

Friday 29th January 2021 - Newsletter 17

## *A message from Miss Towler...*

Dear Parents and Carers,

Well this term is certainly flying by! Another week has passed and we have been busy setting home learning for the pupils who are working remotely and of course teaching the children in school.

Welcome back Mr Ramzan. After a long few weeks with the virus he is now glad to be back at school. It was certainly not a nice way to end his Christmas break. The children in school were so happy to see him return!

We are pleased to share that the work being carried out on the school roof will finally be finished this weekend and the welfare suite in the carpark and the final bits of scaffolding will be removed. The roof looks very smart and more importantly is keeping the heavy rains that we have had recently well and truly out!

Stay safe,  
Caroline Towler, Headteacher

## Top tips on Computing from Mr Ramzan our Computing Lead



### Social Media

This week we are looking at using social media safely, apps and online services such as facebook, twitter, whatsapp and tiktok to name but a few. More and more children are chatting and sharing text and images online. It's important to know what to share and keep children safe online. Don't forget that the minimum age for many of these sites is 13 years of age.

Follow the link below and you can start a conversation with your child if they use social media:

[Click here for more information](#)

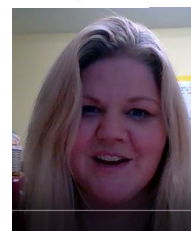


## This Week's Purple Book Lockdown Stars



I have recorded another mini star assembly to celebrate the children in school and at home who have been chosen by their teachers to be in the purple book. Click on the blue link below to see the video:

[Purple Book Superstars](#)



## Home Learning - TPA style!

As we venture into new territory with video learning our TPA team have officially become video superstars. Check out some of the pictures of the team in action in their video sessions:



This is a whole new world of teaching for the team. The staff at TPA are so committed to supporting our home learners, even if we have had to film a few takes to get it right!! Huge thanks go out to the whole team who are juggling planning your child's learning and teaching in class whilst teaching and responding to the children at home.

## Children's Mental Health Week

Next week it is Children's Mental Health Week and as a school we will be building on the support shared by Miss Bell in our #wellbeingWednesday activities. Through assemblies, home and school learning and extra learning challenges set we will be thinking carefully about our wellbeing. The theme for the week is express yourself. Next week is an opportunity to shine a spotlight on children and young people's mental health, something that as a school we are passionate about supporting.



We are going to hold a Dress to Express Day on Thursday next week:

*'Our lives are full of colour and we can use colour to help make sense of how we're feeling, who we are and the world we live in. Your child/children could wear their favourite colour or choose a range of colours that express how they're feeling. Colour can be very personal and mean different things to different people, so this is a great opportunity to encourage self expression and celebrate a diverse range of emotions.'*

Your children can either come to school wearing brightly coloured clothes instead of their school uniform or if they are working from home they can wear their brightest clothes whilst completing their home learning.

Don't forget to Tweet #childrensmentalhealthweek and share photographs on the day!

## Our Home Learning Heroes

We are so proud of the children who are working very hard on their learning at home. Thank you to our families who are supporting the children brilliantly. At times it can feel overwhelming and like there is a lot to do. We as a school are required to ensure children are engaging with their learning and also that we provide at least three hours of learning a day for Key Stage One pupils and four hours of learning a day for Key Stage Two. Every child works at a different pace and of course will need differing levels of support from an adult as they are not in their classroom with the teachers that usually work with them. We are here to support families that are struggling; whether it be a phone call to parents/carers or to your child or a message shared over Seesaw or Tapestry. Please let us know if there is anything we can do to help.



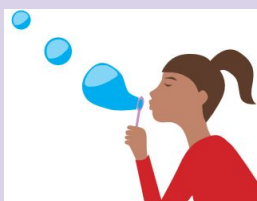
### Supporting your child's wellbeing throughout lock down



#### #takeascreenbreak

Being in lockdown can be stressful, and many children and adults are feeling anxious and on edge right now. These activities can help you and your child to relax - try doing them together. Have a go and share a picture on Twitter @TadPrimaryAcad

**Stress toys:** This exercise releases muscle tension and massages your hands. Make your own stress balls by filling balloons with dry rice or pulses. Take the balls in one or both hands and squeeze and release. Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like



**Bubble breaths:** Imagine you are blowing the biggest bubble ever! Take in a breath and imagine you have a pot of bubble liquid. Slowly and gently blow bubbles into the room. Do you feel better? (Remember to encourage the children not to get excited by popping the bubbles!)



**Push against a wall:** This is perfect for getting rid of stress without having to go outside or even leave the room. Push against the wall for 10 seconds. Imagine you can push the wall over if you try hard enough! Repeat three times. When you do this your muscles contract and then relax, releasing feel-good hormones into the body.