

Headteacher's Note:

Hi everyone,

It's been lovely to enjoy some Spring weather this week with children being able to spend more time learning outside.

As you know we have been having a big focus on promoting personal, social and emotional well-being since our full return to school. I'm pleased to say that most children have settled back into school well. Like all schools across the country however, we have found that for some children this second return to school has been particularly difficult. We are understanding of the fact that: children, in some instances are finding it more difficult to leave their parents when they have spent so much time at home with them; some children are still adjusting to playing and compromising with their peers again after another extended isolation; others are still getting used to applying themselves to focused learning within the classroom.

Mrs Tearle has added some links below for parents who may be aware that their children are struggling somewhat. Please be re-assured that you are not on your own. Meanwhile we will continue to promote all aspects of our PSE curriculum as a priority now and moving into the Summer term.

Kindest Regards
Julie Bratt

Dates for your diary



Wednesday 31st March:
Parent's Evening via Zoom
starting at 3:30pm

Thursday 1st April:
End of Term

Thursday 1st April:
Easter Competition

Monday 19th April:
School returns

Class Heroes:

Reception Rangers:
Willow & Layla

Shooting Stars:
Guy

Racing Rockets:
Oliver

Cosmic Comets:
William

Skyflyers:
Sonny

Voyagers:
Thomas

Starships:
Rose

Explorers:
Evie

Red Arrows:
Nicole

Well Done!



Star Readers:

Reception Rangers:
Harry & Malaki

Shooting Stars:
Ryan

Racing Rockets:
Grace

Cosmic Comets:
Jake

Skyflyers:
Sonny

Voyagers:
Lola

Starships:
Ellen

Explorers:
Isaac

Red Arrows:
Amelia

Well Done!



Star Writers:

Reception Rangers:
Beau & Jacob

Shooting Stars:
Alfie

Racing Rockets:
Haylan

Cosmic Comets:
Oliver

Skyflyers:
Kimi

Voyagers:
Lily-Rae

Starships:
Alex

Explorers:
Ruby

Red Arrows:
Jack

Well Done!



Meet our Starships Teacher

About Me



My name is Megan Evans and I am the class teacher of Starships (Year 5). I'm also the history subject leader.

After completing my Psychology degree, I was a teaching assistant for a year at school for children with severe and complex special needs. I think this is why I'm so enthusiastic about working with individuals to reach their full potential in a way that suits them. I think it's very rewarding to be able to help children every day and might be my favourite part about my job.

The best thing about working at Albrighton is the happy environment we have because of our kind, considerate children and staff. I love how I end up having a giggle every single day without fail both in the classroom and out!

My Favourites

- Food:** anything chocolate!
Colour: blue
Sport: running or badminton
Books: Harry Potter series
Movies: Marvel films and all Disney (but especially The Emperor's New Groove)
Place: In the countryside walking with Nala (my dog)
Animal: dog
Subjects: music and maths



Eggciting Competition

We would like to have eggstra fun this Easter with our eggceptional create an egg competition. Turn your egg into a book character, a film character or even a politician. Be as creative as you can!

We will pick one winner from each class to win an Easter egg. We can't wait to see your eggstraordinary creations on Thursday 1st April!



Parking

Please ensure that you do not park on the yellow zigzag lines or block our neighbours' entrances.

We have received complaints from local residents about driveways being blocked and cars exceeding a safe speed limit. It is an offence to block a resident's driveway so that they cannot exit their property.

We have also received complaints regarding parking on the Sports and Social Club car park. The parking is strictly for club members only.



Zoom Club

ParentPay closes at midnight every Wednesday evening for bookings for the following week. There are limited spaces so booking is essential to ensure a place.

Late bookings can be made, if there are spaces available, by contacting the school office or emailing zoom@albrighton-pri.shropshire.sch.uk



School refusal or school anxiety can start for any number of reasons: it might be because your child is worried about school work or friendship issues. Of course, during the current pandemic, lots of children are finding it hard to get back to school and routines and this is perfectly normal and is happening in schools all around the country.

It may be hard for your child to express why they feel the way they do and they may be worried about telling you if it involves others. It is important that they are encouraged to talk so you can make a plan together. While avoiding school is understandable when it causes anxiety, it becomes very hard to go back to school once you've been off for a while. Parents need to try and tread the very fine line between being sensitive to their child's needs and worries (and not dismissing them), while being aware that avoidance tends to make the problem worse. The link below will take you directly to resources to help you with managing your child's anxiety. It is also important to discuss any concerns or worries about this with school so we can support your child with their anxieties and they see that we are all working together to support them.

<https://www.happymaps.co.uk/age-group/primaryschool/primary-school-anxiety-and-school-refusal>

eSafety

On average, parents will only spend 46 minutes discussing online safety with their children during their entire childhood. Most grown-ups just don't know where to start. And that's absolutely fine. It's hard to keep up with what kids are up to online, let alone know how to keep them safe from harm.

