



Newsletter

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

ISSUE 24

3rd April 2020

Dear Children, Parents and Carers,

With the news ever scary, we come to the end of another week of lockdown. My thoughts go out to all the parents, friends and families of Keyworkers who are working so hard at this time. We send you a big 'Thank you' from all at Alford Primary. I for one will be clapping you all when 'Clapping for Our Carers' tonight.

I want to take a minute to consider all the parents that have been turned into 'teachers' overnight following the school closures. For the many years of being a teacher, and then a headteacher, I have always found it hardest to teach my own children – something you are all having to do now - without the luxury of being able to pack it all up and go out to escape. I hope it is going well but don't hesitate to email us if you need a little support. My personal thanks too to all the Alford staff for the hardwork that they are putting into remote learning and those still coming in to school to teach the few children that are in.

Next week, it is what would have been the Easter holiday, and with this in mind, I have told the teachers that they should give children (and adults) a break from the online learning. Teachers will not be setting any new learning for the next two weeks and will not be responding to emails either. I want everybody to relax with their families and enjoy being together be it physically or virtually. Remember that although hard, we must stick to the government guidelines and keep children away from their friends if we are going to get through the next few weeks as safely as we can.

Happy Easter,

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
McColl'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	Mon/Tue/Weds/Fri/Sat 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	Back Lane, Bilsby	EGGS ONLY	Mon - Sat 8am-8pm	No
Spar	Bilsby	01507 462246	Mon-Sun 7am-9pm	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

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.

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



Covid19 Phishing Emails Reported To Action Fraud

FEELING ANXIOUS?

Activities to help Children who are feeling anxious

Pizza Massage: Create an imaginary pizza on your child's back. Draw the outline of the pizza with your finger, then use your hands to spread the tomato sauce all over with sweeping movement. Next add the toppings (ask them for their favourite) use different actions such as tapping, typing fingers etc. Then sprinkle on the cheese, talk to them all the time telling them what you are doing. Rub your hands together to create heat and put your hands on their back when you are putting the pizza in the imaginary oven. Lastly slice the pizza in slices.

Puppets: Why not make puppets out of old clean socks, lolly sticks, twigs, wooden spoons and then use the puppets to help the child explain their thoughts and feelings. They can also be used to tell a story.

Music: Help your child to make a playlist of their favourite songs. Choosing songs that help them to feel happy.

Mindfulness: Stretch like different animals, move like a tree in the wind, focus on controlling your breathing.

Feely Bag: Put together a bag containing different objects with different textures e.g sponge, key, pebble, brush, pinecone, marble, cotton thread, shell. See if they can guess what's in the bag.

Dance: Put some music on, push back the furniture and have a good boogie! Encourage everyone to join in.

Missing You Hugs: If your child is anxious when you have to leave them, both parent and child draws a heart on the palm of their hand. Before leaving hold hands to 'charge' the hug. Then tell them whenever they are missing them, they can

press the heart with their finger and know that you are thinking of them and are feeling their hug.

Colourful Collage: Help you child to make a collage on a large sheet of paper with everything they like, are special to them and help them to feel safe e.g. people, food, colours, activities. Use old catalogues, magazines etc.

Plant a Seed: Try planting seeds, mustard and cress seeds can be grown on kitchen roll or cotton wool and grow quickly. Lettuce leaves and sunflowers grow quite quickly too.

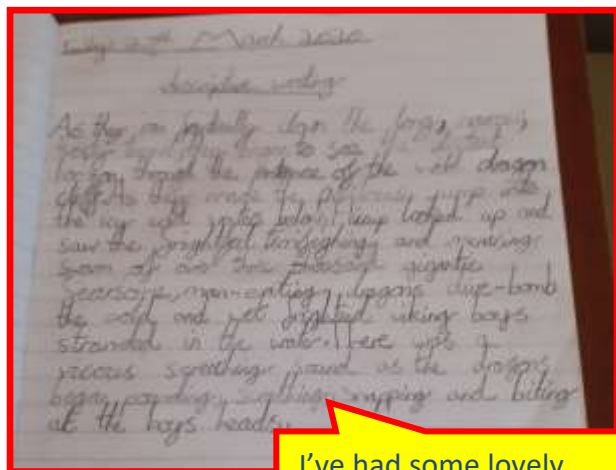
Glitter Jar: Make a this by using a clean jar, PVA glue, water and glitter (different sizes are best) The glue mixes with the water and when shaken allows the glitters to fall slowly.

Bubbles: Try making your own with a pipe cleaner, bent to create a circle on a stick, washing up liquid and water. As the child blows out encourage them to think of nice things and kind thoughts.

