

THIS WEEK'S NEWS

Look into Learning | Be Happy, Be Healthy | Community Activities

Children's Mental Health Week

Next week is National Children's Mental Health Week. The theme is 'Express Yourself'. So, with this in mind, I have tried to include a few tips and support within this newsletter for ways that we can improve and support the mental health of ourselves and our children. You can find out more [here](#)

Dear Parents & Carers

During the beginning of the Spring term, in school, we always focus on the value of Resilience. Resilient Rosie, our leaf value character helps us with this. She helps us understand how taking small steps helps us achieve big goals and how keeping our minds and bodies happy and healthy gives us the strength to keep moving forward, even when times are challenging.

More than ever this week, the whole school community has had to dig deep to find their own Resilient Rosie!

I have spoken to many parents who are struggling with their own



Starting in Reception 2021

Just a reminder to those parents and carers who have a child due to start school in September...

You can now apply for a school place online!

Starting school is a big step and we would love your child to join Alford Primary and be part of our flourishing school community, where high aspirations and a caring family ethos are at the heart of what we do.

We can offer:

- A curriculum designed to excite, challenge and support every child, to find their strengths and to build their aspirations;

- Pure year groups with excellent adult to child ratios;

- A strong commitment to the transition process, from pre-school to school, offering home visits;

- High quality wrap around childcare from 7.45am-5.30pm.

Have a look at our 'Starting School' brochure to find out more!

alfordprimary.co.uk/wp-content/uploads/2020/11/School-Starter-Pack-2021-Public.pdf

Please use the link below for further information:

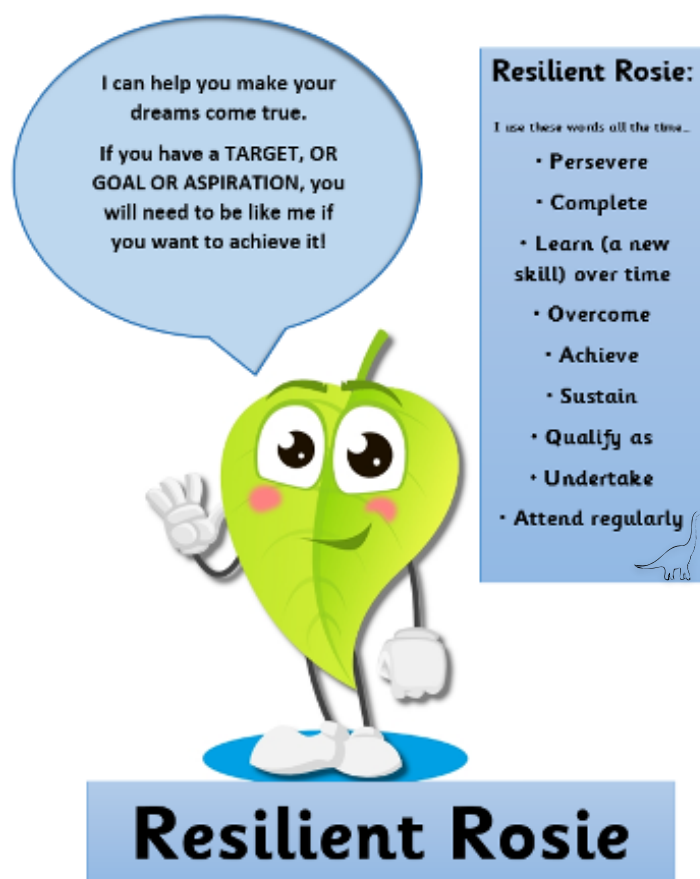
www.lincolnshire.gov.uk/schooladmissions

mental resilience. I have heard lots of discussions and read emails and reports of families struggling to juggle working from home, home learning and not being able to go out in the same way that we all used to. It is tough right now! My own husband, at the end of the last lockdown threatened to walk into the sea and keep on walking if he ever had to home-school again – I think he was joking!

