

## School Newsletter

Friday 3<sup>rd</sup> September 2021

### Summer improvements



We've had a new sports pitch installed in the playground over summer for children to enjoy during PE lessons and break times. There are also new touch screen boards in many of the classrooms which will help make lessons even more engaging.

### School routines

For the term ahead, we will continue with the following arrangements that were in place last academic year:

- soft start (8.45am to 9am) for morning drop off and soft end (3pm to 3.15pm) for afternoon pick up times at the classroom doors. This is to create a calmer start and end to the day and also allow parents and teachers to communicate at the class door when necessary;
- On PE days, children should come in to school wearing their PE kits and will stay in PE kits for the whole day. This is because no changing into or out of PE kits means more time for PE lessons. We will email parents curriculum letters on Monday to let you know which days of the week your child has PE. Everyone should come to school in their normal uniform on Monday 6th;
- Each year group will have a separate break and lunch times. This is to give more space in the playground and allow children to play on the climbing frame every day.

### Teacher training day



Ever wondered what teachers do on training days? We used the last three days to plan and prepare for the new term.

We also had a brilliant training session on White Rose Maths which will help us deliver even better maths lessons this year.

## Self-Care September

Self-care isn't selfish, it's essential. No-one's perfect. But so often we compare our insides to other people's outsides. This month be kinder to themselves (as well as others), especially when things go wrong. Self-care increases our resilience and helps us get more out of life. It also helps us accept others as they are too.

**Self-Care September 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes
6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost
13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 Notice what you are feeling, without any judgment	18 Ask a trusted friend to tell you what strengths they see in you	19 No plans day. Make time to slow down and be kind to yourself
20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Find a new way to use one of your strengths or talents	26 Avoid saying 'I should' and make time to do nothing
27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are			

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**

## Follow us on Twitter



We are on twitter! Follow us @HarefieldJunior to find out about all the fantastic things happening at our school.

## Breakfast club

Breakfast club runs every school day, starting on Monday 6<sup>th</sup> September in the Junior school hall from 8am and costs £2.50 a day.

The small gate by the Infant school car park, accessible via the Infant school entrance on the High street, is the only entrance for breakfast club. Parents need to book a place on breakfast club in advance by making payment via ParentPay.

## **Covid-19**

We are all delighted that the current government guidelines for school mean that no classes or year groups will be sent home as a result of a positive Covid case. Only those who test positive or have symptoms need to be off school. If that is the case for your child, please call the school in the morning to report their absence as usual. The latest self-isolation guidance is:

Self-isolate straight away and get a PCR test (a test that is sent to the lab) on GOV.UK as soon as possible if you have any of these 3 symptoms of COVID-19, even if they are mild:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

You should also self-isolate straight away if:

- you've tested positive for COVID-19 – this means you have the virus
- someone you live with has symptoms or tested positive (unless you are not required to self-isolate – check below if this applies to you)
- you've been told to self-isolate following contact with someone who tested positive – find out what to do if you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app

When you do not need to self-isolate

If someone you live with has symptoms of COVID-19, or has tested positive for COVID-19, you will not need to self-isolate if any of the following apply:

- you're fully vaccinated – this means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS
- you're under 18 years, 6 months old
- you're taking part or have taken part in a COVID-19 vaccine trial
- you're not able to get vaccinated for medical reasons

Even if you do not have symptoms, you should still:

- get a PCR test on GOV.UK to check if you have COVID-19
- follow advice on how to avoid catching and spreading COVID-19
- consider limiting contact with people who are at higher risk from COVID-19

**See you on Monday!**