



Tuesday 26<sup>th</sup> January 2021

Dear Families

My first newsletter of the year...a little later than expected with the additional communications that were needed at the beginning of the month...but here it is! It may not be the start to the new year we were expecting but it has still been one full of support and teamwork to feel incredibly proud of. So, this newsletter comes to you as a thank you. From the bottom of my heart as a Headteacher but also as a person, with a life and family, going through this pandemic too. Being part of such a wonderful community really does make this time so much brighter. Thank you for being so calm and sensible at a time of challenge, for working with us to try and keep children at home wherever possible, for supporting our daily remote learning in such an exceptional way, for joining in with assemblies and challenges to give a feeling of togetherness we cherish and for staying committed to maintaining a school community centered around the BEST for all. Thank you also, for all the communication and feedback around the remote learning. Any time taken to share feedback or to say thank you to staff is so very much appreciated. Starting this week, we will be sending some 'thank-yous' and special mentions right back to you! There will be a letter every Friday to pupils (and parents!) who we feel deserve a special mention for their hard work each week. This could be anyone at home or in school and we hope it will continue to motivate children in their learning and attitudes, just like we would normally do through our Friday assemblies.

Sending you all my positive wishes and thoughts. Stay safe and stay happy. Mrs Waddington

### **Covid 19 Updates**

Remember, symptoms of Covid 19 are:

1. New, continuous cough
2. High Temperature
3. Loss of, or change in, usual sense of smell and taste

In the event of symptoms developing children should remain off school until a test has taken place and results communicated with school.

School and Trust protocol is to inform families if there has been a positive case in school – either pupil or staff. This will be communicated swiftly and with instruction, following Public Health guidance, of what everyone needs to do.

### **Mental Health and Wellbeing**

The quality of remote learning is incredibly important and we are working hard to ensure children are still accessing a good education during this remote learning period. However, we know that for children to learn well, they need to feel well. Children's wellbeing is so important to us and will always be a priority. So please, do reach out, get in touch or let us know if you are finding anything difficult or unachievable. All situations are different and we want to support everyone. Please know that we appreciate, thank you and say well done for all your hard work with remote learning. On the back of my newsletter is a 'Coping Calendar' I came across, that I thought was worth a share. Use it as a daily challenge or something to dip in and out of when you need and let's stay strong together.

### **Communication**

Remember to follow our social media platforms to stay updated

<https://twitter.com/birdsedgefirst>  
<https://www.facebook.com/BirdsedgeFirstSchool>

Remember, all information and updates during this lockdown period are in the COVID-19 School Closure Arrangements banner at the top of the school website home page.

<https://birdsedgefirst.org>

### **#Happy Days**

Something that my friends and I started a while ago was a #100happydayschallenge. Every day we send each other a picture of something positive from our day. We really hold each other to account around it and dig deep to find something happy, even during the more challenging days...and do you know, it really helps. Towards the end of this week, through see-saw, I will be asking children to do the same, share something to their class blog every day or every week that made them happy. Let's look for those rainbows and share some happiness! together 😊

### **Friends of Birdsedge**

Friends of Birdsedge will be holding a planning meeting via Teams hopefully before the end of this month. This will be open to anyone who would like to find out more and be involved, at any level, this year. Please email me if you would like to attend and I can send you the link to join the meeting when this is finalised.



# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 

**1** Make a plan to help you keep calm and stay in contact

**8** Take five minutes to sit still and breathe. Repeat regularly

**15** Make some progress on a project that matters to you

**22** Find positive stories in the news and share these with others

**29** Connect with nature. Breathe and notice life continuing

**2** Enjoy washing your hands. Remember all they do for you!

**9** Call a loved one to catch up and really listen to them

**16** Rediscover your favourite music that really lifts your spirits

**23** Have a tech-free day. Stop scrolling and turn off the news

**30** Remember that all feelings and situations pass in time

**3** Write down ten things you feel grateful for in life and why

**10** Get good sleep. No screens before bed or when waking up

**17** Learn something new or do something creative

**24** Put your worries into perspective and try to let them go

**4** Stay hydrated, eat healthy food and boost your immune system

**11** Notice five things that are beautiful in the world around you

**18** Find a fun way to do an extra 15 minutes of physical activity

**25** Look for the good in others and notice their strengths

**5** Get active. Even if you're stuck indoors, move & stretch

**12** Immerse yourself in a new book, TV show or podcast

**19** Do three acts of kindness to help others, however small

**26** Take a small step towards an important goal

**6** Contact a neighbour or friend and offer to help them

**13** Respond positively to everyone you interact with

**20** Make time for self-care. Do something kind for yourself

**27** Thank three people you're grateful to and tell them why

**7** Share what you are feeling and be willing to ask for help

**14** Play a game that you enjoyed when you were younger

**21** Send a letter or message to someone you can't be with

**28** Make a plan to meet up with others again later in the year



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)