Please just do your best. If you and your children are struggling with home learning, take a break! Be kind to yourselves and do something else. You can go back to it later. Our phone calls are to support the children if they are finding it difficult to focus and to support them with their learning – ask if you need us.

Have a lovely weekend,

Mrs Ross



Be Happy, Be Healthy

On Thursday 11th and Friday 12th February, each year group will be stepping back from the routine of 'live' lessons and structured remote learning to provide more away from screen and away from exercise book activities with our 'Be Happy, Be Healthy' 48 hours.

We hope this will be a welcome step down from the pressures of daily lessons to allow you to complete those activities that keep us happy and

Coronavirus: resources for managing anxiety and improving wellbeing
30/04/20

At this time of uncertainty, disrupted routine and restricted freedom, it's understandable to be feeling anxious. This toolkit includes resources for school staff, parents and carers and children to help manage anxiety and improve wellbeing during the coronavirus crisis.

You will find practical activities such as mindful crafts, breathing exercises and other self-care ideas, informative videos, emotional expression worksheets and helpful strategies to address anxiety.

Resources for children

Relaxation activities for children - Save the Children
Six simple activities for relaxation at home.
[Go to resource](#)

Emotion wheel - Mentally Healthy Schools
The emotion wheel can be used with children of all ages who are struggling to express their current feelings. By identifying an image, they can convey their current feelings. Using the wheel regularly throughout the day will help children and young people see the changing nature of their feelings and can help reduce anxiety around feeling a certain way.
[Go to resource](#)

Relax like a cat relaxation exercise - Moodcafé
A guided relaxation, using the analogy of a cat, to ease any anxiety and create a sense of calm for children.
[Go to resource](#)

healthy: art, cooking, exercise - whatever works for you and your family. Just in time for half-term.

Back to School Update

As many of you are aware, the government announced this week that schools would not return to wider opening until March 8th at the earliest. We will keep you updated on this as we learn more.

Mental Health Resources

Follow this link for some wonderful 'stress relieving ideas' for you and your families.

<https://www.mentallyhealthyschools.org.uk/media/2025/coronavirus-anxiety-toolkit.pdf>

Here are some examples...there are many many more!

Self-care kit - NHS This kit has lots of ideas for self-care for children, including mindful colouring, laughing out loud, breathing exercises, ways to express thoughts, a self soothe box and more creative activities.

Relax like a cat relaxation exercise – Moodcafé

A guided relaxation, using the analogy of a cat, to ease any anxiety and create a sense of calm for children.

A Message from Alford Craft Market: Alford Arts Sketch Book Competition

Alford Arts will be an Art gallery and Community Arts facility in Alford in the main Market Place - hopefully opening later this year.

We have 100 Sketchbook kits to give away with a prize for each age group 10 – 13 years, 14 – 17 years and 18 and over. Each kit contains an A5 hardback 80-page sketchbook, 12 coloured crayons, a tin of soft sketching pencils, a sharpener and competition instructions.



Enter the competition to receive your Sketchbook kit by messaging us via our Alford Craft Market Facebook page or by email to

alfordcraftmarket@gmail.com

Requests for kits will be on a strict first come, first served basis. Sketchbook kits will be delivered safely to you by the Alford Hub volunteers so be sure to give us your address. When you receive your sketchbook please write your name, address, email and telephone number clearly on the first page.

A sketchbook is a visual notebook that many artists use to briefly capture the things they see around them, or ideas they may have, which they will then refer to when the time comes for them to start a larger piece of work.

We want you to fill this book of blank pages with drawings of things you see around you at home, in your garden, from your window or on the Internet. Could be a member of your family, a portrait of a friend from a photo, your pets, a group of household objects (still life) or anything you see in your daily life or in your own imagination. How about sketches of sport or fashion or nature?

