

CHURCHFIELD PRIMARY SCHOOL NEWSLETTER

RESPECT

DETERMINATION

HONESTY

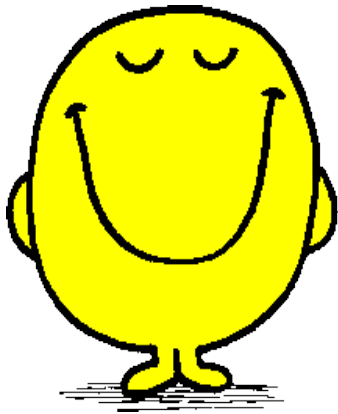
RESPONSIBILITY

KINDNESS

We were very excited to hear that all children can return to school from 8th March. We shall be operating in the same way as we were last term with enhanced hand washing and hygiene measures, children being in bubbles, staggering drop offs and picks and closing bubbles if there is a positive case. Staff are now tested twice a week, which will further ensure that everyone is safe. We shall write to you at the beginning of next week with further details and to remind you of the arrangements.

As school has remained open throughout, we will be closing on **Friday 5th March at 1pm** to ensure deep cleaning of the classrooms and to allow teachers to organise for the return of the children in their normal classes.

We can't wait to get our whole school community back together again.



Seeds of Happiness

When we return the children across the school will learn more about the science of happiness, and how they can positively impact their own happiness levels by the actions they take. Some of the things they will be learning include, mindfulness techniques, the importance of sleep, gratitude and 'kindfulness' Each week they will have a lesson in 'happiness' and have missions to complete. We shall share these on facebook and through our newsletter.

How do fizzy drinks affect your teeth?

Sugar in fizzy drinks combines with bacteria in your mouth to form acid, which attacks the teeth. Diet or "sugar-free" soda contains its own acid, which also can damage teeth. Each attack lasts about 20 minutes and starts over with every sip of soda you take. These on-going acid attacks weaken the tooth enamel.

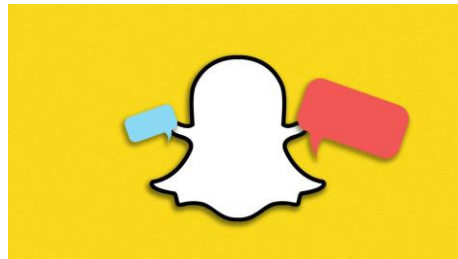


The easiest way to cut down the amount of sugar you have in your diet is through simple swaps:

- Change fizzy drinks to water
- Choose lower fat milks and

Spotlight

Snapchat has launched it's online competitor to Tik Tok, called Spotlight. It has an age rating of 13+.



Tips to keep children safe:

Users can control who sees their story in privacy settings. You can find out how by visiting www.kidsonlineworld.com then visiting apps.

Children can set their privacy settings to that they only receive Snapchats from 'friends' rather than 'everyone.'

Talk to your children about 'friends' online. There is no such thing as an internet 'friend,' we encourage children to talk to friends they know.

We recommend that parents/carers, check out any app their child is using for themselves. Always promote yourself as a source of support and someone your child can talk to if they have concerns.

CERTIFICATES

Bronze awards

Year 1

Oscar & Lujain
Inci & Kal-El
Ayaz & Rihan
Ivo & Mia
Angel & Haroon
Tahmel & Beatrice
Maryam

Year 2

Nathan & Kai
Kayal & Birsen
Faith & Elgis
Milan & Kaycie
Davut & Acacia

Year 3

Umut & Samira
Kaya & David
Micha & Zaara
Dishai & Umut
Ameera & Ousman
Amelia & Albert

Year 4

Sabrin & Adrian
Abdullah & Martin
Noah & Eshabil
Billprince & Nevellyn
Roshawn & Mariah
Jamie & Alexis

Year 5

Okkes & Dechane
Sophia & Paige
Aiman & Abilesh

Year 6

Abdirahman & Gulten
Arisa & Aymaan
Azra & Musa
Avni & Tomaszo

Quite a few parents have been telling us that their children are getting angry quickly.



Very Angry

Stay calm.
Stay safe. walk away if possible and make sure you don't engage with your child until you are both calm.

