



Newsletter

For more school information please visit our website: www.alford.lincs.sch.uk

ISSUE 22

27th March 2020

Dear Children, Parents and Carers,

Well this feels incredibly strange - writing a newsletter for all of you – children included!

It has been strange here in school – very quiet and a little bit lonely! We have only had a couple of staff in each day: to look after the very few children in school, but it has been lovely to hear from the other staff that you have been getting on well at home with your remote learning.

The teachers have emailed me to say that you have been completing work to a very high standard – and have been sending in photographs to show the teachers too. This is brilliant! I've included some photos below so everyone can see what has been going on while everybody is at home.

I have heard that you have been learning to do lots of other things, as well as learning set by teachers. This is just wonderful too. For example, I've heard that Lara in Year 4 has been learning to play draughts (or checkers) and is now beating her big brother; Ollie has been making a shield with his dad and Mary has been gardening. Wonderful ways to pass the time.

Wishing you all the best, 'mainly indoors' weekend you can have.

Mrs Ross

**SUPPORT DURING THE
LOCKDOWN**

I'm hoping that you are all having luck finding food, and have a support network that can help

you if not. However, if you are struggling, then do not hesitate to let us know. We can point you in the direction of the **Alford COVID - 19 response team**, who have formed to be able to provide support for families who need that bit of help. This group is also contactable directly if you join via the **Chester and George Facebook page**:

<https://www.facebook.com/chesterandgeorgedyupcycling/>

Also – if you contact the Library on 01507 464 901 - the phone line is being manned by a volunteer who can direct support to you. This is available from 9am until 7pm

I have also been told that the **Alford Town Council Website** has some useful links.

<http://parishes.lincolnshire.gov.uk/Alford/section.asp?docid=130923>

Other numbers that you may find useful are:
Lynn (Chester and George) Group Co-ordinator and page Admin 07957272852

Period Products— Jean 07790 383504

Emma (All Things Sweet) 07368 477894 Mandy (Wishing Well) -07986 316108

Food Bank/ Pastoral Care/ Info—Alford Church 01507 462990

McConnells—01507 464828

Kwik e Mart—01507 463588

Age UK 0800 678 1602

Step Change Debt Charity—0800 138 1111

Mencap—0808 808 1111

Mind 0300 123 3393

Scope 0808 800 3333

NHS 111

Samaritans 116 123

Shop Name	Address	Phone Number	Business Hours	Delivery
Lincolnshire Co-op	Church Street	01507 462405	Mon-Sat 7am-8pm Sun 10am-4pm	No
P Saywell Butchers	11 High Street	01507 463566	Tues/Weds/Fri/Sat 7am-4pm Thurs 7am-1pm	Yes locally
Cooplunds	15 Market Place	01507 462154	Mon-Sat 8am-4:45pm	No
Café on the Cobbles	17 Market Place	01507 466487	Fri/Sat evening Friday day time ?	Yes locally
Nayeemas	Market Place	01507 462125	Mon-Sun 5-10:30pm 07572 384403	Yes
McCull's	Market Place	01507 464828	Mon-Sun 7am-6pm	Newspapers / Magazines
Kwik E Mart Spar	6 West Street	01507 462246 option 3	Mon-Sat 8am-9pm Sun 9am-9pm Post Office shut 6pm	Yes min spend £5
The Pound Tree (Cleaning)	7 West Street	07879 118332	Wed 9am-4pm Delivery	Yes Min spend £5
Mr Pizza	West Street	01507 462626	4:30pm-midnight	Yes
Shop Local	107 West Street	01507 466393	Mon-Sat 7am-10pm Sun 9am-10pm	No
Pitcher P N	104 West Street	01507 463519	Mon-Sat 8am-2pm	Yes
Callaby Stores	72 Hamilton Road	01507 466066	Mon-Sat 6:30am-9pm Sun 8am-8pm	Yes Free delivered 5 mile radius
Jorich Farm Spar	Back Lane, Bilsby	EGGS ONLY 01507 462246	Mon - Sat 8am-8pm Mon-Sun 7am-9pm	No Yes
Grange Farm Shop	Hogsthorpe	01754 872468	Tues-Sat 8:30am-3:30pm 07782 507084	Yes Min spend £30
Woldsway Meats	Ashby-by-Partney	01754 890584	Tues-Sat 9am-4pm	Yes Min spend £30
PJ Foods	The Potato Store, Firsby	01754 830330	Mon-Fri 8am-3pm	Yes