By Jo Bowen – Parent and Child support Adviser

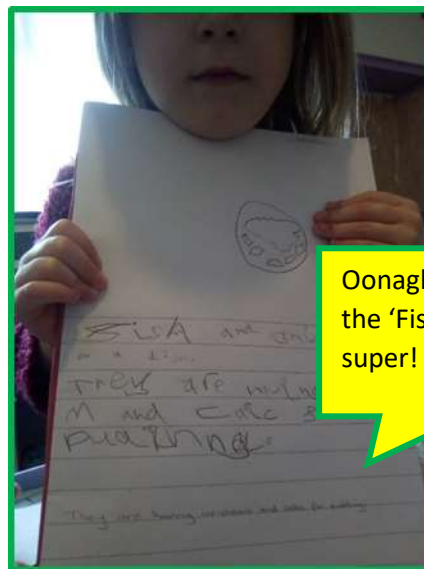
LEARNING THIS WEEK?

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

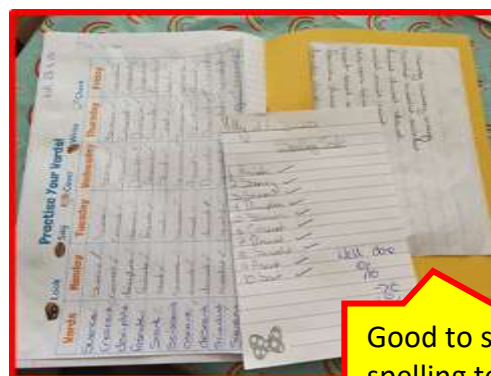


I've had some lovely descriptive writing from Lexi

Miss Kerr



Oonagh's writing about the 'Fish and Chips' was super!



Good to see that spelling tests haven't disappeared. Well done Holly!!
All the Year 4 Team

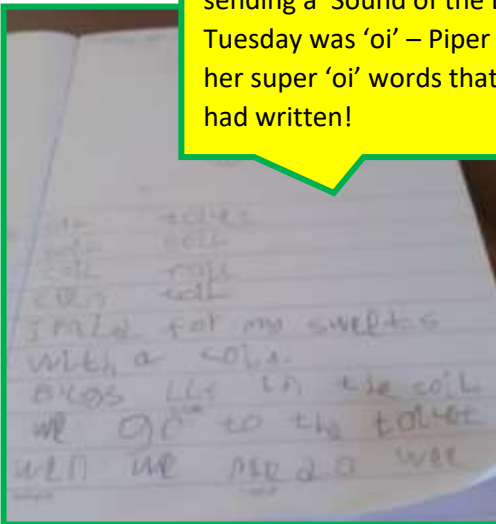


Ollie and Archie carrying out the Y4 Ice Cube experiment. It turned out to be a competition!
Who won?



More Wonderful writing!!!

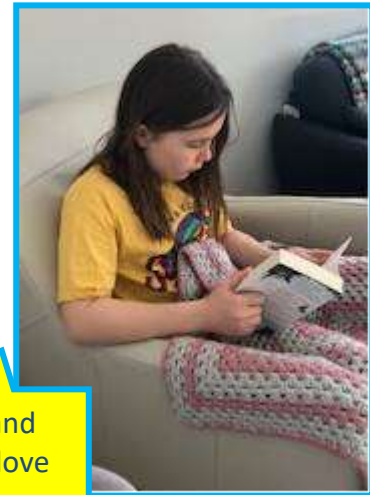
In Phonics we have been sending a 'Sound of the Day'. Tuesday was 'oi' – Piper shared her super 'oi' words that she had written!



The Year 1 focus for Science this week has been Spring. Look at this fantastic bright Spring painting.
Miss Hicks



Y6 making Welsh rarebit and continuing to cherish the love of reading!



Fliss (Year 2) writing her own version of The Tale of Peter Rabbit. xx

Looking After a Miptor

What a Miptor is like:

Miptors are half horse and half giraffe. They have giraffe's long legs and neck, but it has a horse's head and body. They are very gentle creatures, and they love being groomed but you will need to have a long-handled broom to do this. They have a long mane and tail like a horse; they can come in all the colours that horses can come in such as grey, black, bay and chestnut.

Miptor's habitats:

Miptors love to have vast open fields to gallop in but they also like to have a stable to sleep in. You will need to have one built especially for them as they are so tall. They are originally from Greenland, as they love open fields, but they are popular all over the world.

What Miptors eat:

Miptor's favourite food is grass. However, they cannot easily reach it because of their long necks so they usually eat leaves as they have long arms. As a special treat, you can hand-peak some grass and reach up and give it to them. You must not feed them any sticky, sugary sweets ESPECIALLY jellybeans because it makes them hyper and they trash their stable!

Caring a Miptor:

To keep a Miptor you will need a large cage and long chain like you would a horse. Miptors can also be ridden when they reach two years old, this is when they start to require training. Special saddles need to be made with extra long girths to fit the Miptor correctly.

