



Thurcroft Infant School Newsletter



February 2021

Important Dates

Friday 12th February - Break up for half term

Tuesday 16th February—

Shrove Tuesday (Pancake day)

Monday 22nd February—Return to school (Key workers and vulnerable children)

Monday 8th March—Full school re-opening (Hopefully!)

Zoom

Staff are really enjoying seeing the children on Zoom sessions.

Staff have been sharing stories and doing 1-1 sessions with lots of children in their class. It would be lovely to see more children take part in these sessions.

If you would like to book a zoom session, please contact your child's Class Teacher through class Dojo.

JMAT

We are pleased to confirm that on the 1st February Thurcroft Infant School officially became part of the James Montgomery Academy Trust (JMAT).



Staffing Update

We are sad to inform you that Mrs. Smith will be leaving at half term to take up a new position with the NHS in Rotherham.

We wish her well in her new post and thank her for her commitment and the support she has given to many children over the years.

Miss Corns has been appointed temporarily to take over Mrs. Smith's role, both as Breakfast Club Leader and as Learning Support Assistant.

Mrs. Sanderson is now on Maternity leave and is awaiting the birth of her new little boy due this month.

Miss Parkin has now taken over the Class Teacher role as she gained her Teacher qualification status last July.

Miss Baxter will temporarily take over the role of Early Years Practitioner to support Miss Parkin in the class until this post is advertised.

Keep looking UP...
THERE MAY BE A
RAINBOW
waiting FOR you.

Pancake recipe



Shrove Tuesday 16th February

- ◆ 100g Plain flour
- ◆ 2 large eggs
- ◆ 300ml milk
- ◆ 1 tbsp sunflower or vegetable oil, plus a little extra for frying
- ◆ lemon wedges to serve (optional)
- ◆ caster sugar to serve (optional)

Method

- ◆ Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp. of oil and a pinch of salt into a bowl and whisk until smooth.
- ◆ Leave the batter to rest for 30 minutes
- ◆ Heat a frying pan over a medium heat and add a small amount of oil
- ◆ When hot, pour in some of the batter and cook for 1 minute on each side or until golden

Useful Links

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19?utm_medium=email&utm_campaign=govuk-notifications&utm_source=93574ea8-d560-4

Worry monster

You could create a worry monster or animal to help your child to share their feelings.

- ◆ Use an empty tissue box/box you can cut a mouth out of or a tin.
- ◆ Decorate your monster/animal using paper, feathers etc.
- ◆ Talk about worries or feelings to help your child to identify these.
- ◆ Ask your child to write down or draw a picture of their worries.
- ◆ Talk about choosing to let their worries go and giving them to the monster/animal to eat.



Thurcroft Food Bank

There is a new food bank which has opened for one day a week (Wednesday) at 11.00am at Liberty Church.

The contact number for the church is 01709 802131. Please leave your name and any messages for Elaine.





Looking after yourself for children



Children and Young People's service
Rotherham Educational Psychology
Service
Kimberworth Place
Kimberworth Road
Rotherham
S61 1HE

A guidance pack for primary pupils

We are all facing a lot of change in our lives at the moment and some of that change might have made you feel a little worried or anxious. If this is how you feel then the good news is this is completely normal.

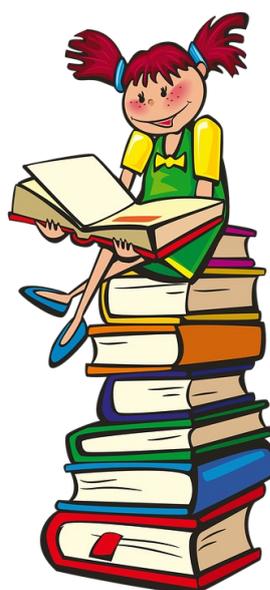
The Coronavirus has introduced us all to a new situation that has never happened to so many people all at once and we are all working hard to think about the changes we have to make, and how we keep going with the important things in our lives, like our school work, feeling safe and staying close to our family and friends.

This leaflet gives you some ideas on how to help yourself with your school work when working at home

Learning at home

Being at home instead of school might make it harder to focus and it can feel a little strange concentrating on school work in a different way to homework! Lots of people need to work from home at the moment so we are all sharing ideas on how we can make this easy for ourselves. Below are some tips you might want to try and share with others... good luck!

