

## Headteacher's Note:

Hi everyone,

I hope you are all well.

It's times such as now when the sense of everyone pulling together is so important to us all. We are so overwhelmed by the generosity during these difficult times, of the wider community surrounding the school.

Many of our families benefitted from food parcels, vouchers and Christmas gifts at Christmas time and more have received further parcels since. I would like to thank all of those within the Albrighton community who have donated food to the church and food bank and money to the Red House to enable the purchase of toys for the children. An immense thank you goes to volunteers at The Red House that have made the food parcels up and offered them to us to distribute to families and purchased and wrapped Christmas presents for the children with the donations they have received and also contributed to themselves. I would like to extend my sincere thanks also to the Albrighton Relief in Need Charity, who donated very generous vouchers for our families most in need.

In addition to this, we have received most welcome and considerable donations towards our fund raising efforts. An enormous thank you must go to the Wynn Foundation for granting our funding application towards new play equipment and to SSAFA at Cosford towards Early Years resources.

This week we have had an individual donation of a new laptop from Mr and Mrs Crow of Pattingham who are also grandparents of children at the school. Again, I thank you sincerely. This laptop will be used specifically to support children with additional educational needs.

We are blessed to have such a supportive community and I feel extremely privileged to be a Head Teacher in Albrighton, thank you!

Julie Bratt



## School Jotter

Thank you to all parents who have signed into the School Jotter App.

School Jotter will be our only method of communication for text messages from 6<sup>th</sup> February and in order to be certain that you are kept fully abreast of all developments, you will need to activate your account so that you receive notifications promptly.

If you already have the School Jotter app, just click the padlock in the top right corner and type in the username and password you were given. You are then ready to go.

Further details are on our website.

Any queries please email:

[admin@albrighton-pri.shropshire.sch.uk](mailto:admin@albrighton-pri.shropshire.sch.uk)

## Safer Internet Day

**Safer Internet Day** will be on the **9<sup>th</sup> February 2021**.

The day celebrates the amazing range of information and opportunities online, and its potential to inform, connect and inspire us, whilst also looking at how young people can separate fact from fiction.

The campaign focuses on how we can decide what to trust online, supporting young people to question, challenge and change the online world for the better. It will explore how influence, persuasion and manipulation can impact young people's decisions, opinions and what they share online.

The day will also look at the emotional impact navigating a misleading online world can have on young people and why it is important to create a supportive, critical and questioning culture online that encourages debate and discussion.

As parents and carers you play a vital role in supporting and empowering your child to use digital technologies responsibly, respectfully and creatively.

There are plenty of ways that families can get involved in Safer Internet Day, whether that's taking the opportunity to discuss the internet and its use as a family or by acting as a digital role model.



## Meet our SENCO:

### About Me



My name is Sarah Wilson and I am a year 6 Teacher and the Special Needs Coordinator at Albrighton.

I have two children, James and Amy who have both left school now.

Before becoming a teacher about 12 years ago, I had a very different career in Sales and Marketing and worked for a wide range of companies. Changing career was a big decision and one that I have never regretted.

My first love has always been languages. My degree was in French and Italian and I hope to pass on my enthusiasm for Modern Foreign Languages through my role of MFL coordinator at the school. At my last school, I became very interested in teaching children with Dyslexia and did a further qualification on the subject. It was that interest in teaching children with specific difficulties that led me to taking on my current role. I enjoy being a SENCO because I work with children across the school and see them develop as they do: it is very rewarding.

