

Springfield Newsletter

Aim High and Achieve Excellence, Together



Springfield
Primary School

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Springfield Primary School - Sunbury-on-Thames

15th January 2021

Term 2, Issue 2

A note from the Headteacher

Dear Parents and Carers,

It has heartened all in school this week to see how **well children have got to grips with remote learning**, completing the tasks, alongside some fantastic independent work. We know the challenges for parents in supporting learning at home and so we are incredibly grateful for your patience, investment of time and care for the team. **In-school children** in Year 5 have been creating some excellent fantasy landscape art, in Year 2 working hard in maths and in Year 1 developing their knowledge of the wider world in Geography.

Next week, as we evolve the remote learning offer, we want to keep all children connected with the school and so will be running **live story time assemblies** every day from **2.30pm**. Mr Baker and I will be leading the first of these next week. Please see below the times for each phase group and a Google Meet code will be texted in advance of each assembly. Please could we ask that microphones and monitors are switched off and that children are accompanied by an adult in supporting adherence to the school's behaviour code, the Springfield 7. After each story there will be time when children will be invited to speak in the assembly, sharing their thoughts about the story.

Monday 2:30pm - Year 5 and 6

Wednesday 2:30pm - Year 3 and 4

Thursday 2:30pm - Year 2 and 1

Friday 2:30pm - EYFS



Now more so than ever before, it seems so important to **share and celebrate the children's achievements**. Miss Wall, our Art and DT Leader has been doing just that, with a new creative arts display board at the front of the school. With the launch of the art competition, we are looking forward to seeing the creative works that our children produce. Full information about this has been uploaded to Google Classroom for those children working remotely from home and shared with the pupils in class next week.



Mr Davies, our Curriculum Leader is leading our **outdoor learning programme** and last week launched the competition to name our new **Forest School area**. We have seen many entries for possible names this week. The closing date for all suggestions from the children is next **Thursday 21st January**. The winner will be announced in next week's newsletter with the prize of a children's gardening set. This is the link to take part in the competition:

https://docs.google.com/forms/d/e/1FAIpQLSc6kRtWONqEmyNmn4NHqqE9wtgFqQPRoK-6an3eepYO-6fD1Q/viewform?usp=sf_link

Next week, in accordance with the DfE, we open our **Nursery to all children**. Thank-you for parental support and feedback which has informed the plans for safe opening.

I wish you a restful weekend.

Mrs Caroline Gibbins
Headteacher

Reading Section

Please can the children currently in school continue to complete their reading records and bring them into school next Friday. Remember if your child has read at least 4 times during the week, they will be awarded a Reading Star.

We hope the children are still enjoying reading at home during lockdown. Amazon's Audible service are offering free audio books for children to enjoy. Audio books are a great way of engaging reluctant readers. Asking your child questions is important to ensure they understand the story. Here are some great ideas for questions to ask:

Questions to ask before you listen to the story

- Can you look at the picture and predict what you think will happen in this book?
- What makes you think that?
- What characters do you think might be in our story?
- Do you think there will be a problem in this story? Why or why not?
- Does the topic/story relate to you or your family? How?

Questions to ask during the story

- What do you think will happen next?
- What can you tell me about the story so far?
- Can you predict how the story will end?
- Why do you think the character did _____?
- What would you have done if you were the character?
- How would you have felt if you were the character? (use different characters)
- As I read _____, it made me picture _____ in my head. What pictures do you see in your head?
- As you read, what are you wondering about?
- Can you put what you've just read in your own words?

Questions to ask after the story

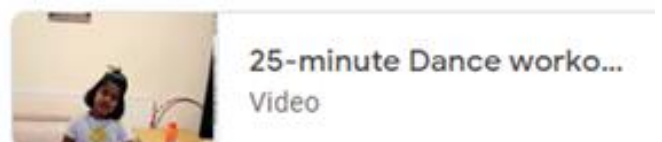
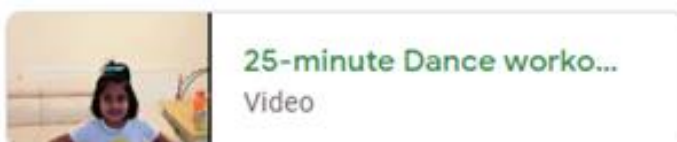
- Can you remember the title?
- In your opinion, was it a good title for this book? Why or why not?
- Were your predictions about the story correct?
- If there was a problem, did it get solved?
- What happened because of the problem?
- Why do you think the author wrote this book?
- What is the most important point the author is trying to make in his writing?
- What was your favourite part of the story?
- If you could change one thing in the story, what would it be?
- Can you retell the story in order?
- If you were _____, how would you have felt?
- What is the most interesting situation in the story?
- Is there a character in the story like you? How are you alike?
- Why did you like this book?

