



# Blended News @ Alexander Hosea



## Blended Newsletter @Alexander Hosea Issue 4

29<sup>th</sup> January 2021

Editions of all newsletters are on the school website <https://www.alexanderhoseaprimary.co.uk/>

We hope that this newsletter finds everyone safe and well. Now that we are four weeks into lockdown, we know that there is an increasing need to prioritise all of our emotional wellbeing and mental health. This is a challenging time for working parents with toddlers and primary school age children in particular, but every family will have its own unique challenges. We think that you are all doing an amazing job with your young people and their engagement with remote learning is really impressive. In all classes 90-100% of children are engaging with the remote learning offer and doing their best to keep in track with the daily teacher's expectations. Many families find that having a timetable for the day (with clear breaks, physical activity and down time) is helping their children to feel more settled.

Mr Johnson has suggested that schools may be able to start to return from 8<sup>th</sup> March, so the time when we are back together again is around the corner. Keep going and you know where we are, if you need to talk.

Stay well everyone and keep in touch.

Contact Details for School:

[Alexanderhoseaprimary@sgmail.org.uk](mailto:Alexanderhoseaprimary@sgmail.org.uk)

01454 294239

### Value this Term: Perseverance

In assemblies and in PHSE remote learning we will talk about continuing to try hard to achieve something, even when it is hard; there are obstacles in the way and it may take time. Stand firm and don't give up.

### Strategies to manage stress and anxiety

As we all try to find ways to manage the stress and anxiety around the situation we find ourselves in, we need to do what we can to look after ourselves.

One of the key ways to help with this is to get sufficient sleep. The HEAL model might be helpful to reflect on if you or your child are experiencing difficulties with sleep.

**HEAL – The four pillars  
of good sleep**

There are four main factors  
that affect the quality of  
your sleep:

**Health  
Environment  
Attitude  
Lifestyle**

There is an email with some further information for parents, if you are interested. We will focus on a different area of wellbeing next week.

### Reporting Covid incidents during lockdown 3

While the majority of our families are learning at home, it is still important that you let us know of any suspected or confirmed Covid 19 cases in your household. We are required to report this to DfE.

If someone in your household is showing one of the main symptoms:

\*A high temperature.

\*A new, continuous cough.

\*A loss or change to your sense of smell or taste.

Stay at home and get a test to check if you have coronavirus. The whole household must stay at home until a negative result is received.

Please let us know via the school office (phone message/email out of hours – see above), so that we can record these properly and adjust remote learning as appropriate.

## Remote Learning

Thank you for all your ongoing communications with teachers around remote learning. Keep talking to us. Your Parent Council Reps may be of assistance too.

There is a new tab for Remote Learning under the Curriculum tab on the school website.

## Reading

One of the most important aspects of learning for your child is regular reading. Reading is essential to learning in all areas of the curriculum, so maintaining regular good reading habits are very important.

Please encourage your child to continue their 'High 5' reading (5 times a week). This can be fiction or non-fiction. Bug Club and Oak Academy Virtual Library may help. Audible also have some free audio book titles for children at the moment. In recent pupil conferencing, many children in Y2-6 are really enjoying fantasy stories at the moment to help them to escape into a book and rebalance their stress levels. Why not try one? Here are some suggestions <https://www.oxfordowl.co.uk/for-home/find-a-book/brilliant-books/fantasy-and-magic>

If you need us to leave out a 'real' reading book for your child, please let the teacher know. Reception and Y1 have started to change books regularly through the front lobby.

## Parental questionnaire

You will have received a parent questionnaire (link sent by email). We value parent views and would appreciate responses by Wednesday 3<sup>rd</sup> Feb.

Thank you.



## We are listening

Keep talking to us to let us know what is going well and what further support you need. We are committed to helping every child to continue their education wherever they are during Lockdown. If you are struggling with the technology or supporting your child at home, please contact your teacher, who will do their best to support you.

## Who should I contact about....?

Information	Who to contact	Contact details
Covid symptoms and/or positive test (for child who is attending school as critical worker /vulnerable child)	School Office	<a href="mailto:Alexanderhoseprimary@sgmail.org.uk">Alexanderhoseprimary@sgmail.org.uk</a> and <a href="mailto:Debbie.Williams@sgmail.org.uk">Debbie.Williams@sgmail.org.uk</a>
Covid positive test (for children at home)	School office	<a href="mailto:Alexanderhoseprimary@sgmail.org.uk">Alexanderhoseprimary@sgmail.org.uk</a>
Remote learning, including access to: <ul style="list-style-type: none"><li>Evidence Me (Reception),</li><li>Google Classroom (Y1-6),</li><li>Times Tables Rock Stars (Y2-6),</li><li>Mathletics (Y1-6) and</li><li>Bug Club (all years).</li></ul>	Class teacher(s)	Topaz <a href="mailto:Sally.Windmill@sgmail.org.uk">Sally.Windmill@sgmail.org.uk</a> Emerald <a href="mailto:Nicola.Grainger1@sgmail.org.uk">Nicola.Grainger1@sgmail.org.uk</a> Jet <a href="mailto:Laura.Cleverley@sgmail.org.uk">Laura.Cleverley@sgmail.org.uk</a> and <a href="mailto:Rebecca.Rehman@sgmail.org.uk">Rebecca.Rehman@sgmail.org.uk</a> Ruby <a href="mailto:Sarah.Wigginton@sgmail.org.uk">Sarah.Wigginton@sgmail.org.uk</a> Crystal <a href="mailto:Amy.Clark@sgmail.org.uk">Amy.Clark@sgmail.org.uk</a> Diamond <a href="mailto:Angela.Moncrieff@sgmail.org.uk">Angela.Moncrieff@sgmail.org.uk</a> and <a href="mailto:Rebecca.Chalmers@sgmail.org.uk">Rebecca.Chalmers@sgmail.org.uk</a> Pearl <a href="mailto:Kimberley.Edgar@sgmail.org.uk">Kimberley.Edgar@sgmail.org.uk</a> Amethyst <a href="mailto:Heidi.Brooks@sgmail.org.uk">Heidi.Brooks@sgmail.org.uk</a>
Attendance (for children with provisional places booked to attend school)	School Office	<a href="mailto:Alexanderhoseprimary@sgmail.org.uk">Alexanderhoseprimary@sgmail.org.uk</a>
Safeguarding	Designated Safeguarding Lead	<a href="mailto:Debbie.Williams@sgmail.org.uk">Debbie.Williams@sgmail.org.uk</a> Or in her absence, Deputy DSLs <a href="mailto:Angela.Moncrieff@sgmail.org.uk">Angela.Moncrieff@sgmail.org.uk</a> <a href="mailto:Sally.Windmill@sgmail.org.uk">Sally.Windmill@sgmail.org.uk</a>
Finance and Pupil Premium matters (including receiving food packages for FSM children)	School Business Manager	<a href="mailto:Allison.Hall@sgmail.org.uk">Allison.Hall@sgmail.org.uk</a>
Special Educational Needs matters (including access to Nessy programme)	SENCO	<a href="mailto:Kimberley.Edgar@sgmail.org.uk">Kimberley.Edgar@sgmail.org.uk</a>