



Diary Dates:

19th and 20th January 2021

Early Years Parent Consultations

Monday 1st Feb-7th February 2021

Children's Mental Health Week
'Express Yourself'

Monday 15th-19th Feb 2021

Half term break

Thursday 4th March 2021

World Book Day

Thursday 1st April -16th April 2021

Easter Break

Dear Parents and Carers,

I wish you all a much more stable 2021 with good health and eagerly anticipated good times with family and friends! I know this has not been an easy season with some of us having to experience personal hardship, the absence of relatives and friends and even the loss of loved ones. I want to say that we are here to support in any way possible and to offer our children the best possible opportunities in their continued learning and help you through these unusually difficult times. Wishing you a good start to the year!

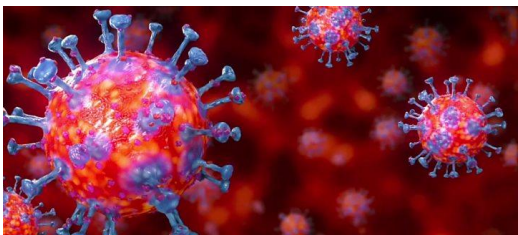
Best Wishes, Mrs Stav.



Covid-Care

If your child attends school and has any of the following symptoms cough, fever, loss of taste and smell:

1. Keep your child at home and notify school immediately
2. Arrange for your child to have a COVID test
3. If your child tests positive, notify the school immediately and keep them at home for at least 10 days
4. Make sure the whole household isolates for 14 days
5. If another household member tests positive your child must also isolate for 14 days.



Missing you guys...Saying hi from Crowland!!



Martin Luther King Day Today 18th January



Today, America celebrates Martin Luther King's birthday and all the positive things he has offered the world at a time when people suffered racism, inequality and injustice.

We will also be celebrating Martin Luther King's birthday and his accomplishments during one of our zoom assemblies.

Please encourage your child to learn this 'Happy Birthday' song written by the famous Stevie Wonder in honour of Martin Luther King

<https://youtu.be/vC1QMdFhh5U>

Look after your own mental health

As well as thinking about the children or young people in your care, it is important to take care of your own mental health and wellbeing. Children and young people react, in part, to what they see from the adults around them. When parents and carers deal with a situation calmly and confidently, they can provide the best support for their children and young people. Parents and carers can be more supportive to others around them, especially children, when they are better prepared. See [guidance on how to look after your mental health and wellbeing](#) during the COVID-19 pandemic or visit [Every Mind Matters](#) for clear advice and actions to take care of your mental health and wellbeing

Parent Tips for Remote Learning



1. Help your children establish and stick to a routine

Even though your child has gone to an online learning format, treat school days just like you would if your child was attending school as usual. This includes wake up routines, getting dressed and eating a healthy breakfast

2. Check with your child's teacher if needed

Teachers are more than willing to connect with parents where support is needed. Please use Class Dojo for messaging and you will receive a response as soon as it is possible

3. Encourage physical activity and exercise

Look out for any physical challenges added on Class Dojo by Mrs Gilkes, Mr Burke-Georgiou and Mr Winnard. These are fun to do and parents and carers are always welcome to join in, if time and mood allows!

4. Resist the urge to sit in on classes with your child

Where it may be tempting to 'pop in' to your child's classes, please respect their own space and the privacy of other pupils. It will certainly increase their independence and will give them ownership over their learning.

5. Take care of you!

This one is extra important! If you're not taking care of your own physical, emotional, mental and spiritual needs you will have less energy, space and patience to connect with and take care of your children. Even 10-15 minutes of 'me' time can be beneficial. Please stay in touch with others in whichever way possible and remember we are always around for support.