It's normal to feel frustrated, worried or angry about the situation we find ourselves in, but it can be hard to know how to communicate in these very emotional or angry moments.

Frustrated

Reflect what you can see in your child. 'I can see that you're angry/upset' 'I understand that this might be difficult for you.' 'I understand when you did x this made you feel.'

This poster aims to support parents when their child has angry feelings or outbursts and may help families start a conversation and talk about each other's feelings

Calm

Use this time to explore your concerns and ask questions like 'what happened there? How did you feel?' If there has been lots of conflict reassure them and remind them you still love and care about them.

You can find out more information from Young Minds

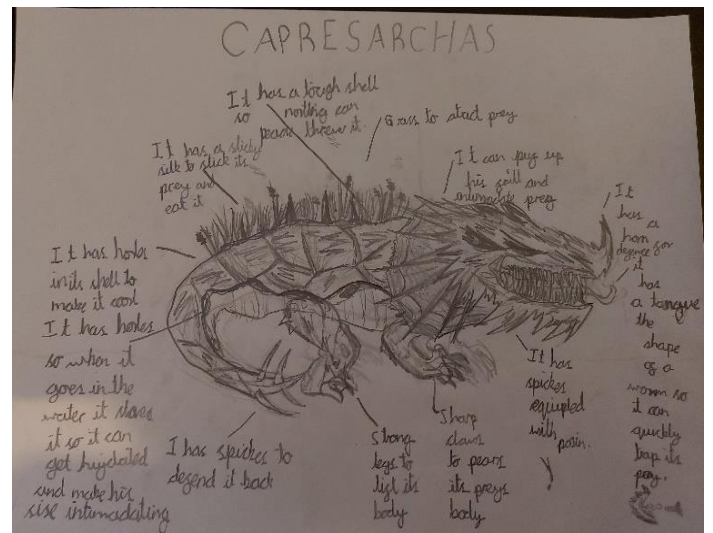
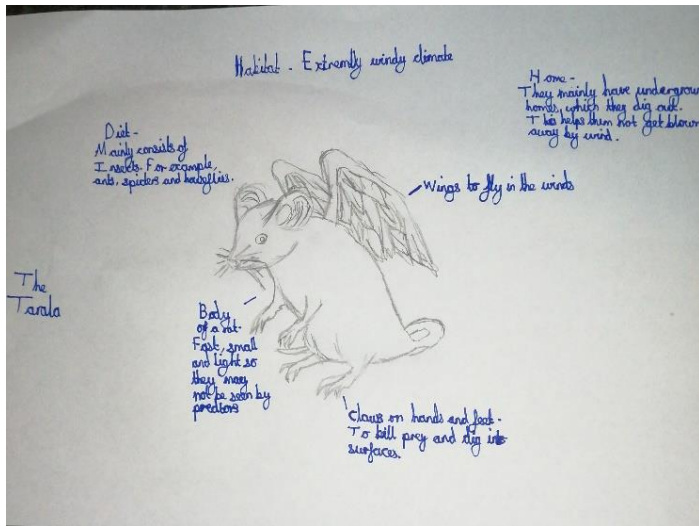
Silver awards

Kamal – Otter
Ramzi – Jaguar
Olivia – Jaguar
Wiktorija - Zebra

Gold awards

Ramzi - Leopard

Year 6 had the task to create their own animal and label how it has adapted to survive. Look at Kelan and Abdullah's excellent work!



RSE Consultation

Remember to reply to our Relationships Education Consultation. All the documents are available on our website. Our RSE consultation sessions are on 1st March at the following times. We hope to see you there.

Year 1	9.00
Year 2	3:45
Year 3	11:50
Year 4	1.00
Year 5	2.30
Year 6	10:15

Remember, if you have any questions or comments, please add them to our survey.

<https://forms.gle/SjyjawDUG1Ym7PHq6>



Mathletics

The children in the school who have scored the most points in Mathletics are the same as last week:

1st - Alesha (Iguana Y4) with 95,100 points.
2nd - Olivia (Jaguar Y4) with 69,000 points.
3rd - Arian (Jaguar Y4) with 67,000 points.

The top three classes:

Macaw - 311,000
Iguana - 247,000
Manatee - 233,000