

# Woodside Matters

01594 542287



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

[ourschoolsapp](#)

29.01.21

## Half Term

The DfE have confirmed that schools will close to all children at half term.

If your child is eligible for Free School Meals, Gloucestershire County Council is providing vouchers for families. This programme has been in place over the October and Christmas holidays and will also be available over this February half term. Please read the letter from GCC that accompanies this newsletter.

## Lateral Flow Testing for Staff in Primary Schools.

Lateral Flow Tests have been made available for staff testing in Primary Schools. This is intended to identify positive cases of coronavirus from staff who are asymptomatic. 1 in 3 people with Covid-19 don't have any symptoms.

We warmly welcome the introduction of rapid testing for our staff. The DfE does not have plans currently for the regular testing of primary school children. Tests will be taken on Sunday and Wednesday evenings. If a staff member tests positive:

- Their bubble and close contacts will be contacted that evening and informed that they need to isolate immediately
- The member of staff would then book and take a PCR test
- If the PCR test is negative, the bubble will re-open
- If the PCR tests is positive, the bubble would remain closed with all members of that bubble needing to isolate for the full 10 day period

Currently, this **ONLY** applies to children who are attending school, because their parents are critical workers, or they are vulnerable/have EHCPs. I am informing all parents about this procedure, so that all parents know what actions we are taking to take to keep everyone in our community as safe as we can.

The more children we have in school the more families are at risk of catching Covid-19. Currently we have around 25-30 children at school compared to 7 children during the March 2020 lockdown. This provision should **only be used by critical workers when they are working**, or by vulnerable children/those with an EHCP. Please only put a request in for a critical worker place if no-one else can care for your child when you are leaving home to go to your place of work. If we get a positive case, Critical Workers eg those working for the NHS, will be affected as their children will be sent home.

## Children's attendance

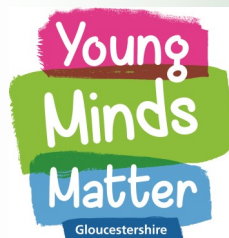
If your child is accessing school and does not come in on a day we expected them (eg if your shift has changed), please remember to phone us to say they will not be in. This is because we need to account for children we expect in.

## Fire Drill

Well done to all children for their sensible behavior when evacuating the building during the fire drill this week.

## Loan of devices

We still have iPads available to be loaned out, so please contact us if you would like to borrow a device for the duration of this lockdown. If you have unused devices you would like to donate, our IT support will reset them to factory settings for loaning out.



**Reminder about class emails**  
**You can contact your child's teacher through:**

Dormice@woodside.gloucs.sch.uk

Fallow-deer@woodside.gloucs.sch.uk

Woodpecker1@woodside.gloucs.sch.uk

redsquirrels@woodside.gloucs.sch.uk

Little Dormice and Dormice information will be sent individually to parents via Tapestry.

Snow plan during this lockdown

Q. How will I know if the school is closed?

A. If it has snowed overnight and you think school might close, please look at the school website from 7:15 am onwards. A message will appear in the pop up box on the front page to say if the school is closed.

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

The same message will be put on the app and on the GCC school closure website.

If we open from 10am in this lockdown, your child can enter the school through the front door as there are fewer children attending. Staff will be on hand to ensure bubbles do not mix.

**Little Dormice and Dormice  
resources**

Mrs Fawkes says that the stock of little toy cars and little people (Lego and Playmobile size) is a bit low.

So, if you are having a clear out and would like to re-home toy cars and lego-sized people, please send them to school.

They will go into quarantine for a little while before being sanitized and will be very much appreciated after that!

**Gloucestershire Healthy Living and  
Learning Healthy Schools Award!**

We re-applied for the award last term and are very pleased that our award has been renewed. This reflects all our work on wellbeing.

**Five Ways to Wellbeing**

Please see the next page for ideas and thanks go to Mrs Stevens from GHLL and Berry Hill School for this lovely resource.

Thank you very much to all our staff, as provision for all children is great even through this very difficult time. We fully appreciate everyone's efforts with provision for home learning and school learning and thank you to parents for all the positive feedback we are getting. It really does make a difference. Please stay in close contact with staff.

Huge thanks also go to our Governors for their work for the school and for their unwavering support; it is very much appreciated.

Between home and school; between parents, carers, staff and governors, we are all doing an amazing job for the children, so well done everyone! Keep going!

# 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.

### Flower breathing

With eyes closed, imagine smelling a beautiful flower.  
Breathing in slowly, fill your body with freshness.  
Breathing out slowly, notice how your body feels.

### Like the Mountain

Stand tall, feet forward with legs hip-width apart.  
Straighten your arms alongside your body.  
Imagine you are a mountain, strong & stable.

## 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.

### Reading Explorer

MyON is our new online reading platform and has a wide range of books to choose from. Why not try something new and type in the search box something you're interested in and choose a book that comes up from your search.

### Music Maker

Have a go at making your own music and expanding your musical vocabulary: <https://musiclab.chromeexperiments.com/Experiments>

## 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.

### Hot and Cold

Ask a family member to hide 5 things and you have to find them. How quick can you find them?

### Strength Challenge

Can you put your arms out to the side and keep doing small circles until a song ends?

## 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:**

Which smell do you like?  
Which smell don't you like?  
What makes you laugh?

### Thankful (Give)

Quietly, to yourself, name three things in nature for which you are grateful. As you recall these things, send them a thank you. For example:  
*Thank you, trees. Thank you, rain. Thank you, butterflies.*

## 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?