Exercise:

Miptors should be exercised every day. This should be longish. Research and general exercise around their enclosure. Exercise is very important for Miptors because their legs have to be kept strong as their bodies weigh a lot. Do not let your Miptor gain too much weight; if they weigh over 10 stone they will need to increase their exercise and go on a diet.



An information text written by Ruby Jones for Science 'How to look after a Miptor'

SHREK

As Shrek walked through the old castle, with Princess Fiona under his arm, the walls looked cold, rough, dirty and dusty. As he walked further into the dull, dark castle he could smell smoke and dampness from the old walls. He could see skeletons scattered all over from knights that fought years ago in their attempt to rescue the Princess.

In the distance, Shrek heard clanging of chains and the echoing voices of Donkey and the Dragon.

As Shrek approached the centre of the castle, he placed the Princess on the dirty floor and peered over the crumbling railings to find the dragon was cuddling Donkey, it was as if the dragon had fallen in love with him. Shrek wanted to save his "ass" (the Donkey) and came up with a rescue plan.

The dragon saw Shrek in the corner of its eye and soon began a chase around the castle. Shrek created lots of diversions, for the now angry dragon, so he could get to donkey. After sliding down dusty broken pillars, leaping over cracks in the floor and running around in circles, Shrek found an old dirty sword in the ground. Quite cleverly he put the rusty sword in the centre of the dragons chain so she couldn't go any further. This meant Shrek could rescue donkey quickly and make a run for it whilst catching Princess Fiona on the way. The three of them ran out of the castle walls and ran as fast as they could onto the rickety rope bridge. The dragon blew flames at

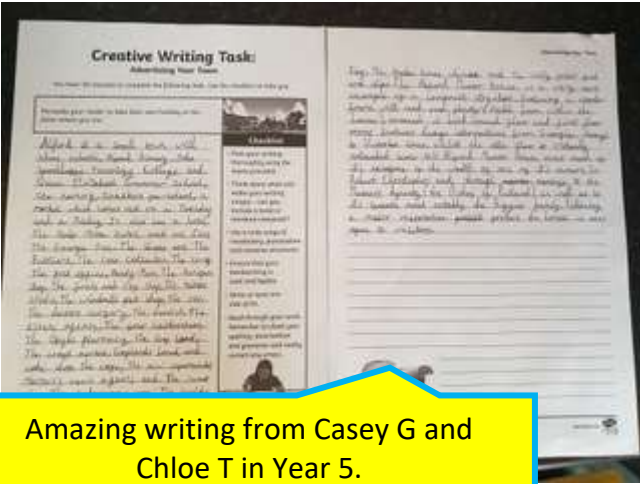
the bridge. The bridge gave way and swung down with Shrek, Donkey and Princess Fiona hanging on in fear. They all scrambled to safety.

In the end donkey was safely rescued and the Princess, Donkey and Shrek all had a hug of relief. Meanwhile the Dragon roared in anger and was very upset that donkey had gone.

This week we've loved seeing the children's writing based on Shrek. I've attached Harry's writing for you to have a look at and a picture of Harlow's rainbow – both made me smile!

Mrs Beezer





Amazing writing from Casey G and Chloe T in Year 5.
Mrs Murray



You have probably seen all over facebook lots and lots of rainbows!

Well they want more! They want Alford town windows full of colourful rainbows. They can be colourings, drawings, paintings, play doh absolutely anything at all.

All you need to do when your rainbows are finished is pop them in the window. and take a picture. Then upload it to the 'Rainbow Competition' post on the 'Chester and George Alford Care and Share' Facebook!

They are then going to have a prize for the best and most beautiful creative rainbows!!!!

Let fill this page 🌈, fill this town 🌈 and fill our hearts with colour 🌈. You never know you may even find a pot a gold at the end. 🌈👉