You have 30 days (approximately to the end of February) to fill the notebook, drawing on the right hand page, notes and dates on the left. You may want to spend more time on some of the sketches and develop them into finished pictures. Use the colouring pencils for this - it is entirely up to you. We will let you know where to bring your sketchbook for judging.



The Alford Arts team will do the judging and they will be looking for originality, good observation, imagination, and diverse and interesting subjects.

For the best sketchbook in each age group the prize will be an Artway Art Kit – a great kit of everything you need to keep drawing, painting and mark making.

We will be showing photos from all the sketchbooks over the coming months on our new Alford Arts Facebook page – you can choose to remain anonymous or we can use your first name. We will contact you if we want to use one of your drawings on the Facebook page and we may ask you if you would like your sketchbook to be part of a public exhibition by Alford Arts later in the year.

Your sketchbook will be returned to you after the judging has taken place.

Regards

Lynne
ACM Secretary

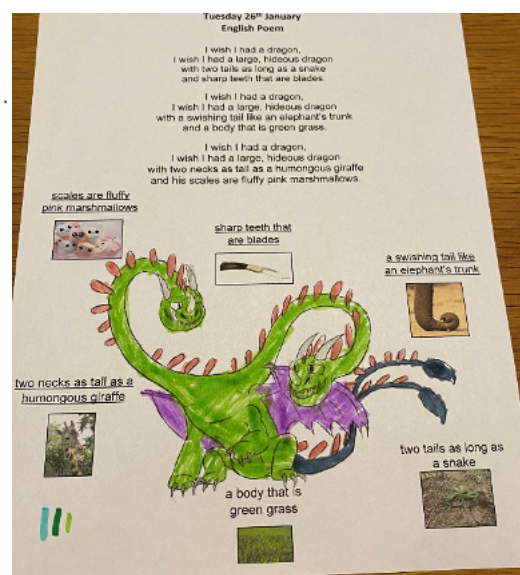
www.alfordcraftmarket.co.uk

A Look into our Learning This Week

Look at some of the wonderful poems that Year 4 have produced. Fantastic Remote Learning Year 4 - so imaginative and creative! Stunning art work too!

'I wish I had a dragon...'

Look at some of the super topic work produced by Year 5!
Fantastic Remote Learning Year 5!



I Wish I had a Dragon

VERSE ONE,

I wish I had a dragon,
I wish I had a ferocious, forest dragon,
With a deadly Nadder horn towering like Big Ben,
And a Baccorathia tail which is a shining sword that cuts through anything in its path.

