

## Headteacher's Note:

Hi everyone,

Thank you to each and every member of our school community for your support and understanding this half-term - it certainly has been another challenging one.

Albrighton pupils you are amazing and whether you have been learning at home or coming into school, we are extremely proud of you!

Let us all hope that the announcement due to be made on 22nd February will announce the return of all children from 8th March.

Meanwhile, may you all have an enjoyable half-term break.

Kindest Regards

Julie Bratt

Just a reminder that Monday 22<sup>nd</sup> February is a PD Day. As well as the school being closed to children on that day, there will be no requirement for home learning either.

## E-Safety

We have a new section on our website dedicated to E-Safety. There is a new article about keeping safe online and it includes links to a number of useful websites.

## 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:



## Motivation

An Acrostic Poem by Jack (Year 4)

**M**ake an effort to start on time  
**O**nly eat at breaks and lunchtime  
**T**ry and finish within the school day  
**I**f you get stuck, send an email.  
**V**ery rarely have the TV or radio on.  
**A**lways break the day up into chunks  
**T**ake your time on Art lessons  
**I**n Zoom calls - don't be silly!  
**O**nly our best will do  
**N**ever give up - keep going.

## Meet our KS1 Leader:

### About Me



My name is Kirsty Martin and I am the class teacher of Racing Rockets (Y1/2). I am the KS1 leader and the Maths Subject Leader.

I have two daughters, Beth and Abbie, who are grown up now but who I love spending time with. You may see me walking in Albrighton with my dog, Indie as I live in the village.

I have been a teacher for nearly 30 years now and have spent all my time teaching in Albrighton as I can honestly say there is nowhere I'd rather be! I feel really lucky to do a job that I love and every day is different.

One of the main reasons I love working at Albrighton Primary is the people I work with, we really are a great team! I also love getting to know different families and helping to support children to achieve their very best. In recent years, I have worked for Shropshire LA as a KS1 moderator which has allowed me to visit many schools & only cemented my feeling that I love teaching here at Albrighton.

As KS1 Leader, I am able to focus on planning and delivering lessons that will engage younger pupils. I love teaching all subjects, but as Maths Subject Leader I'm especially keen to create enthusiasm for this subject; I love it when pupils see patterns and make connections to further their understanding. I am really looking forward to welcoming all of the children back to school at the end of Lockdown.

### My Favourites

- Food:** Chinese, Italian, roast dinner  
**Colour:** blue and green  
**Sport:** watching rugby and football (especially if Wolves are playing)  
**Books:** The Owl Who Was Afraid of the Dark, Roald Dahl books  
**Movies:** Toy Story, Love Actually  
**Place:** Anywhere hot and sunny! I especially love Italy  
**Animal:** dog  
**Subjects:** Maths and Literacy



## Mental Health

### The Daily Mile At Home

Children take part in the Daily Mile at school but you can take part in the #DailyMileAtHome. It's an easy and fun way to keep fit and maintain good health and wellbeing for the whole family.

The daily mile website <https://thedailymile.co.uk/at-home/> has weekly family challenges in order to motivate children and keep the whole family active.

As parents and carers, you play an important role in your child's mental health. Check out our free resources below. Online resources to support Mental Health and Wellbeing can be found on the following websites:

<https://youngminds.org.uk/>

<https://www.england.nhs.uk/mental-health/>

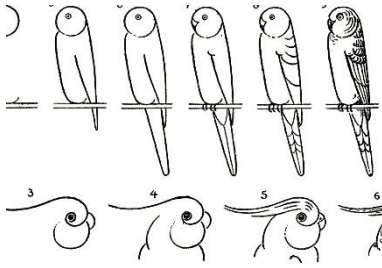
<https://www.healthforkids.co.uk/>

<https://www.annafreud.org/>

<https://www.childline.org.uk/>

<https://www.samaritans.org/>

## *Ideas to Entertain the Children during Lockdown 3.0:*



### **Learn To Draw**

Draw with Rob is a draw-along video series by children's author and illustrator Rob Biddulph. Every week he chooses a character, such as an alligator, dragon or alien - often from one of his books, though not always - and demonstrates how to draw it, step-by-step. Each video is around half an hour long, and all they need is a paper and pencil.