Enteres are open to anyone and we will have 5 category's

- 🌈Preschool
- 🌈Primary team
- 🌈Secondary school
- 🌈18+
- 🌈Families

Non-screen activities you can do at home

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

25 Ideas!

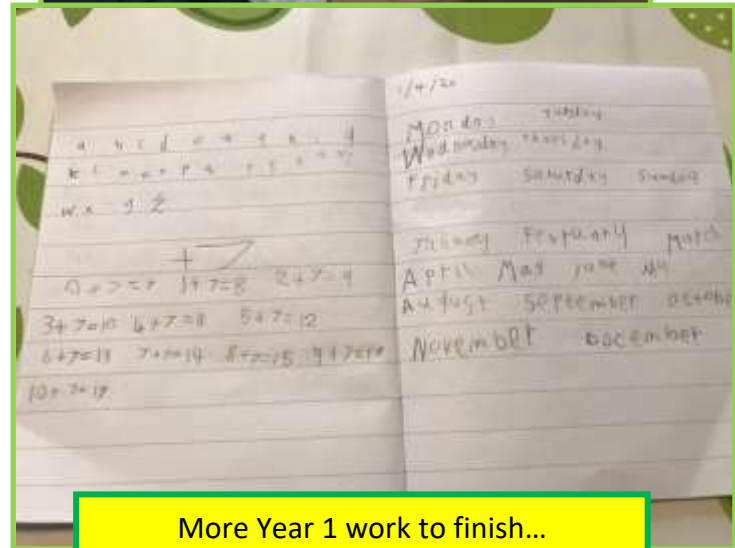
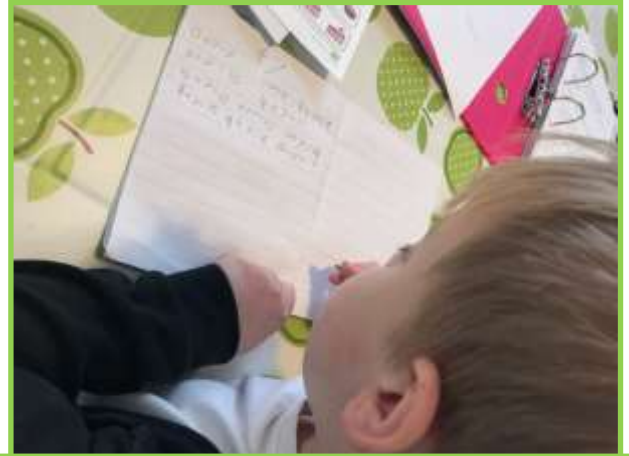
- 1 How many different words can you make from the letters in this sentence, please?** Great to stretch and paper and write a list!
- 2 Think a community hero.** Think of someone that helps you in some way and write a short letter to thank them.
- 3 Get building!** You could build a large model, a tower of playing cards or something else!
- 4 Can you create your own secret code?** You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?
- 5 Start a nature diary.** Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?
- 6 Hold a photo session.** Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?
- 7 Build a reading den.** Find somewhere cosy, pile up soft toys and your favourite books!
- 8 Use an old sock to create a puppet.** Can you put on a puppet show to someone?
- 9 Make a list of all the electrical items in each room of your home.** Can you come up with any ideas to use less electricity?
- 10 Design and make a homemade board game and play it with your family.**
- 11 Do something kind for someone.** Can you buy them a compliment, make them something or help them with a task?
- 12 Can you create a story bag?** Find a bag and collect items to go in a story related to a well known story. If you can't find an item, you could draw it on to go in the bag.
- 13 List making!** Write a list of things that make you happy. Things you're grateful for or things you are good at.
- 14 Design and make an obstacle course at home or in the garden.** How fast can you complete it?
- 15 Can you invent something new?** Perhaps a gadget or something to help people? Draw a picture or write a description.
- 16 Keep moving!** Make up a dance routine to your favourite song.
- 17 Write a play script.** Can you act it out to other people?
- 18 Read out loud to someone.** Remember to read with expression.
- 19 Write a song or rap about your favourite subject.**
- 20 Get sketching!** Find a photograph or picture of a person, place or object and sketch it.
- 21 Anti-wasting!** Collect and recycle materials such as paper, plastic, tinsel, tins and boxes and see what you can create with them.
- 22 Draw a map of your local area and highlight interesting landmarks.**
- 23 Write a postcard to your teacher.** Can you tell them what you like most about their class?
- 24 Draw a view from your window and show what you see.**
- 25 Start reading!** What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

Pobble.com - More writing. More progress.

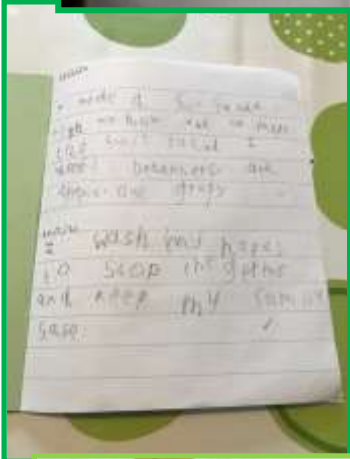


Signs of Spring

The sun is warming my face
and there is a beautiful
rainbow in the bright blue
sky. Bumble bees are buzzing
in the bright flowers. Now
baby cabbages and carrots are
being born in the field and
crops are pushing up through
the dry soil. The baby
birds are tweeting from
there nests waiting now to fly.



More Year 1 work to finish...
Signs of Spring writing by Isla and Irissa
and Henry...
two beautiful Signs of Spring pictures...
and some fabulous work from Henry
Miss Hicks and Miss Wakelin



Don't forget to share your work with your teachers: EYFS@alfordprimary.co.uk or Year1@alfordprimary.co.uk, Year2@alfordprimary.co.uk...etc.