



## Alexander Hosea Primary School 'Roots to grow, wings to fly'

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Headteacher: Mrs D Williams



### Newsletter 16, 7<sup>th</sup> May 2020

For school calendar: <http://www.alexanderhoseaprimery.co.uk/calendar/?calid=1&pid=3&viewid=1>

From Mrs Williams:

#### Bristol Zoo

Unfortunately, we have needed to postpone our whole school trip once again and hope to rebook for March/April 2021, once the zoo is open again. All payments and permissions will be transferred across and we plan to pay any shortfall in payments (due to increased costs for the trip) from our School Fund, so that there is no additional cost for parents. Sadly, this does mean that our lovely Year 6 students will be unable to attend. We are looking into how to action your refunds.

#### Morfa Bay

It is also with sadness that we have needed to cancel the Year 6 residential to Morfa Bay, which was due to have taken place at the start of June. Mrs Hall is liaising with the company at the moment to work out what level of refund we may be able to secure for parents.

#### Teacher's Awards

In happier news, we have decided to reinstate a version of the weekly Teacher's Awards, which are normally given out in whole school assemblies each Friday. The Teachers will choose 1-2 children from each class who have shown a commitment to home learning or achieved something of special significance each week. We do know that whilst we are in the same storm, we are not all in the same boat, but we feel that this is a way to give recognition to as many children as possible for their efforts to keep learning at home.

#### When will school reopen?

The short answer is that we don't know. However as you will be aware, the Government are making an announcement on Sunday to indicate what their plan might be. We do not know if they will confirm a firm date at this time. We do know that when we return, it will not be a complete return to normal service from the off. We miss you all and look forward to the time when we can safely reunite as a community.

#### Some key dates for your diary:

**INSET days** – Friday 3<sup>rd</sup> July. (We will be plan our dates for the next academic year soon).

### Transition arrangements for new Reception children September 2020

We would like to extend a warm welcome to our new Reception families for September 2020. Whilst we are not able to offer the usual parents' meeting and stay and play in the summer term, we are looking into ways that we can connect with you before the summer holidays. Mrs Windmill and Mrs Williams are planning a new parents' welcome video to post on the school website.

There is a new tab in Topaz Class page <https://www.alexanderhoseaprimery.co.uk/page/?title=Pupils&pid=9> called 'Transition to school – September 2020', where we will post helpful items for you.

The new starters pack have now been posted to parents of all children who have been offered a place for September 2020. Please send the forms and information back to us in the post **by Friday 15<sup>th</sup> May** for us to process in preparation for your child joining us.

We are really looking forward to getting to know you and your child.

## Get support for victims of domestic abuse

[Next Link](#) provides support services for women, men and children in South Gloucestershire who are, or have been victims of domestic abuse. Their services include telephone help and advice, safe house accommodation, community outreach services and group programmes.

Referrals can be made by telephone, email or through the [Next Link](#) website. At the first point of contact there is a triage advice service where all victims asking for support will be offered a relevant service that meets their needs and responds to their immediate safety risks. Callers wanting advice and guidance can access our accredited advice service which is available on request. An initial advice form is also completed which contains further information about the organisations and accreditations.

You will receive a response within 24 hours of your enquiry.

You can also talk anonymously with our support workers through our live chat helpline on our website.

To find out more about these services please call [0800 4700 280](tel:08004700280) or email [enquiries.southglos@nextlinkhousing.co.uk](mailto:enquiries.southglos@nextlinkhousing.co.uk)  
Website: [www.nextlinkhousing.co.uk/southglos/](http://www.nextlinkhousing.co.uk/southglos/)

## Safeguarding

If you are concerned about the safety of a child, please alert the school's Designated Safeguarding Leads: Mrs Deb Williams, Mrs Angela Moncrieff or Mrs Sally Windmill.

You can also contact Access and Response to make a referral to social care on 01454 866000  
[Accessandresponse@southglos.gov.uk](mailto:Accessandresponse@southglos.gov.uk)



### Fond Farewell

Mrs Meredith (Lunch Break Supervisor) will be retiring at the end of May after 20 years' service.

We will all really miss her positivity and kind nature and wish her all the very best for the future.

She has sent across this picture of her sheep and their lambs. I am sure that these will be keeping her busy!

## NHS Coronavirus Status Checker

<https://www.nhs.uk/coronavirus-status-checker>

Tell the NHS about your current experience of coronavirus.

This survey will help the NHS understand more about how and where coronavirus (COVID-19) is affecting people now. By answering some quick questions, you can help the NHS plan its response to coronavirus.

The NHS especially wants to hear from you if you have symptoms, no matter how mild. But it also helps if you let us know if you're feeling OK.