Legos 'Build and Talk' activities give you the tools to have a relaxed but useful conversation with your children about life online as you tackle some fun and simple builds together.

<https://www.lego.com/en-gb/aboutus/buildandtalk/>

5 Ways to Help Children Focus on What They Can Control

1. Teach Accountability



Children who feel powerless often focus on things they can't change. **Create a "Culture of Accountability."**

Each family member is responsible for:

- ✓ Their own actions and behaviors.
- ✓ Following the rules and expectations set by the grown-ups.
- ✓ How they respond to stressful or upsetting situations.

2. Create a Circle of Control

Big Life Journal

Control is a tricky concept to explain to a child. But a **visual depiction** of what they do and do not have power over makes it much less daunting.



3. Practice Mindfulness

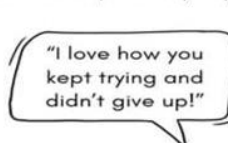
Mindfulness is the practice of **accepting what is** — without automatically trying to change it.

Explain to your child that we can't always control what happens to us, but we do have a say in **how we respond to it**. We can still choose our attitude.



4. Praise Effectively

One of the simplest ways to help your child gain more confidence is by offering effective praise. Studies show that praise **must be both specific and sincere** in order to positively impact self-esteem.



5. Understand the Power of Choice

Allowing your child to make important decisions about their lives is **crucial for their mental and physical health** — it even impacts key brain development. Provide them with options within established routines.





School Meals

The cost of a school dinner for children in Nursery and KS2 (Years 3 to 6) is £2.40 per day. Payment for school dinners must be paid in advance using our on-line system, ParentPay. If there are insufficient funds on your child's account, you will be asked to pay immediately or bring sandwiches into school.

Toys

Just a reminder that children should not bring toys of any kind into school.

Breaktime Snacks

We request that snacks for break times are healthy, e.g. fruit or vegetables. Thank you.



Lateral Flow Tests

As informed previously, staff are taking Lateral Flow Tests twice weekly.

You may be aware that the government have now announced that 'All households with children of school age can get 2 rapid Covid-19 tests per person per week.'

Whole families and households with primary school, secondary school and college age children, including childcare and support bubbles, will be able to test themselves twice every week from home. To order tests, follow the link <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Changes to the Test and Trace Support Payment for Parents

Parents and carers of children who have been advised to self-isolate by their education setting or by NHS Test and Trace are now able to apply for a Test and Trace Support Payment or discretionary payment of £500, if they meet the eligibility criteria. The extension of the Test and Trace Support Payment scheme, which is administered by district and unitary local authorities in England, ensures that parents receive the financial support they need if they are unable to attend work due to childcare responsibilities.

Parents and carers should apply to their local authority to receive a payment. Applications for the Test and Trace Support Payment scheme are made via the local authority in which the parent or carer resides, not the local authority where the setting is situated, if these are different.

To be eligible applicants must meet all of the criteria that:

- they are the parent or guardian of a child or young person in the same household and need to take time off work to care for them while they self-isolate. This is limited to one parent or guardian per household for the child or young person's self-isolation period
- they are employed or self-employed
- they cannot work from home while undertaking caring responsibilities and will lose income as a result
- they meet all the other means-tested eligibility criteria for a Test and Trace Support Payment or locally determined criteria for a discretionary payment

That their child or young person:

- is aged 15 or under (or 25 or under with an Education, Health and Care Plan (EHC)) and normally attends an education or childcare setting
- has been told to self-isolate by NHS Test and Trace or by their education or childcare setting because they have been identified as a close contact of someone who has tested positive for coronavirus (COVID-19)

Nurseries, schools, colleges and further education providers are required to provide a letter to all parents or carers of the children advised to self-isolate, to support their application to the Test and Trace Support Payment scheme.

For further information please visit the government website.

<https://www.gov.uk/government/publications/test-and-trace-support-payment-scheme-claiming-financial-support/claiming-financial-support-under-the-test-and-trace-support-payment-scheme>

7 Top Tips to Support Reading at Home

Shared reading is a great way to develop children's language and communication and to boost their reading skills. Regular reading routines can offer lots of opportunities for learning during school closures.

- 1** Concentrate on reading quality (it isn't all about reading lots!)



Don't worry too much about the 'what' and 'how' of reading each day. Books are great—but leaflets, comics, recipes and instructions on a webpage can all be great too. Following a recipe to make some cupcakes is valuable reading. Be on the lookout for reading, wherever it is!

- 2** Ask your child lots of questions



All reading matters. Shared reading is about 'reading with', not just 'reading to' (even for older children). So, ask lots of 'Wh?' questions, such as Who? What? When? Where? Why? Try them when talking about books: for example, 'what do you think Harry is feeling?'