Local Food Locations

<https://www.actionfraud.police.uk/alert/corona-virus-related-fraud-reports>



Covid19 Phishing Emails Reported To Action Fraud

FEELING ANXIOUS?

Some parents have been in touch to say that their children have been feeling a little worried of late.

This has come from the Young Minds Website: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>

...and contains some useful tips!

'All children and young people get anxious at times, and this is a normal part of their development as they grow up and develop their 'survival skills', so they can face challenges in the wider world. We all have different levels of stress we can cope with - some people are just naturally more anxious than others, and are quicker to get stressed or worried. There are many ways you can help your child to manage their anxiety.

If you feel your child's anxiety is not getting any better or is getting worse, and your efforts have not worked, contact your GP to get professional support.

These are things that can really make a difference:

1. Talk to your child about anxiety, what is happening in their body and why it happens. Many children and young people don't know what they are feeling when they are anxious, and it can be very frightening and overwhelming. They might even think they are very ill or that they are having a heart attack.
2. Help them to recognise anxious feelings so they can tell when they are becoming anxious and can ask for help.

EMAIL SCAMS!

A number of #COVID19 related phishing emails have been reported to Action Fraud. These emails attempt to trick you into opening malicious attachments which could lead to fraudsters stealing your personal information, logins, passwords, or banking details.

3. Tell your child it will be okay, and the anxiety will pass. It can be helpful to describe the anxiety as a wave to ride or surf that gets smaller after it peaks.
4. Get your child to breathe deeply and slowly, in through their nose for three counts and out through their mouth for three counts.
5. Distract them by focusing on something else.
6. Give them a cuddle or hold their hand if they will let you - touch can be soothing.
7. It can help to talk to your child about finding a safe place in their mind - somewhere that they feel relaxed and happy. It may be a grandparent's or friend's house or a holiday beside the sea which they can picture when 'wrong thoughts' come into their head or they are feeling anxious. Sometimes holding a memento, like a seashell or pebble, can help.
8. If your child is feeling the need to check things or repeat certain actions, suggest they count up to 10 before they start checking as a delaying tactic.
9. Encourage your child to notice what makes them anxious. Talking it through can help but your child could also try keeping a diary or a 'worry book'.
10. Make a 'worry box'. Your child can write each worry down and post it in the box out of sight. Small children will enjoy decorating the box too. They can leave the worries in there for, say, a week to see if they were worth worrying about (if not they can be torn up). Alternatively, you could designate a specific 'worry time' for around 10 or 20 minutes, (but not too close to bedtime, or when the child is in bed), so worries can be saved up for that time. This gives the message that we are in control of their worries and not vice versa.

11. Work on positive-thinking. Name their worst case scenarios and think through together how to sort out the situation if it happens, e.g. 'I'm worried that we'll miss the bus.' 'What do you think we could do if that happens?' 'We could get the next bus'.
12. Help them maintain a healthy lifestyle with regular exercise to reduce the levels of stress hormones, good sleeping habits, calm bedtime routines, limited screen or computer time in the evening, and a healthy diet.

