of partial school closure. We know that for many families it has been very challenging - please remember that we are here to help. We have loved being able to see most of the children every day and this has such a big impact upon not only their learning, but also their social skills and wellbeing. Engaging with these lessons is extremely important for your child.

We would like to remind you that we do have a number of laptops available, should you be finding technology to be a problem. Please, please just let us know - we even offer technical support!

As we reach half-term, the team would like to say a huge 'thank you' for the kindness and generosity which has been shown. It is a tricky time for us all and it is important that we continue to work together, and as part of such a caring Parish and community, remember that there is always someone to talk to.

Please look after yourself, please stay nice and safe and please keep being brilliant!

School re-opens on **Monday 22nd February** to vulnerable children, or those whose parents/carers are classed as 'Critical Workers'. Our lovely 'live' lessons will also start again on this day.

Have a lovely half-term break and please, please stay safe!

...love one another

