

# Ashleigh Primary School and Nursery

Newsletter Date

22<sup>nd</sup> May 2020

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## Contact Us

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## Half Term

Ashleigh Primary School and Nursery are closed during half term. We hope you all have a happy and healthy break!

## Keyworker Childcare Provision from Monday 1<sup>st</sup> June: 8:40am - 3:15pm

- As advised in last week Newsletter's and texts to parents/carers, applications for keyworker childcare from 1<sup>st</sup> June should have been submitted by 9am on Monday 18<sup>th</sup> May.
- We appreciate that individual circumstances are changing all the time at the moment, and we will try to accommodate additional requests but please note that we are restricted by both the physical space and staff available.
- Drop off will be via Elm class, accessed from Sheffield Road, and collection from the office. Please remember to observe social distancing guidelines at all times on the school site. One parent/carer only to drop off and collect please.
- School provision has been organised to ensure social distancing for the children and staff, and hand-washing takes places regularly throughout the day. Please reinforce key messages about social distancing and hand-washing with your children at home.
- Keyworker provision is offered Monday to Friday (every week) as previously.

## School Lunches - Nursery, Years 3-6 via Wisepay

### From 1<sup>st</sup> June – 5<sup>th</sup> June

- **Keyworker children** coming into Ashleigh during the day who normally order lunches via Wisepay, please continue to order in the same way.

### From 8<sup>th</sup> June

- The menu will be limited to a school packed lunch (or home packed).
- Year 6 should continue to order via Wisepay, as should Years 2, 3, 4 and 5 keyworker children.
- Reception and Year 1 children will receive a school packed lunch to take home on the days they are attending.

## School Reopening to Reception, Year 1 and 6 from Monday 8<sup>th</sup> June

- The link to the survey was included in our letter of 20<sup>th</sup> May, and texted to all parents separately. Survey replies were due by 9am this morning.
- If you did not reply, or replied that you would not be sending your child, but change your mind between now and the 8<sup>th</sup>, you will need to contact the school office before sending your child into school.



- The grouping of bubbles, staff rotas, cleaning arrangements etc. are being arranged around the responses we received to the survey.
- We will be confirming the days children are allocated, and their pick up and drop off arrangements, week beginning 1<sup>st</sup> June.
- Please be aware that given the sheer scale of the arrangements, we cannot guarantee that we will be able to accommodate specific requests such as friendship groups or allocated days.
- Where we expect children in, please expect a courtesy call in the event of non-attendance. You can leave a message regarding any reasons for absence on 01953 602410.
- We do understand that you will have lots of questions around these arrangements but please wait until further information comes out after half term before contacting the school.

Thank you again for your support and understanding during this challenging time.

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## Phased Return

With the phased return of children to school we recognise that the children may return with very different experiences never before faced or considered; please ensure that you advise staff of any changes regarding welfare, health and well-being so that we can ensure that we support each child in a manner that is appropriate to their individual needs.

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## Social Story re Return to School

A social story is a simple description of a situation, written from a child's perspective. The goal of a social story is to share accurate social information in a patient and reassuring manner that is easily understood. You may find this link useful to share with your child/ren:

<https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Coronavirus-back-to-school.pdf>

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## Mental Health Week

This week was mental health week, here are some suggestions for activities to support mental health:

### Day One

Be active, go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness. Regular physical activity is associated with the promotion of positive mental health.

### Day Two

Connect in creative ways with the people around you (in line with social distancing guidelines!). Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day. Social connections are critical for promoting wellbeing for people of all ages.

### Day Three

Learn, try something new. Rediscover an old interest. Sign up for that course. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun. Continued learning through life enhances self-esteem and encourages social interaction and a more active life.



#### Day Four

Take notice, be curious, and catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities.

#### Day Five

Give, do something nice for a friend, or a family member. Thank someone, smile, volunteer your time, and join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you. Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with increasing wellbeing.

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## Year 6 Transition to Wymondham High

- Wymondham High have sent emails to parents/carers of all children due to join them in September 2020, asking for them to choose three friends they would like to be with when they move up.
- If you have not yet replied to Wymondham High please contact them as soon as possible on
  - **T: 01953 602078 E. [office@wh-at.net](mailto:office@wh-at.net)**

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## Information Section

### Home Learning

- Please do not feel that you have to complete every lesson or activity set by the class teacher. It is important that children feel safe and supported during this uncertain time. We would therefore discourage completing any activity that creates pressure or tension for both child and/or parent. Our key message for you now is, "do what you can".
- Please get in contact if you have any questions.

Thank you for your continued support.