[https://www.youtube.com/channel/UCBpgrJijMpk\\_pyp9uTbxLdg](https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg)



### **Tackle An Indoor Adventure**

Globe-trotting adventurer Bear Grylls - the UK's youngest ever Chief Scout - teamed up with Scouts UK to launch The Great Indoors initiative, a collection of more than 100 activities that children can tackle indoors. It's packed with creative ideas, from constructing a telescope to designing a football shirt or learning macramé.

<https://www.scouts.org.uk/the-great-indoors/>



### **Practice Yoga**

Cosmic Kids shares interactive yoga adventures, mindfulness lessons and relaxation techniques for kids of all ages. No two episodes are the same - each has its own storyline, from Pokemon and Minecraft themes to farmyard and dinosaur backdrops. There are a huge range of classes to choose from, lasting from less than 10 minutes to an hour.

[https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo\\_Gsi\\_gbQ](https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_gbQ)



### **Try A Lego Challenge**

The Lego challenge is a printable calendar containing themed tasks for every day of the month. Kids can let their imagination run wild with all manner of Lego creations, from hospitals and rollercoasters to an unbreakable safe in a bank. If they've already completed the 30-day challenge, there's also a 31-day challenge with new prompts.

<https://www.freehomeschooldeals.com/free-printable-30-day-lego-challenge-instant-download/>



### **Make Origami Animals**

Keeping kids entertained doesn't have to cost a bomb. A piece of paper is all they need to bring their favourite animals to life in origami form. There are a variety of designs to choose from on Origami Way, including fish, bats, butterflies and frogs. Bonus points if they colour them in afterwards.

<https://www.origamiway.com/origami-animals.shtml>



# The Albrighton Book Worm



**Title:** Once Upon a Time Online

**Author:** David Bedford

**Reviewed By:** Mrs Tearle

## Plot - What Happens in the Story

This story has all the different fairy tale characters that we all know and love, joined together in one story to help children understand the dangers of the internet in a fun way!

It starts off with Jack in the beanstalk but as he goes to climb the beanstalk he gets distracted by a parcel that falls from the sky. Inside this parcel is a laptop.

The story continues with the various characters using the laptop to buy different items. I won't tell you what they all buy as it will ruin the story for you. But it all ends in disaster! Who will save the day so they can all live happily ever after?

The lesson being taught to children in this story is to always ask an adult before going online and always show an adult what you are doing if you are online.

## Characters:

Jack, Cinderella, Red Riding Hood, Rapunzel, the Three Little Pigs, and even the Big Bad Wolf.

## Who would like this story?

The suggested age range for this book is 4-8 years.

It is a great book to start off a conversation as a family about the dangers of the internet.

## Other great E-Safety Story Books For Children:

Chicken Clicking by Jeanne Willis

Goldilocks by Jeanne Willis

Troll Stinks by Jeanne Willis

Webster's Friend by Hannah Whaley

But it's just a game! By Julia Cook

## Book Review:

We'd like to see your book reviews. Please email them to your class teacher.



## We're going on an Albrighton Bear Hunt

We've heard that the children are really enjoying participating in the Albrighton Bear Hunt and drawing and colouring pictures.

Here are a few pictures we've received.





## No-Screen Day

Here's a few photographs from today's activities





## **News from Autism West Midlands**

### **Half Term Online Story Telling Fun**

**Wednesday 17 February 11am**

Award-winning storyteller Jake Evans will be entertaining us with his family-friendly tales and legends! A fab, free event which will engage family members of all ages. Follow the link below for more details and how to book:

<https://www.autismwestmidlands.org.uk/events/short-and-sweet-half-term-stories-with-jake-evans-17feb/>

### **Advice and Support on Request**

Our small, knowledgeable team are only a call or email away for families and practitioners, just contact us directly. To arrange an appointment please call:

Mon, Tue, Thurs, Fri - Wendy Cowton 07900 784186

Weds, Thu, Fri - Emma Hegenbarth 07881 109480

Or Email - [shropshire@autismwestmidlands.org.uk](mailto:shropshire@autismwestmidlands.org.uk)

Helpline - 0121 450 7575

### **Regular Weekly Virtual Support Groups for Shropshire Parents - Daytime and Evening Options!**

Weekly online support groups via the Zoom platform. This is an opportunity to talk with other parents, share ideas, and offer support. Groups are held on Tuesday mornings from 11am-12pm and Wednesday evenings from 8pm-9pm and are facilitated by AWM staff.