### My Favourites

- Food:** Italian, curry
- Colour:** purple
- Sport:** stand up paddle boarding
- Books:** Holes and The Little Prince
- Movies:** Frozen and The Greatest Showman
- Place:** mountains, rivers, lakes
- Animal:** dog (but I own a cat)
- Subjects:** Literacy, Maths, French33



## Wellbeing Competition

Can you create something that gives a positive message and demonstrates well-being? It can be anything you want it to be; an inspiring piece of artwork, a model, a sculpture, a picture made from natural objects. Send a photograph of your creation to [deputyhead@albrighton-pri.shropshire.sch.uk](mailto:deputyhead@albrighton-pri.shropshire.sch.uk) by Monday 22<sup>nd</sup> February 2021. Below are a few examples:





## Mental Health

During the Covid-19 pandemic, we're all feeling less secure than usual and missing our normal routines. But just as doing exercise improves physical health, you and your child can do activities to boost your mental health.

The Partnership for Children Organisation have produced some useful packs with activities that are based on their Skills for Life programmes. You can use them to help your child find healthy ways to deal with their feelings and reactions to the Covid-19 situation.

The activities:

- take around 10 minutes to complete and can be downloaded or done with pen and paper
- cover the following themes: feelings, staying connected, dealing with change, getting along, dealing with worries and relaxing
- are designed for children aged five to nine but can be adapted for younger or older children
- include instructions for adults to complete the activities with children

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

## Ideas to Entertain the Children during Lockdown 3.0:



### Let's Get Arty

The Tate museum group has a page dedicated to games and quizzes which work for a wide variety of ages. These range from colouring and painting to quizzes about famous works and historical figures. Have you ever wondered which animal from art history matches your personality? Then look no further.

The Louvre's "Tales of the Museum" is an interactive cartoon series that lets children and parents click on items from the museum's collection and explore their history through animated storytelling. These depict the backstories of world famous works like the Venus de Milo, as well as charting major events in the museum's history, such as the theft of the Mona Lisa.

Art Enthusiasts London offer online art classes for children of all ages and adults. If you want to learn to paint like a famous artist or learn to draw using different pencils and techniques, then this is the place to go. The classes cost from £4 - £5.50 a session and last for up to 2 hours. They can be booked online through Eventbrite.

<https://www.eventbrite.co.uk/o/art-enthusiasts-london-12917494907>

### Visit a Virtual Museum

## N NATURAL HISTORY MUSEUM



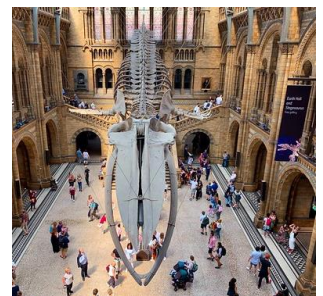
Delve into the Museum from home with a virtual self-guided tour of the galleries, an interactive experience about Hope the blue whale and audio guides narrated by Sir David Attenborough.

<https://www.nhm.ac.uk/visit/virtual-museum.html>

## SCIENCE MUSEUM

Explore the Science Museum online with a virtual tour on Google Streetview, curator gallery guides, inspiring stories and fun tools to discover hidden gems.

<https://www.sciencemuseum.org.uk/virtual-tour-science-museum>





Please email  
you class



# Wellbeing Activities

## Year 5



The pupils in Year 5 are holding up things that are special to them and sharing with their class why it was special. The children then reflected about why it's important to think about these things especially during more difficult times.

## Year 3

Children from Skyflyers, in and out of school, had to think about their outer self and then reflect on what makes their inner self happy, safe and content.







# *We're going on an Albrighton Bear Hunt*

**Put a bear in your front window so all of  
your neighbours and friends can see.**



Make a sign for your bear using the school name and logo or use #AlbrightonPrimarybearhunt so everyone can see your bear is part of the bear hunt. Remember to take a photograph of your bear in the window and send it in to school. Don't forget to share with other people and see if they want to join the bear hunt too.

When you go out and about on your walks, see if you can hunt for other bears. You never know where one might be hiding.

Send the photos to your class email address or to [admin@albrighton-pri.shropshire.sch.uk](mailto:admin@albrighton-pri.shropshire.sch.uk)

# 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1



## Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2

## Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.



3

## Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4

## Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.





# 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

5

## Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

## Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

## Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.



8

## Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