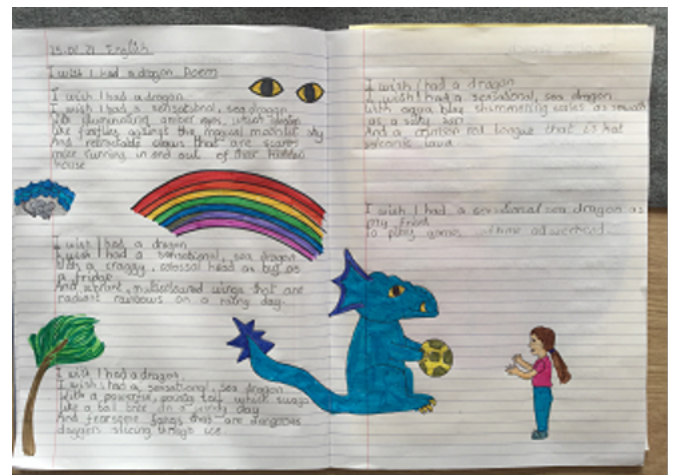
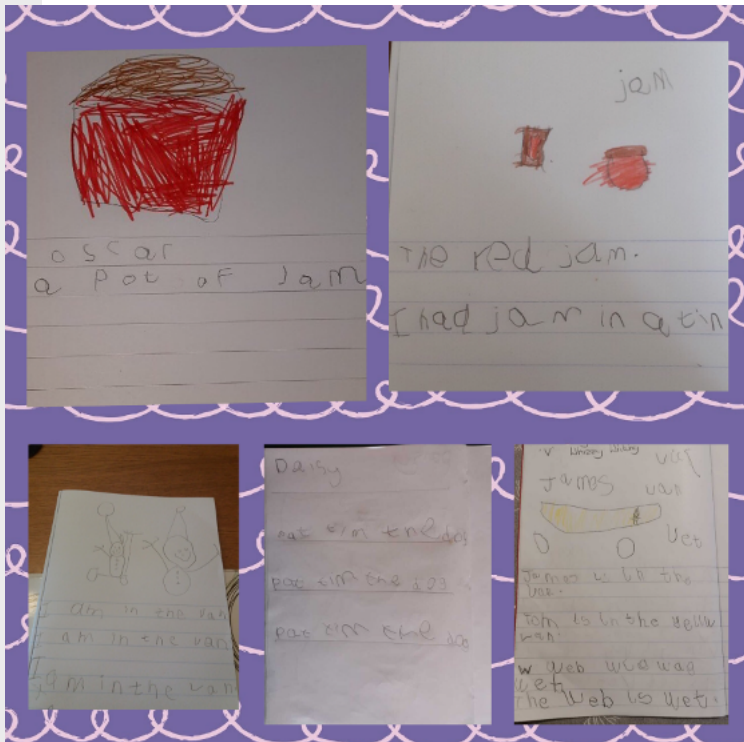
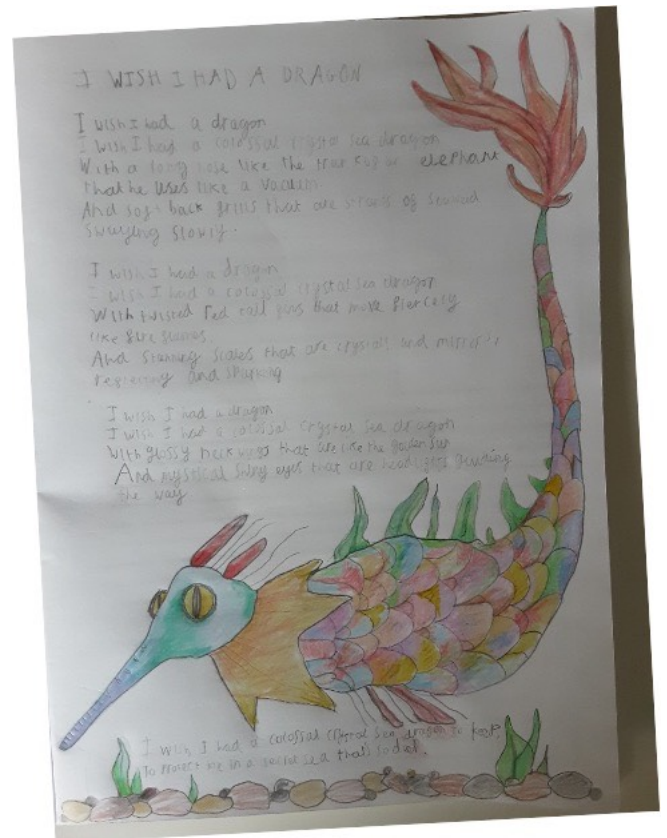
VERSE TWO,

I wish I had a dragon,
I wish I had a ferocious, forest dragon,
With red scarlet eyes like flaming fires scorching the Earth,
And retractable teeth which are shards of glass shredding through its prey.