Audible links:

https://stories.audible.com/discovery/enterprise-discovery-21122358011?ref=adbl_ent_anon_ds_ds_dccs_sbtp-0-0
https://stories.audible.com/discovery/enterprise-discovery-21122356011?ref=adbl_ent_anon_ds_ds_dccs_sbtp-0-1

Sports News

We hope your children are enjoying Mr Cain's daily challenges as well as the lessons provided. Mrs Gibbins and Mr Baker have attempted the daily challenge and uploaded their video into the P.E. Classroom for you to see how well they did. It has been wonderful to see your children engaging in these activities. The class code for this classroom is **fypb5rv**. This week, Mr Cain was particularly impressed with Janvika (Y1) for her hard work in doing one of the dance activities and uploading her videos.



Pastoral

Whilst the financial and practical challenges of lockdown often take priority, the mental health aspects of lockdown are becoming an increasing concern. The cold weather and emotional slump, which often follows the Christmas period, may be emphasised for some through the lack of regular communication and connection with others, and the frustrations caused by ongoing uncertainties.

With this in mind, this week we wanted to share some general wellbeing tips which can help to support the whole community during this time.

Food

Whilst our initial reaction following a return to lockdown may have been to reach for the chocolate, crisps and biscuits, it is more important than ever to try to eat a healthy balanced diet, both to promote our wellbeing and to ensure our immune systems are strong to fight off infections. Aim to include plenty of fresh fruit and vegetables in your diet and ensure you are drinking plenty of water to keep well hydrated. Whilst it is great to include foods you enjoy eating, try to ensure you are not relying too heavily on take-aways and processed foods, as these often cause an initial sugar "high" followed by a slump which can affect your mood. Studies have found that Vitamin D can support sleep and reduce stress, and this can be found in foods such as fish, red meat, eggs, fortified cereals and cheese.

Exercise

Despite the cold conditions, it is important that we all get out each day for exercise, staying in line with government guidance. Access to sunlight provides the body with vital Vitamin D, which can support sleep and reduce stress, so do try to get outside each day if you are able to. In addition, there are now many fitness videos available via YouTube with activities suitable for all ages and abilities. Joe Wicks returns to his online live workouts this week on Mondays, Wednesdays and Fridays, and our own Mr Cain will provide additional content for the children via the P.E. Google Classroom - and parents are welcome to join in too! (**classroom code fypb5rv**). There are also numerous fitness apps, which can support your wellbeing including Couch to 5k, step trackers, mindfulness, and meditation instruction amongst others.

Routine

Though it can be a challenge, support your child to complete their remote learning. This will give some purpose and structure to your day, help to differentiate the weekdays from the weekend thereby helping time to pass faster and will also allow them to keep connected with their teachers and peers which is vital during this time. Teachers will be providing suggested timetables for each class via their Google Classroom. These are suggestions rather than restrictions, but studies have shown that children respond well to routine, so perhaps use their suggestions as a basis and adapt it to suit you. The government recommendation is that all children should be doing a minimum of 3 hours a day in EYFS & KS1 and 4 hours in KS2 remote learning. Try to consider arranging online social activities for yourselves and your children via Zoom, FaceTime, WhatsApp and other social media platforms. Virtual pizza parties, quizzes, craft sessions and discos were just some of the amazing things children told us about when they returned to school! As always, children should be supervised when using social media and you should pay attention to recommended age restrictions when downloading apps.

Sleep

Whilst there can be a huge temptation to stay up and binge-watch the latest on-trend boxset or series, the reality is that we all need sufficient sleep to help us function successfully, manage stress-levels, and stay healthy, so where possible ensure you are getting a full 8 hours sleep. In addition, children do most of their growing whilst they are sleeping, and it is recommended that school-aged children get between 10 and 14 hours sleep each night, depending on their age. With this in mind, try to stick to regular evening routines and bedtimes where possible. The Pastoral Team are available to support with any wellbeing concerns during this time and can be contacted via the school office. Alternatively, please see the 'Well-being Support for Parents' section of our website, which has lots of advice, resources, and useful contact information.