

# Woodside Matters

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[www.woodside.gloucs.sch.uk](http://www.woodside.gloucs.sch.uk)

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## **Hurray!**

We are very excited that the 8th March is now a definite date for fully opening and we can't wait to welcome everyone back! Well done to all parents and carers and staff for getting through this partial closure and let's hope it is the last. Please get in touch if you have any worries about your children returning and know that we are all ready to help them through a 'recovery' stage towards eventual normality.

Everything looks so much more positive for the future and let's all enjoy it to the full!

## **Transition to fully re-opening**

If your child has been at home throughout the lockdown, please continue with the daily activities as class teachers will include activities to support their return. If your child is attending part time at the moment, it is really important that they complete the daily activities on days they are home. If you think your child may be particularly anxious about returning, please inform the class teacher so that support can be put in place at school. Preparation activities will be included in next week's curriculum and when children return.

## **Children's attendance up until 5th March**

If your child is accessing school and does not come in on a day we expected them (eg if your shift has changed), please remember to phone us to say they will not be in. This is because we need to account for children we expect in.

## **Children's attendance from 8th March**

All children must attend (unless there is an agreed part time timetable for children with EHCPs to support transition.)

## **World Book Day and Red Nose Day**

On Thurs March 4th, World Book Day will be celebrated with activities for children at home and at school. We are not doing a dressing up day at school this year.

However, on Fri March 19th all children will be in and we will mark Red Nose Day with a mad hair or hat day and encourage children to wear something red. So, start thinking of how to use hair gel and spray creatively or decorate a cap/hat in a crazy way! There are some fabulous ideas online –just google 'mad hair day ideas' or look on pinterest. Lots of ideas could be adapted onto hats or wigs! Donations of £1-£2 per child suggested, which can be done via Parent Pay.

## **Come to school in PE kit on these days**

Red Squirrels-Mon and Wed

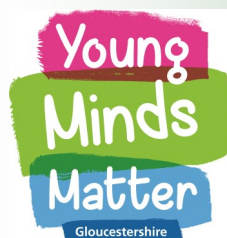
Woodpeckers-Weds and Fri

Fallow Deer- Thurs

Dormice-Mrs Fawkes will arrange via Tapestry

## **Loaned devices**

Please return loaned devices on Monday 8th March, observing social distancing at the school office.



### **Uniform and Hair**

It is completely understandable if your child's uniform/shoes no longer fit and we appreciate that shoe shops are not open. Please do not worry; send your child in with the best alternatives you can until you can replace items.

Please support our normal expectations for no jewelry other than small studs, no tram lines or coloured hair. Earrings must be removed for PE. Thank you.

### **School dinners**

Caterlink will provide hot meals from 8th March. Please make sure you have credit in your Parent Pay account

### **Breakfast and after school club**

Please contact the office if you want to book child care at breakfast club or after school club.

### **Risk assessment**

School's Covid risk assessment has been updated and can be seen on our website, in the Policies and Documents section.

### **Please remember:**

- Please practice social distancing whilst at school, wear a face covering, remain very vigilant for symptoms.
- Please ring with queries to avoid using the reception entrance.
- Please do not send your child to school if they have any of the following symptoms:
  - a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
  - a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
  - a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

### **Drop off and collection**

It is the same as before Christmas-the poster will sent separate to this newsletter as a reminder.

Please arrive at your allotted time and help to keep bubbles separate as we want to avoid any partial closures!

If you have more than one child, all siblings can arrive together at the later slot. Little Dormice and Dormice combine as one bubble, due to smaller numbers.

# Five Ways to Wellbeing

## Mindful Monday

Mondays are all about Mindfulness which links to the Five Ways to Wellbeing area of 'Take Notice' and which focuses on being able to pay attention to the here and now. The idea is to focus on breathing-in and breathing-out which will help quiet our minds and reduce felt sensations of worry/anxiety. You can use these exercises throughout the day especially when you feel that you need to calm your body and mind.

### Belly breathing

Placing your hands on your belly, notice how they gently rise and fall as you breathe-in and breathe-out.



### Object Awareness

Place a small object in your hand like a pencil, stone or eraser. Close your eyes and really notice how it feels to your touch. Focus on how heavy or light it is, on its texture, shape and temperature. Spend a few moments placing your full attention on this experience.

## Try It Tuesday

This links to 'Keep Learning' of the Five Ways to Wellbeing and this focuses on trying a new skill. Learning something new can lift your mood and setting goals is linked to better wellbeing.

### Break the Rules

Think of a game that you like to play. Get creative and think of how you might change the rules to make a new game to play.



### Something new

Try out something new – trying something new can be a bit scary at first but it can also be lots of fun and a source of ideas.

Here are some new things to try: create a new outfit from recycling old clothes and accessories, start a new hobby, learn a new game, listen to and learn a song by a musician you've not heard before.

## Work Your Body Wednesday

This links to 'Be Active' of the Five Ways to Wellbeing. There is a link between staying active and positive mental health and wellbeing. By regularly taking part in some form of exercise we can look after our mental and physical health at the same time.

### Running

Running is just about the simplest form of exercise there is. It can be done outdoors and indoors (being careful of course).

Change things up while running:

- vary movement patterns by switching from running to skipping or try running in place with feet very close to the ground.

- run with high knees (lifting alternating knees towards the chest with each step)

- 'butt kicks' (kicking alternating heels towards bottom with each step).

- Changes of direction (side-to-side or reverse) – great for both muscles and brains as well as co-ordination.

### Jumptastic

Have a go at the following types of jumps:

- Criss-cross feet: jump straight up, then cross one foot in front of the other; on next jump, switch feet and continue.

- Hurdle hops: jump side-to-side or front-to-back over a pretend hurdle.

- One-foot hops: lift one knee and jump on the standing leg; alternate (this is a great balance challenge too)

- Tuck jumps: bend knees and lift heels high while jumping.



## *Talk About It/Thankful Thursday*

This links to 'Connect' and 'Give' of the Five Ways to Wellbeing. Feeling connected to other people is important. It can help you to feel valued and confident about yourself and can give you a different perspective on things. There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.

When we 'Give' to others it not only makes the person receiving it happy and thought of, it also, according to research, can make you happier. Even

### *Talk About It (Connect)*

**With your family, discuss these questions:**

Have you ever wished you were a character in a book, movie or TV show? If so, who and why?

The most delicious food to eat is...

The harder you try, the better you become. Do you think this is true?

If you are sad, how do you help yourself feel happy again?

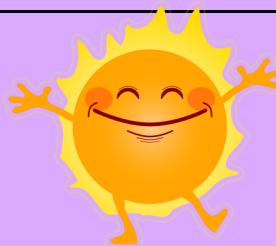
### *Thankful (Give)*

The Colour of Kind – if kindness were a colour, what would it be?

Create a picture, collage or draw patterns in the colour you have chosen.



## *Fun Friday*



It's good for your mental health and wellbeing to do something that you enjoy so the last day of the school week focuses on this. Fun Friday is about choosing an activity that makes you smile. This could be playing a game with your family, building a Lego model, drawing/painting a picture or doing something active. What will you choose?

Thank you to Mrs Stevens from GHLL for these lovely activities, which we hope you will enjoy!