

Springfield Newsletter

Aim High and Achieve Excellence, Together



Springfield
Primary School

www.springfieldsch.org

 @springfieldglf

1st May 2020
Term 3, Issue 3

A note from the Headteacher

Dear Parents,

At school, we have been working hard to ensure that the school environment is at its best for when the children return. Much of the projects are very much a work in progress, but I wanted to share with you some of the developments. Miss Rogers has been exercising her creativity in painting an impressive mural next to the infant entrance, to represent learning at Springfield. Mr Davies and the Pupil Parliament's designs are now coming alive as work begins over the coming weekends on the allotment. Our mud kitchen has now been installed in the KS1 playground, much to the delight of the children! We welcome to the team, our new premises manager, Mr Hudson who has begun work on general school maintenance.



Alex Schaffer has released a free online book about the Coronavirus to help children understand our current context with the aim of providing reassurance. Access to the book can be found via this link:

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler>

The third phase of home learning is released on Monday, 4th May. Home learning will be accessible via the new home-learning tab on the website. If you have requested a paper copy, this will be ready for collection from the school between 9.00am-12.00noon on Tuesday morning from the front of the school.

We have been incredibly impressed with the pupils' home learning that they have shared with us in the video call check-ins. We are looking forward to seeing more next week; well-done children!

As you know, sport is an integral part of the Springfield curriculum. Last year we secured the Gold Games Mark and so were aspiring for the Platinum Award this year. Unfortunately, due to the current context, applications have been suspended. In this, we have retained the Gold Award and will be in hot pursuit of the platinum next year.

Whilst the school continues to remain closed, our families remain at the forefront of our thoughts and so we have compiled a short video to let you know just how much we are thinking of you, with the hope of returning to school as soon as we can safely do so. This is available to view under the home learning tab on the website and has been shared on the school's Twitter feed.

I hope you and the children are safe and well.

Mrs Caroline Gibbins
Headteacher

Reading at Springfield

Although it is not possible to go to local libraries at the moment, many of them are offering free educational activities for children that are worth taking advantage of. Below are two links with further information regarding the support that is being offered:

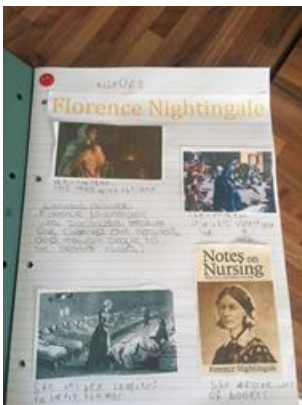
<https://www.surreycc.gov.uk/libraries/borrow-or-renew/ebooks-eaudiobooks-emagazines>

<https://www.surreycc.gov.uk/libraries/news-and-events/library-news/coronavirus/libraries-from-home-for-children-and-young-people#fun>



Home Learning

It has been excellent to see the variety of photos of home learning. Please continue to send these in as we enjoy seeing the children engaged in their learning. Matthew and Alexander enjoyed a staycation trip to Hawaii, Lincoln researched Florence Nightingale, siblings sharing home learning time across the different year groups (Jack and Emily; Dani and Katrin), and we thank all you fantastic parents for doing the best to make home learning fun for your children whilst trying to juggle so many balls.



Useful Information

We hope your children are enjoying the daily stories being read by the staff. These are available to view under the home learning section of the website. The password has been emailed out to all parents.

Please find attached to this newsletter useful information for the following:-

- Thrive activities for parents. For this, there are two different activity sheets to cover different ages. We hope you find these useful.
- Staying safe at home leaflet. This contains useful information on online safety, mental health and safeguarding concerns.

News from the Pastoral Team

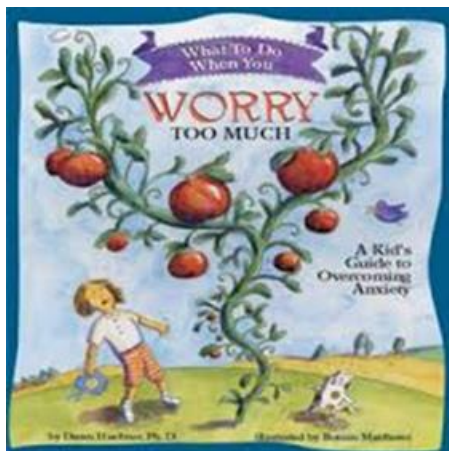
Supporting Children to manage worries and anxiety at home.

We are very aware that many children are struggling to manage worries at home during the current situation. Lack of usual routines, reduced social contact and access to outside spaces and clubs can make it tricky for children to manage their "big feelings."

The Pastoral Team have put together a list of ideas to help children manage worries during lockdown:

- Allow your child to talk about their worries in a place they feel safe.
- Some children find it helpful to have a scheduled "worry time" each day when they can talk to a trusted adult. Through knowing they have designated time to talk about their feelings, this enables children to "stick a pin" in their worries meaning they do not dominate their thinking all day.
- Respect your child's feelings – do not tell them to "forget about it" or "grow up." It is really important that children express their feelings so they do not grow and fester.
- If it is helpful, your child could have a special book in which they can draw or write about their worries.
- Some children benefit from using a worry monster or worry box. Worries are written on a piece of paper and "fed" to the monster or placed in the box. Once there, they do not need to be worried about any more. You can get many ideas for making a worry box on Pinterest.
- Talk to your child about things they can do when they are feeling worried to help them to manage the feelings. The ELSA Support website has an excellent resource: <https://www.elsa-support.co.uk/when-i-am-worried/>
- Make a worry ball using a balloon filled with flour, lentils or rice.
- Support your child to use a "Worry Tree" to process their worry - link: <https://www.elsa-support.co.uk/the-worry-tree/>
- Encourage our child to take some form of exercise each day to promote their wellbeing.
- Try to have a daily routine to follow (see last week's newsletter for an example), and differentiate between weekdays and weekends.
- Keep children's exposure to the news as little as possible so as not to fuel worries.
- Ensure they have a regular bedtime and are getting enough sleep. Children find it more difficult to regulate and manage emotions when they are tired.
- Try to reduce the use of phones and gaming devices before bed.
- Use mindfulness apps and videos to help regulate breathing and calm unhelpful thoughts - Cosmic Kids has some excellent guided meditations for children on YouTube.

There are a number of books available on Amazon, which can support children with worries. There are two that we use regularly in school:



If you would like any additional support or advice about supporting your child with worries at home, please contact the school office.