Alexander Hosea Primary School 2.6 challenge for children, staff and parents!

Sadly Sports Day won't be able to happen this year, but don't worry we are still going to have a fantastic family event where we can all get involved and have lots of fun and do some exercise! Get active and get involved during May! See letter from Mrs Rehman (PE Leader)

On Monday 4<sup>th</sup> May, Mrs Williams launched the event by running 26 laps of the playground (about 2.5km). A short video clip is available on the school's Twitter page.

# BACK TO SCHOOL 2020

## Buying Your Uniform

Advice from your uniform supplier  
for the coming summer

We face a potentially difficult summer with delays or interruptions to normal deliveries of uniform. To give us the best chance of supplying all your uniform requirements can we please ask:

1. Order early
2. Order online
3. Make any exchanges/returns when our shops re-open

We don't yet know how or when the current restrictions will be lifted but until then we will operate our normal full online service

Visit [www.initiallyyours.co.uk](http://www.initiallyyours.co.uk)

Choose your school from the dropdown menu

**Please order as soon as possible**

**Initially Yours**  
GREAT CLOTHING PRINTED OR EMBROIDERED

Head Office: Waverley Units, Old Gloucester Road,  
Hambrook, Bristol BS16 1RP  
Call: 0117 9560909 Email: [info@initiallyyours.co.uk](mailto:info@initiallyyours.co.uk)

## Online safety

There is support available to keep your child safe online. Below are some useful links to help parents and carers:

- [Thinkuknow](#) (advice from the National Crime Agency to stay safe online)
- [Internet matters](#) (support for parents and carers to keep their children safe online)
- [Parent info](#) (support for parents and carers to keep their children safe online)
- [LGfL](#) (support for parents and carers to keep their children safe online)
- [Net-aware](#) (support for parents and carers from the NSPCC)
- [Let's Talk About It](#) (support for parents and carers to keep children safe from online radicalisation)
- [UK Safer Internet Centre](#) (tips, advice, guides)

One of the key pieces of advice is to talk with your children about how to keep safe and reinforce the need to tell a parent if they are worried about content online.



Connecting helpers to those who need help

During these uncertain times, the Wotton Area Mutual Aid group is matching up people in Wotton and the surrounding villages who need some help with neighbours who are willing to give it.

**Our volunteers are able to collect shopping, help with urgent supplies, or just phone you for a friendly chat.** We aren't healthcare professionals so won't be able to give health advice, and unfortunately can't come into your home at this time.

### Need support?

The easiest way to request help is to fill out an online form by clicking this link or typing it into your computer or use the QR code (right): <https://buff.ly/394Hzl8>

If you don't have internet access, please call the number below and leave a message giving your name, phone number and help that you need: **07545 042794**

When you request help, someone will get back to you as soon as possible, but we are relying on the good will of our volunteers. We will keep the sharing of any personal data to a minimum and have asked our volunteers to do the same. When this is over, all information held will be destroyed.

### Scan here to volunteer!



Use your phone camera to scan this and it will take you straight to the website

### Want to volunteer?

If you are over 18 and would like to become a local volunteer, please complete the online form at the address below or use the QR code (left): <https://buff.ly/2WBZPA7>

Thanks to all who have made this possible – so quickly!

[f @WottonAreaMutualAid](#)

The teachers are working really hard to keep in contact with families, setting and responding to learning and providing pastoral support for families that need more support.

They are also on duty in school supervising the key workers' children once or twice a week, writing reports and completing other essential duties.

Alongside this, many of them are homeschooling their own children, as well as taking care of the needs of elderly/poorly/vulnerable family members.

We are continuing to do the best that we can.





### VE Day Stay at Home Street Party

As you may have seen, the celebrations to mark 75 years since VE Day have been cancelled. Some communities are encouraging families to do a stay at home street party, where families have picnics in their front garden whilst maintaining safe social distancing.

As a family you can decide whether or not this is for you. Some families might like to stay indoors but put up red, white and blue posters or bunting.

### Royal British Legion resources

The Royal British Legion have posted some helpful resources to help families to find out more about VE day. There are powerpoints and activities for children to use.

<https://www.britishlegion.org.uk/get-involved/remembrance/teaching-remembrance/remembrance-lesson-plans/ks2-lesson-plans>



<https://www.epinsight.com> | Twitter - @EPInsight

#### Prioritise

Break up the stress into smaller and more manageable chunks.

- Make "To do" lists - divide items into Must vs Should vs Could.
- Forgive yourself if you don't achieve something - priorities can change quickly.

#### Focus

Disrupt negative thinking by paying attention to the present moment.

- Look at and listen to the sights and sounds in the garden or driveway.
- Notice how your feet hit the floor when walking from room to room.
- Tune in to the smell and texture of your food as you eat.