- 3** Ask your child to make predictions about what they have read



If it is a book, look at the front cover—or the last chapter—and talk about what might happen next. Look for clues in the book and be a reading detective! For example, 'can you see the bear on the front cover? Where do you think he will go?'

- 4** Ask your child to summarise what they have read



When you've finished reading, talk about what happened. Acting out the things that happened in the story or describing the big idea of a chapter is really fun and maximises learning. For example, 'can you remember all the things that happened on the bear hunt?'

- 5** Ask your child to write about what they have read



Write, or draw pictures, from anything you've read! Big writing and pictures are even more fun. For example, use an old roll of wallpaper to make a treasure map with clues from the stories you've read together.

- 6** Read and discuss reading with friends or family



Make books a part of the family. Encourage your child to share them with a relative or friend, over a video call. Laugh about them when you are making meals together. For example, 'I hope the tiger doesn't come to tea today!'

- 7** Maintain the motivation to read



Talk about the joy of reading whenever you can. Your child is on an amazing journey to becoming a reader. Put them in the driving seat and have fun on the way! For example, 'choose your favourite story for bedtime tonight.'

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Find us on **easyfundraising.org.uk**

<https://www.easyfundraising.org.uk/causes/albrightonpschlnursery/?invite=QOGFBI&referral-campaign=c2s>

4,300 online sites will give us a free donation
when you shop with them - at no extra cost to you!



Download the easyfundraising App





Fundraising

Over the coming months, we will be undertaking a variety of fundraising activities to raise money for canopies and safe surfaces for Early Years outside areas and play equipment for the main site.

You can start fundraising now and it won't cost you a penny. We have registered with easyfundraising, the UK's biggest charity fundraising website.



Easyfundraising turns everyday online shopping into donations to the school at no cost to you. It's simple to use and it's FREE.

Use the easyfundraising website to link to over 4,300 retailers and then shop as normal.

Once you've made your purchase the retailer will make a donation to the school.

Use the link below to register and if your purchases raise £5 within 12 months, we will receive an additional donation from easyfundraising.

<https://www.easyfundraising.org.uk/causes/albrightonpschlunrsery/?invite=Q0GFBI&referral-campaign=c2s>

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LTA YOUTH START

ALBRIGHTON
lawn tennis club



New Coaching
Thursday 1st &
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Albrighton Lawn Tennis Club

Kennell Lane, Albrighton, WV7 3BQ

6 weeks of great coaching, racket, t-shirt, set of balls, lanyard & stickers

Ages 4 - 5 **Thur 3.45-4.30pm or Sun 2.00-2.45pm**

Ages 6 - 8 **Thur 4.30-5.30pm or Sun 3.00-4.00pm**

Ages 9 - 11 **Thur 5.30-6.30pm or Sun 4.00-5.00pm**

Covid Regulations

We recognise it is a strange time and want to assure you that we have a risk assessment & measures in place to ensure social distancing. Tennis is a great sport to play with the outdoor nature and safe distance between players.

All sessions delivered by an LTA Accredited Coach

Coaches have a clean DBS, safeguarding & first aid training

Sessions are open to members and non-members

Courses run for 6 weeks and cost just £34.99

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**WE DO
TENNIS**



Spring 2021 Menu - Week 1

Weeks Commencing: 8 March 21, 29 March 21, 4 May 21, 24 May 21, 21 June 21, 12 July 21

	Marvellous Monday	Tasty Tuesday	Wicked Wednesday	Thrilling Thursday	Fruity Friday
MAINS	Pasta Bolognese Or Cheese Toastie (v) Tuna melt Toastie Or Jacket Potato (v)	Quorn Nuggets with BBQ Sauce or Sweet & Sour Sauce (v) Or Beef in Black Bean Sauce Or Omelette (v)	Chicken, Gravy & Yorkshire Pudding Or Veggie Tots, Gravy & Yorkshire Pudding (v)	All Day Breakfast Sausage, Bacon, Scrambled Egg Or Veggie Sausage (v) Or Toastie (v)	Pizza - Cheese & Tomato (v) Or Chicken Curry & Rice Or Jacket Potato (v)
SIDES	Garlic Bread Baked Beans Peas	Rice Noodles Baked Beans Broccoli	Roast Potatoes Creamed Potatoes Carrots Cauliflower	Bread Slice Potato Waffle Baked Beans Plum Tomato Mushrooms	French Fries Baked Beans Sweetcorn
DESSERTS	Raspberry Mousse Fruit Salad Fruit Yogurts	Chocolate Crispy Bite Fruit Salad Fruit Yogurts	Syrup Sponge & Custard Fruit Salad Fruit Yogurts	Mini Doughnuts Fruit Salad Fruit Yogurts	Fruity Friday Frozen Desserts Fruit Pots Yogurts



Packed Lunch menu all served with fruit & salad, cheese portion, juice or water & dessert of the day

Wrap	Sandwich	Wrap	Sandwich	Crackers
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