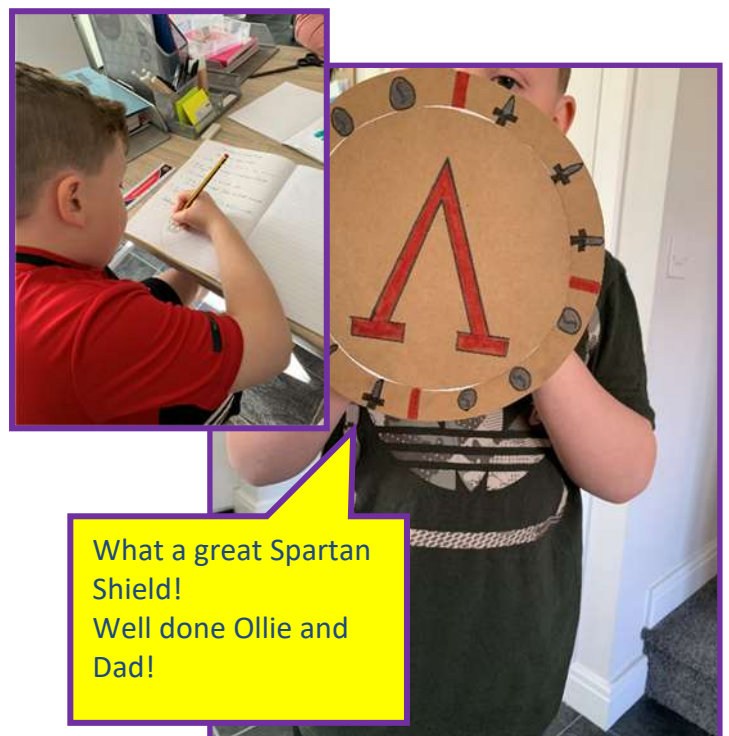
LEARNING THIS WEEK?

To cheer us up..let's look at some of the lovely learning going on this week:

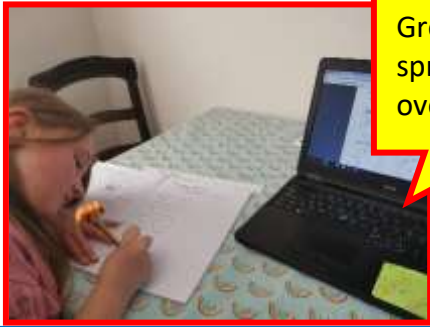


I've had a lovely photo sent in by Joshua of his Great Fire of London artwork.

Miss Hicks



What a great Spartan Shield!
Well done Ollie and Dad!



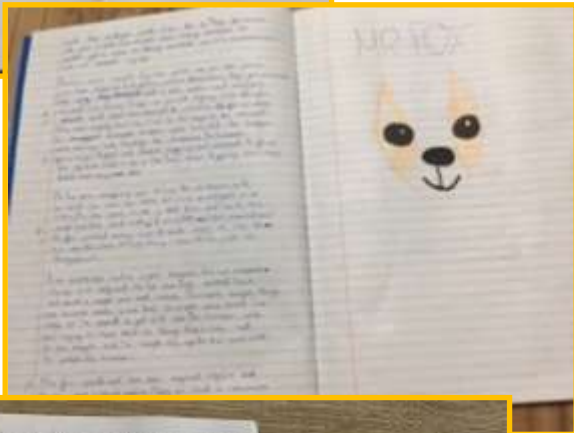
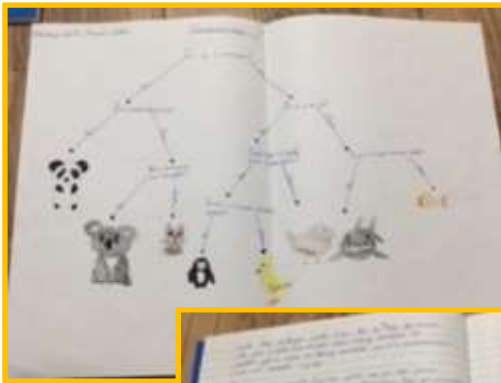
Great new offices springing up all over the houses!



In school, the children were spreading joy with their chalk rainbows



A Great Fire of London model – Outstanding!



We've loved seeing the work the children have sent in this week. We've had pictures of rainbows and cookery, children have emailed us their explanation texts and maths – it's so nice to be able to keep in touch.
Mrs Beezer