#### Routine

Minimise the impact of stress by maintaining structure and routine.

- Keep doing things which are familiar and meaningful.
- New decorating projects and clear-outs can give you goals to work towards.
- Plan a new meal, start a new book or try different genres for movie nights.



## MANAGING STRESS: SELF-CARE DURING THE CORONAVIRUS CRISIS

#### Connect

Maintain support networks to promote belonging, safety and emotional regulation.

- Get in touch with friends or family that you haven't spoken to in a while.
- Use text, email, video chats or letters to check in and share news/gossip.
- Prioritize positive social media and avoid too much news coverage.

#### Breathe

Take control of your breathing to stifle panic.

- Slow and rhythmic breathing in and out.
- Consider movement & vocalisations from the Breath-Body-Mind approach: <https://tinyurl.com/tk4nkq4>

#### Exercise

Find creative ways of being active when indoors.

- Perform star jumps, lunges, planks and chair/wall push-ups during TV adverts.
- Learn a dance routine from YouTube.
- Schedule toning and bodyweight exercises each day: <https://tinyurl.com/y57d6cf7>

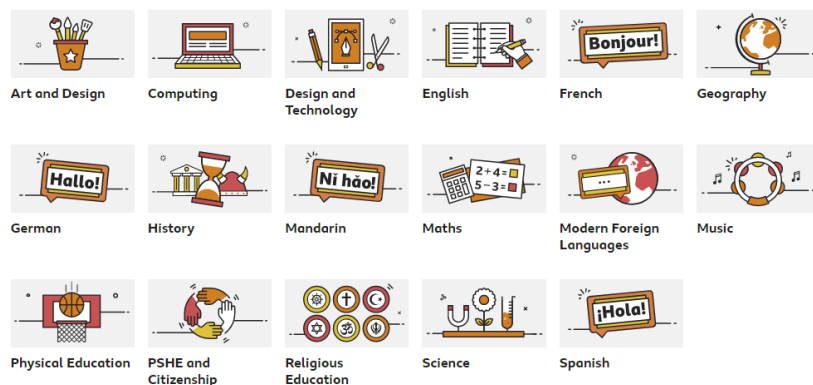
#### Gratitude

Take more notice of the pleasures in life.

- Thank others for what they do and say more often.
- Get into the habit of listing or reflecting on three good things which you are grateful for each day.

## BBC Bitesize Daily lessons coming soon

Beginning Monday 20 April, BBC Bitesize will publish daily online lessons for all ages. They will also have a new dedicated TV channel full of learning content, podcasts on BBC Sounds and loads of educational video on iPlayer.



There are also further PHSE (personal, health & social education) resources (including stories and activities) on [families.jigsawpshe.com](http://families.jigsawpshe.com)

### Mental Health Resource.



Social distancing and self-isolating is challenging for everyone, which is why it's so important for us to look after our mental health as well as our physical health at this time.

We have lots of advice and tips on how to maintain your mental wellbeing during this difficult time online, visit <https://oneyou.southglos.gov.uk/stress-less/>

Alternatively, if you would like to speak to someone to find out what support is available, call 0333 577 4666 available from 11am-7pm Monday to Friday, 12pm-6pm Saturday and Sunday or email [communitysupport@southernbrooks.org.uk](mailto:communitysupport@southernbrooks.org.uk)

Logo for mindyou, featuring the word 'mindyou' in white lowercase letters on a dark blue background.

#### Coronavirus (COVID-19): Useful Information

This can be a very scary and confusing time for children and young people. However, there are lots of resources available online to help young people look after their mental health.

Please visit <http://sites.southglos.gov.uk/mind-you/coronavirus-covid-19-useful-information/> Alternatively, if you need help and support or are worried about someone, advice is also available via Avon & Wiltshire Mental Health Partnership's 24-hour helpline, please call 0300 3031320.

## Support for Young People in South Glos

### Something on your mind?

Call the School Health Nursing Team and have a confidential chat on:  
**01454 862 441**

These phone lines will run until further notice, and will be staffed from 9am to 4pm, Monday to Friday. For health information and advice about coronavirus, please go to the [NHS 111 website](https://www.nhs.uk) in the first instance.



Emotional Health  
Anxiety/Low Mood



Healthy Eating/  
Lifestyle



Anger, Family Concerns  
Domestic Abuse



Dental Health.



LGBTQA  
Relationships & Sexual Health  
Friendships/Bullying



Sleep



Confidence



Physical Health



Drugs, Alcohol & Smoking

Further Support:

<https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing/bristol-south-gloucestershire>

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



## Coming Soon – School Reports!

Teachers are putting the finishing touches to your child's School Report.



Community Children's  
Health Partnership