1. Follow a routine, including a time to start, break and finish your learning day. It might be helpful to think and/or draw out the timetable you usually follow at school. Then, think about which parts you can copy at home - you could even do a special timetable for learning at home. Remember to



and some things you could think about doing to look after the way you feel, and stay happy and positive.

In this leaflet we are going to think about:

- *Learning at home - including tips for how we might learn best*
- *Staying positive whilst learning from home*

Challenge: The importance of strengths/interests

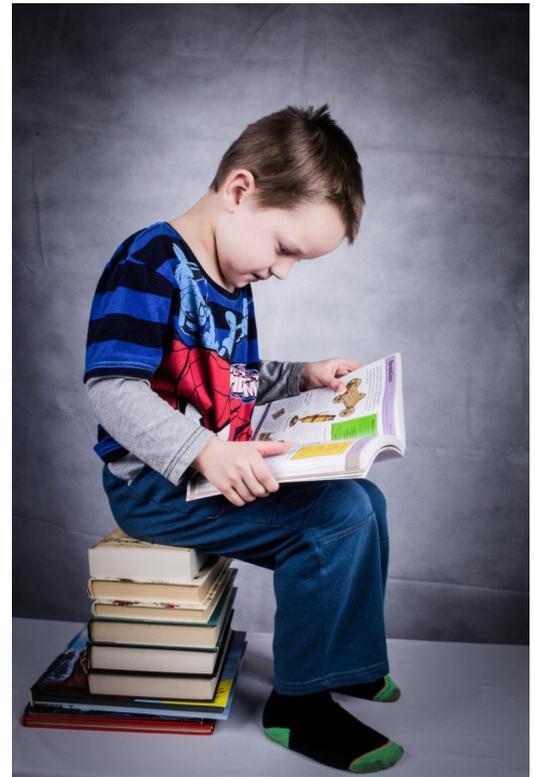
Our strengths and interests can motivate us, as well as, telling us how we learn best.

Have a think about your own strengths and interests by writing them down and/or drawing them on a piece of paper. You may wish to ask the people you live with to help you by telling you what they think you are good at or notice you enjoy doing - add their suggestions to your list/drawing.

include breaks throughout the day - including important times like lunch!

2. Try to find a nice quiet place to work and use this space each day. A space that does not have distractions, such as the TV, gaming devices, other family members talking. If possible, find a space where you can leave your things, and which is separate from the space in which you relax.
3. As when you are at school, remember to eat breakfast, have a drink, and eat regular healthy snacks, this can help control blood sugar and help you to keep focus.
4. Think about learning bursts! Breaking tasks down into manageable chunks can help you focus on the goal. Focus for 15-30 minutes then take a quick brain break for 5 minutes or so e.g. fetch a drink of water, plan the next step in your task, do a quick activity that you enjoy.
5. Get organised. Make sure you have the right tools to do the job e.g. pen, ruler, protractor etc. If you have adult support then use this to make sure you've understood what to do and to help you get started on a

Think about how these strengths/interests might help you learn better, e.g. watching videos, using pictures etc.



Staying Positive

Try to think about the '5 Ways to Wellbeing' and plan what you're going to do look after yourself. This might include talking to friends (Connect), doing some exercise (Be Active), trying some Mindfulness (Take Notice), learning something new (Keep Learning) or doing some-



Connect

- Play board games
- Read together
- Call or Facetime a friend

Be active

- Take part in Joe Wick's PE lessons.
- Go out on a daily walk with your family - when you are out complete scavenger hunts or play games such as I Spy etc.

Take notice

- Draw how you feel today - when you have finished talk about your picture with an adult
- Map of my heart - draw a heart shape and write in it all the people/things you love or that are important to you

Keep learning

- Each day, look online and learn something new about an area of interest and/or a new language maybe!

Give

Challenge: Be kind to yourself

Remember, it is ok to feel sad, anxious, worried or even angry about the current situation - this is completely normal and healthy as these are feelings that keep us safe. When you have these thoughts/feelings it's really important to talk to others about them (family members or teachers). We should also try to balance these feelings with positive thoughts/activities that make us feel good!

Develop a Gratitude Journal

The word gratitude is another way of saying the things we are grateful for so a gratitude journal is simply a diary of things we are grateful for— even little ones! Being grateful for things helps us to feel happy and positive and makes us better at managing times when things haven't gone the way we wanted them to.