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## Online Safety & Safeguarding

At a time when children are likely to be spending increased time online for learning and keeping in touch with friends, you may find these useful:

- The county-wide safeguarding campaign – **See Something, Hear Something, Say Something**.
- Neighbours, extended family, those working to provide essential services and volunteers are encouraged to look out for the county's children, as the coronavirus lockdown continues.
- The campaign, backed by the Norfolk Safeguarding Children Partnership, is calling on communities to help keep Norfolk's children safe. It is asking for everyone that might still be seeing or hearing children to look out for them. The message is See Something, Hear Something, Say Something.
- Signs to look out for may include:
  - aggressive or repeated shouting
  - hearing hitting or things being broken
  - children crying for long periods of time



- very young children left alone or outdoors by themselves.
- If something doesn't seem right and if you feel a child or young person may need help you can contact the council on 0344 800 80 20.
- In an emergency call 999.

**Online Safety Poster for Parents/Carers:** -

<https://www.norfolkscb.org/wp-content/uploads/2020/05/3OnlineSafetyPosterParents.pdf>

**Online Safety Poster for Children:** -

<https://www.norfolkscb.org/wp-content/uploads/2020/05/3OnlineSafetyPosterChildren.pdf>

**Digital Five a Day:** - Easy to follow, practical steps for children and parents to achieve a healthy and balanced digital diet

<https://www.childrenscommissioner.gov.uk/our-work/digital/5-a-day/>

**Net Aware** - <https://www.net-aware.org.uk/>

provides guidance around all the popular apps and games, including age and risk ratings.

**Thinkuknow** - <https://www.thinkuknow.co.uk/>

provides information on staying safe online as well as a range of educational resources that can be utilised for home learning.

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

<https://www.gov.uk/guidance/covid-19-staying-safe-online>

## FSM Voucher Scheme

- The next payment for Free School Meal vouchers will be 1<sup>st</sup> June.
- Please note that this will cover a **one week period**, £15 per child, and codes will be sent out weekly for the summer term.
- **As a reminder, supermarkets cannot accept FSM eCodes in store, parents must first exchange them online for supermarket eGift cards at [www.freeschoolmeals.co.uk](http://www.freeschoolmeals.co.uk)**
- Please contact the school office with any queries.

## Free School Meals

- **Free School Meals** are available to pupils in receipt of, or whose parents are in receipt of, one or more of the following benefits:
  - Universal Credit (provided the family has an annual net earned income of no more than £7,400, as assessed by earnings from up to 3 of the most recent assessment periods);
  - Income Support;
  - Income-based Jobseeker's Allowance;
  - Income-related Employment and Support Allowance;
  - Support under Part VI of the Immigration and Asylum Act 1999;
  - The guarantee element of Pension Credit;
  - Child Tax Credit (providing the family is not entitled to Working Tax Credit and have an annual gross income of no more than £16,190);



- Working Tax Credit run on – paid for four weeks after a claimant stops qualifying for Working Tax Credit.
- Norfolk County Council are offering an online Free School Meals application service. Parents/carers can create an account at the below web address, to carry out a check on your entitlement: <https://fiso.norfolk.gov.uk/synergy/Enquiries/Citizen/FreeSchoolMeals.aspx>
- The information will be sent direct to the Free School Meal Application Team at Norfolk County Council. The school would then be notified of changes to the eligibility of children attending Ashleigh.

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## Mental Health & Information Resources

- Use this website to find out how to access mental health advice and support for 0 -25's in Norfolk. You don't need a referral; you can get in touch straight away for advice. <https://justonenorfolk.nhs.uk/mentalhealth>
- MindEd educational resources for adults about children and young people's mental health, which is relevant for teachers, other professionals working with children, volunteers, parents and carers. <https://www.minded.org.uk/>
- The Every Mind Matters platform, from Public Health England, about looking after your mental health. <https://www.nhs.uk/oneyou/every-mind-matters/>
- Childline has created a new webpage with information for children and young people about Coronavirus. The page includes information about: what Coronavirus is; where children and young people can find help if they are worried; coping if they are staying at home; and what to do if they are feeling unwell. <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>
- Newsround have information on their website about Coronavirus <https://www.bbc.co.uk/newsround/51896156>
- [www.sheffieldchildrens.nhs.uk](http://www.sheffieldchildrens.nhs.uk) - Self Care Kit booklet to work through for children - from Sheffield NHS
- [www.unicef.org/coronavirus](http://www.unicef.org/coronavirus)- - How to Talk To Your Child about coronavirus disease
- [www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk) – see Children's guide to Coronavirus
- [www.nosycrow.com](http://www.nosycrow.com) - online digital book 'Coronavirus' for primary aged children- by Alex Scheffler
- [www.relate.org.uk](http://www.relate.org.uk) – good advice on relationship difficulties, managing anxiety, bereavement
- [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk) – supporting bereaved children and young people
- [www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk) – free learning resources about mental health for children and young people

