

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.



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 calming 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:](#)

heartfulness
purity weaves destiny



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 | N: 4 Lunges |
| B: 30 Second Plank | O: 3 Burpees |
| C: Crab Walk | P: 10 Second Butterfly |
| D: 10 Push Ups | Q: Run in Place 1 Min |
| E: 10 Sit Ups | R: 7 Jumping Jacks |
| F: 5 Cartwheels | S: 4 Leg Kicks |
| G: Headstand | T: 5 Sit Ups |
| H: 4 Somersaults | U: 15 Second Plank |
| I: Duck Walk | V: 3 Cartwheels |
| 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 | Z: Duck Walk |



Our Chromebooks are under attack and we need you to save them from certain harm!

Vital
EDUCATION TECHNOLOGY

ARE YOU A CHROMEBOOK CHAMPION?

TAKING CARE OF YOUR CHROMEBOOK

- Use your Chromebook on a table or a desk and keep your work area clean and clear.
- Keep food and drinks away from your Chromebook.
- Make sure there is nothing in the way when you close the lid to your Chromebook. Even small items like pencils or erasers can damage the screen if they are on the keyboard area when you close the lid.
- NEVER** place objects on top of your Chromebook.
- Close your Chromebook if you are going to move it or carry it and **NEVER** pick it up by the screen.
- Tell your teacher or parent if your Chromebook breaks or if you are having problems using your Chromebook.
- Check the cables are not frayed or broken.
- Before you move the trolley around school make sure it's unplugged and that the power cable isn't dragging on the floor.

CLEANING YOUR CHROMEBOOK

- Turn off the Chromebook and disconnect the charger.
- Use a soft, moist cloth, **NOT** wet! Do not use liquid or aerosol cleaners.
- Make sure your hands are clean (wash and sanitise) if you can before you touch the Chromebooks.
- To disinfect your computer, use 70% isopropyl alcohol cleaning wipes to gently clean hard, nonporous external surfaces.
- Do not use ethyl alcohol or other liquid cleaners and **NEVER** squeeze the wipe over the keyboard.

CHROMEBOOK CONCERNS?

Contact the team at Vital York Limited
T: 0344 573 6100 E: help@vitalyork.com