

PRIMARY ACADEMY Newsletter

Friday 5th February 2021 - Newsletter 18

A message from Miss Towler...

Dear Parents and Carers,

As we edge closer to half term I continue to be blown away by the whole of Team TPA. The children at home and at school have impressed us for both their commitment to learning during these difficult times and their ability to keep positive when things are challenging. Thank you as always for your incredible support but also thank you to our amazing staff team who are working so hard to keep things going in these extraordinary circumstances.

Please read on to see what plans we have for our final week of term and for important information on a change in date for our Training Day. We also are sharing some more wellbeing ideas that might help with any children who are struggling at the moment.

Stay safe, Caroline Towler, Headteacher

Safer Internet Day - Tuesday 9th March

Next Tuesday it is Safer Internet Day and we will be exploring how children can keep themselves safe when accessing a range of apps and the internet. This year, Safer Internet Day explores reliability online. The internet has an amazing range of information and opportunities online but we want to ensure that our children are equipped to use it safely. We are sure the children will gain lots from this learning.













Online safety at home

Next term's Training Day - Change to the date.

The most recent information we have been given suggests that schools may open again on March 8th to all pupils. As we currently have our spring term Training Day on Friday 19th March we have made the decision to postpone the Training Day till the summer term and instead have the children in school on Friday 19th March. As we are keen to get all our children back into school learning with their teams it did not seem appropriate to have a Training Day the week after we potentially return to school.

We have rescheduled the Training Day to Friday 30th April which is the Bank Holiday weekend. This means that the children will not be in school on Friday 30th April.

Children's Mental Health Week

This week we have been celebrating Children's Mental Health Week by encouraging the children to express themselves. As part of the week we dressed up for 'Dress to express yourself' day and both in school and at home the children selected their clothes to help express their personalities and their mood. We have had extra activities to explore and along with Miss Bell's Wellbeing Wednesday learning, the children have been really reflecting on the importance of them being themselves.

Take a look at the pictures below to see how we have been expressing ourselves this week.

Dress to Express Day in Team Neptune



A spot of wellbeing yoga in F2



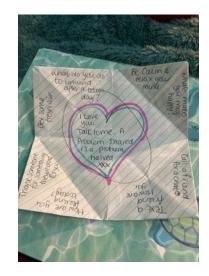


Music helps our wellbeing! One child told Miss Bell this week that it boosts his confidence too!



Team Jupiter on Dress to Express Day







Mindfulness activities at home

This week's purple book nominees are...

Please see the video below to find out who has been impressing the adults for some great learning and fantastic attitudes. Well done to all the successful children at home and at school.

Please click here to see our Purple Book video



Supporting your child's wellbeing throughout lockdown

#heartfulness

This week's wellbeing support for parents looks at mindfulness and relaxation to support children through these difficult times. The 'heartfulness' website encourages children to find a safe, quiet and comfortable space within themselves. Relaxation and visualisation can be used to ensure children take time in a calmina way. The link below allows adults to choose a clip and can be used to help children relax before bedtime. Take a look and see what you think.



Make some time to relax. Click here:



KEEPING ACTIVE

Daily Fitness Challenge

Spell each day of the week for a daily workout e.g. Monday

M - 10 leg kicks, O - 3 burpees, N - 4 lunges, D - 10 push ups, A - 10 Jumping Jacks, Y - 5 Lunges,

A: 10 Jumping Jacks

B: 30 Second Plank

C: Crab Walk

D: 10 Push Ups E: 10 Sit Ups

F: 5 Cartwheels

G: Headstand

H: 4 Somersaults

I: Duck Walk

J: Jump In Air 5 Times W: Crab Walk

K: Touch Toes 6 Times X: 2 Somersaults

L: Spin Around 3 Times Y: 5 Lunges

M: 10 Leg Kicks

N: 4 Lunges

O: 3 Burpees

P: 10 Second Butterfly

Q: Run in Place 1 Min

R: 7 Jumping Jacks

S: 4 Leg Kicks

T: 5 Sit Ups

U: 15 Second Plank

V: 3 Cartwheels

Z: Duck Walk



