

Haytor View Community Primary School & Nursery

Learning together - enjoying success - aiming high - celebrating difference – enriching community

Weekly Newsletter – 29th April 2020

'.....commitment to ensuring that all pupils are afforded the best opportunity to achieve is at the centre of every decision.....' OFSTED July 2017

Chair of Governors: Niema Bohrayba

WHAT A FANTASTIC WEEK IT HAS BEEN!

As always we hope this newsletter finds you and your family safe and well.

What has been clearly felt at Haytor View this week is 'what an amazing community of children and parents' we have the privilege to be a part of!

We have been blown away by the enthusiasm in which phone calls have been received from school staff and the keenness children have to speak with the practitioners they usually spend their days with.

We have loved hearing about the activities you have been doing at home, there's lots of baking taking place which is just a wonderful activity to be doing together,

We are also delighted that many of you have been talking to us about the activities you have been planning, as it has been able to provide us with the opportunity to remind you that **just being there for your children and doing what feels right to you is the best support that anyone can bring.**

Don't forget If you are having any of those **'this isn't going right'** or **'I need to do more'** feelings please contact us and we will be really pleased to remind you that what you are doing will be supportive of your child, celebrate this with you and put your mind at rest.

DON'T FORGET – IF IN DOUBT JUST VISIT OUR WEBSITE www.haytorview.devon.sch.uk FOR ADVICE, GUIDANCE & SUPPORT OR CONTACT US:-

School Gateway; Email admin@haytorview.devon.sch.uk; Tel. 01626 203040



MIGHT YOU QUALIFY FOR FREE SCHOOL MEALS?

In the challenging circumstances people are faced with currently, some families who haven't previously qualified for Free School Meals, maybe considering whether they need to review their entitlement.

If you are unsure if you might qualify for free school meals and you would like to find out how to do an online check, or if you would like us to do an online check for you, please make contact with us at your earliest convenience.

All that is needed is your full name, date of birth, email address and National Insurance number.

If you need any support at all, please contact the school office and Mrs Irving will be happy to provide assistance. Send us a message via the School Gateway, email admin@haytorview.devon.sch.uk or call 01626 203040 and leave a message.



ARRANGEMENTS FOR THOSE PEOPLE WHO QUALIFY FOR FREE SCHOOL MEALS

It now appears that vouchers requested by those who qualify are now being received and used appropriately. It is our aim, within the constraints of the system we are working with, to have your vouchers with you every two weeks at the beginning of the period that they relate to. We hope that this will begin from next week.

Do bear with us if this isn't the case, and if you have any questions or concerns about these vouchers do get in touch.



IDEAS FOR OTHER ACTIVITIES YOU CAN GET INVOLVED IN

Our Lunch Time Partners – Mrs Boulton and Mrs Dore as well as other members of the school team are coming up with ideas of simple and fun activities that you can get up to at home. We hope to have a link to these from our website splash page very soon.



Keep a look out as it will be a good place to visit for ideas when you want a quick 'something to do'.

TAKING TIME TO LOOK AFTER OUR WELLBEING - MINDFULNESS

Mindfulness can be really useful for coping with anxiety. Different techniques will appeal to different people. It is important that everyone finds a strategy that works for them. The following sites give practical ideas of things that you could do:

- Get Self Help (www.getselfhelp.co.uk) Self help ideas
- Headspace (www.headspace.com) Meditation and mindfulness

Grounding skills can be helpful in managing overwhelming feelings or intense anxiety. For lots of young people it is really important to have things that they can do in the moment if their anxiety or worries are really difficult to cope with. Encourage your child to notice the following around them:

1. Things they can taste;
2. Things they can smell;
3. Things they can hear;
4. Things they can feel;
5. Things they can see;



Six ways to practise grounding – managing anxiety and intense emotions:

- Body – lay on the ground and press your toes onto the floor; squeeze playdough or a cushion or cuddly toy;
- 5 senses – wear a favourite item of clothing, make a cold drink or a cup of tea;
- Self Soothe – take a shower or a bath;
- Observe - Describe an object in detail: colour; texture; shadow; light; shapes;
- Breathe – Practice breathing, inhale to 4, hold to 7, exhale at 8;
- Distract - Find all the square or green objects in the room;

TALK ABOUT YOU FEELINGS AND ASK FOR HELP

We're keen to ensure we are providing you with the opportunity to talk about anything which is relevant to you and your child.

You can make contact with Denise Tancock – Support Worker or with your child's class teacher by emailing the school admin address admin@haytorview.devon.sch.uk or leaving a message on the school answer phone 01626 203040, Denise will then make contact with you.



CELEBRATING SUCCESS

As part of our Social and Emotional Aspects of Learning the whole school are thinking about 'SEAL – Good to Be Me'. We are encouraging families to spend a moment to share the success of the children who are doing things that make them happy at home.

We'd love to hear your comments about what you and your child have got up to this week that has made you feel happy and comfortable. You know how to get in touch!

'I felt proud of myself when I . . . '

THAT FOODBANK

Feel free to contact them direct (01626 437310) or speak contact the school if you would like an introduction to the service – please don't wait until you are going short – having food provided can ease pressure in other areas of household costs too.



SAFEGUARDING – EVERYONE'S RESPONSIBILITY

Concerned about a child or if you need help parenting your child you can call 0345 155 1071 or email mashsecure@devon.gcsx.gov.uk. Out of hours please call 0845 6000 388. If it is an emergency dial 999.