VERSE THREE

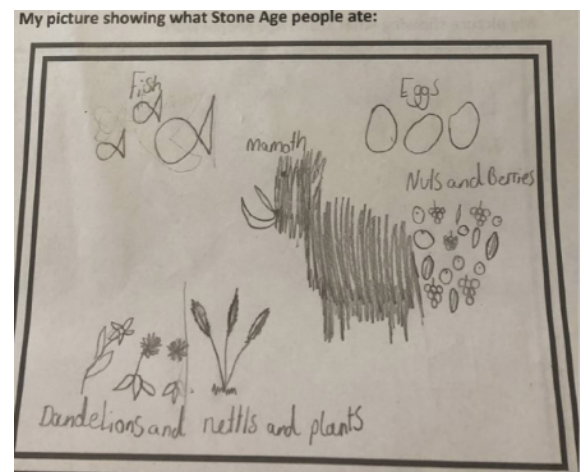
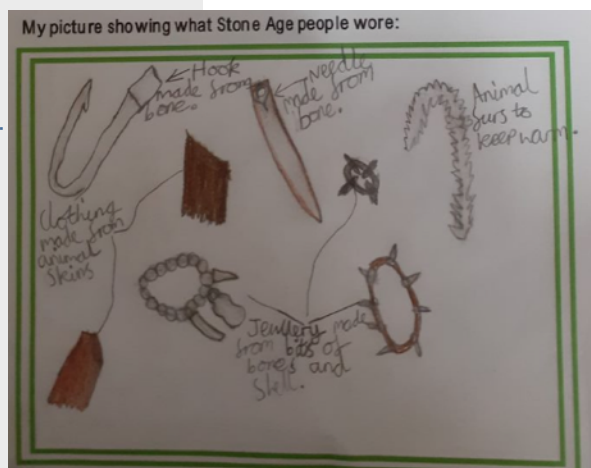
WARNING THIS DRAGON IS ONLY FOR GIRLS/BOYS

I wish I had a dragon,
I wish I had a ferocious, forest dragon,
With wings like rainbows flying gracefully over you and when touched, turn you into a rainbow girl,
And she has long shiny hair that is a rollercoaster gliding through the air as far as I can see,
My dragon will always protect me and take me for a marvellous ride.



Fantastic Artwork!

Look at the super writing that the Ladybirds and Butterflies have been doing at home this week! We are so proud of them all!



Time for Road Safety



**Lincolnshire
Road
Safety
Partnership**

The newsletter from the LRSP Education Team

Term 3 2021 – Primary Schools

Happy New Year

Seatbelts and correctly fitted child car seats should be used for every journey, even shorter ones close to home. Vehicles do not need to be travelling very fast to have a collision that could cause serious injury. If a vehicle stops suddenly, anyone unrestrained would continue to travel forwards instead of being held safely in the seat.

By law children should be using correctly fitted car seats or boosters until they are either 135 cm tall or 12 years old (whichever comes sooner).

We have a Year 4 lesson that we can bring to your school, which covers the importance of wearing seatbelts. This can be booked now for delivery when Lincolnshire is in tier 2 or below. Alternatively we can offer a virtual lesson or online activities.

For current advice and legislation on the use of seatbelts and child restraints see:

[Rospa - car seat safety advice](#)

[Rospa - child car seats and the law](#)

Activity

An interactive activity from Think is available for key stage 1 children. [Ted's tumble](#) helps children understand how important child seats are.

Please find enclosed a colouring sheet for your younger pupils.

The Road Safety Education team will be working in schools again once Lincolnshire is in tier 1 or 2, digital offers are available while in tier 3 or above.

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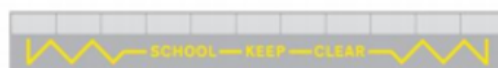
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Parking issues

Inconsiderate parking is a problem for many schools.



These zigzagged markings outside schools are to provide a clear, safe area where children can see traffic, and be seen by drivers. Drivers should never stop on them even for picking up and dropping off children.

Many schools also have issues with parents parking on or opposite junctions, causing an obstruction for other traffic. Occasionally local Police teams are able to offer support with this issue.

Your school could help make a difference. Please remind all parents from time to time to make sure the area outside school is safe for all road users and to park sensibly.

Look out for the next newsletter in term 4.