If you would like to join either of the support groups, please email Gemma at [gemmae@autismwestmidlands.org.uk](mailto:gemmae@autismwestmidlands.org.uk)





# *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)

# The #DailyMileAtHome

- Children in more than 7,000 schools across the UK do The Daily Mile as it keeps them healthy and it's fun, free and simple. Because it fits with the government's coronavirus guidelines, you might like to try it at home.
- The Daily Mile at Home is 15 minutes of walking, jogging or running at your own pace from your own front door. You should only do it alone or with members of your household, avoiding crowds. Keep local and don't drive.
- When doing The Daily Mile, schools follow our guidance in order to ensure that it works well. We've rewritten this guidance below so you can do it at home, while always following the government's advice.
- By the way, no-one ever has to do a mile! It's called The Daily Mile because, in the 15 minutes they take in school, most children will run and jog for a mile. But the distance really doesn't matter, and you can walk, jog or run at your own pace.



Our guidance reflects the government's advice and will be altered as and when required.

## Doing The Daily Mile at Home



### STAY SAFE

At this time, always obey the government's guidelines about keeping your distance from people – at least 2 metres – who are not living at home with you.



### FUN

Enjoy an outdoor break with your children, every day, and feel better for it.



### INCLUSIVE

Anybody who is allowed to go outdoors can do The Daily Mile. Stay together in your household group/bubble.



### WEATHER

We all need to try and get outside each day so dress for the weather and enjoy the Spring.



### WHERE TO DO IT

Use routes directly from your front door avoiding crowded places such as parks. Or, if you have one, you may decide to stick to your garden.



### QUICK

It takes around 15 minutes. Depending on where you live, do it for the amount of time that suits you best while following government guidance.



### WHEN TO GO

Once a day. It's usually best to go when you or the children feel the need to be outside, but you can choose to make it part of a daily set routine if you and they prefer that.



### CLOTHES

No kit is required – unless you want to change – just wear your normal clothes. Everyone should wash their hands when they get home.



### YOUR OWN PACE

The Daily Mile is never a race – you just move in the way that suits you and your household best, whether that's running, walking or jogging.



### SIMPLE

No need to make it complicated – just enjoy being outdoors doing some physical activity with your children.



# Supporting children's digital journey

internet  
matters.org

Tips for parents to help children navigate the online world safely



## Conversations

Whatever the age of your child, it's never too late or too early to talk about what they do online and why. Having regular conversations gives you insight on when to offer help and makes it easier for them to share concerns about anything that may upset them online.



## Helpful resource

Visit our online safety age guides for age-specific advice on how to support your child online as they grow

## What to talk about



### Pre-schoolers (0-5)

- Activities or apps they like
- Questions they have about what they've seen online
- What to do if they get upset about something they see



### Young children (6-10)

- Why they like certain apps, games or activities online
- Digital challenges they may face and how to resolve them i.e. seeing inappropriate content and screen time use
- Importance of questioning what they see online to build critical thinking



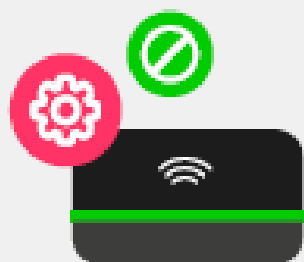
### Pre-teens (11-13)

- How they use specific apps and platform they like
- Benefits and risks of social networking before they join any sites
- Potential digital challenge they may face, i.e. cyberbullying, online peer pressure and screen time use



### Teens (14+)

- Apps they use, who they talk to and what they share online
- How they protect their privacy and manage their time online
- Digital challenges they face and how to resolve them (i.e. online peer pressure)
- The impact of their words and actions online
- Places to turn for help, i.e. trusted adults, Childline or online forums



## Safety

Take advantage of the great tech tools, broadband filters and parental control settings on apps, platforms and devices they use to create a safer environment for them to explore online.



### Helpful resource

Visit our [Set Up Safe](#) how-to guides to set controls and privacy settings on over 70 networks, apps, devices and platforms

## What to consider



### Pre-schoolers (0-5)

- Use broadband filters to block adult content across devices they use
- Consider setting screen time limits on devices they use
- Choose age appropriate apps and games to limit exposure to inappropriate content



### Young children (6-10)

- Opt for devices built for children that offer curated media and parental controls to manage what they see
- Make use of tech tools and apps like Apple's Screen Time app and Google Family link to manage what apps they use and when



### Pre-teens (11-13)

- Review controls and filters set on their devices to make sure they are still suitable as they grow
- When setting limits and filters, get them involved so they feel part of the decision making process



### Teens (14+)

- Set up a family agreement that you all sign up to, to manage expectations of what they should and shouldn't be doing online
- Discuss how they prioritise their digital world with commitments offline





## Behaviour

As soon as they are able to share and interact with others online, talk to them about what it means to be a good digital citizen and emphasise the importance of developing a good digital footprint.



### Helpful resource

Share our **Top Internet Manners Guide** to help children recognise how to best interact with others online

## What to share



### Pre-schoolers (0-5)

- Start talking to them about what is and isn't appropriate to share online
- Use books like Webster's Email or Webster's Friend to illustrate how to behave online



### Young children (6-10)

- Introduce them to the Childnet's SMART rules
- Together visit BBC Own it website, a resource to help children tackle digital challenges



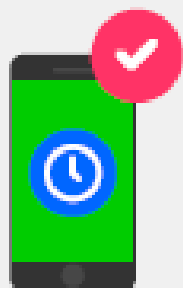
### Pre-teens (11-13)

- Read the NSPCC Share Aware guide to encourage your child to be share safely
- Share the Stop, Speak, Support online safety code to help them take positive steps to support others online



### Teens (14+)

- Help them feel confident about saying no if they are asked to do something that puts them or others at risk
- Encourage them to create an online image, which reflects who they are



## Timing

Screen time can be both educational and entertaining for children but it can also be a distraction from other activities. Help children find the right balance by establishing a family agreement on when, where and how they should be using screens, making sure to review this as they grow.



### Helpful resource

Visit our **Screen Time advice hub** to get more practical tips and expert advice

## How to manage



### Pre-schoolers (0-5)

- Encourage a healthy mix of online and offline activities
- Use time limiting tools to help manage how much time they spend



### Young children (6-10)

- Encourage them to explore a range of different types of media
- Help them balance active screen time (where they create, move with screens) and passive screen time (i.e. streaming their favourite show)



### Pre-teens (11-13)

- Teach them how to prioritise offline activities with screen time use
- Encourage them to leave devices outside the bedroom at night



### Teens (14+)

- Talk to them about why it's beneficial for them to self-regulate their screen time (i.e. health benefits, removing distractions)
- Be a good role model as children tend to copy what they see





## Exploring

As children expand their digital world by exploring different media, using social media and playing online games, encourage them to question what they see to build critical thinking. Give them coping strategies so they know where to go for help and who to talk to for support.



### Helpful resource

Visit our **Digital Resilience** age guides to help children become more digitally savvy

## What to do



### Pre-schoolers (0-5)

- Watch, play and explore with your child as they start their digital journey
- Supervise your child's use so you know when to step in



### Young children (6-10)

- Get involved and show interest in what they're doing online
- Remind them that they can talk to you or a trusted adult if they have concerns



### Pre-teens (11-13)

- Encourage them to question what they see online and not take everything at face value
- Talk about finding their identity and sources of content



### Teens (14+)

- Help them critically assess what other people say about them online
- Reassure them that you're here to support them and not judge if they have an issue they feel embarrassed to share