

Wraxall's School News



Hello all to our Wraxall school community! We are missing you all and looking forward to seeing you all again when we reopen. Its been a really busy week, but quiet at the same time. It has been lovely to receive photographs and messages from you to let us know what you have been busy doing at home. I have heard from families who are busy baking, families who are running around their gardens in the morning to get fresh air and to keep the daily mile routine going and I have been so impressed by the quality of the work that I have seen so far. Keep going, do your best and remember to write neatly!!

We have survived our first week of school closures. We have very few numbers from Wraxall as parents are keeping their use of school to a bare minimum which is helping to reduce the risk of infection for children, staff and parents. Flax have given us a warm welcome and for the temporary time we have combined and renamed ourselves 'Flaxall' as we all work together. Here's a picture of me outside Flax Bourton this week. I've also added some photos of some things I've spotted this week. There are lots of signs of spring in school. As you'll appreciate, it may not always be possible to produce a newsletter but I will do my best as it is great to keep in contact with you all and share what we've been up to.

Thinking of you all, take care and keep safe!



Amy Townsend

Inspiring – Nurturing – Achieving



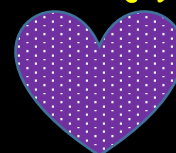
'WORDS OF THE WEEK'

You may like to talk to your child about these words and see if they can explain their meanings, suggest alternatives and put them in a sentence.

sheepish*Introverted*crestfallen
distressed*rebellious

This week's idea...

Do a random act of kindness



Coronavirus & Mental Health

If you are looking for a helpful website to support your Mental health at this time then try this NHS link for some useful Ideas and suggestions...

<https://www.nhs.uk/oneyou/every-mind-matters/>

Message from Mrs Brierley

Mrs Brierley has been in school for two days this week and has said to say Hi! She hopes everyone is having fun with their home learning packs and their toy project work. Mrs Brierley even took part in the Joe Wicks morning exercise routine.

Activity Ideas and Helpful Hints

Taken from 'The Key' school support

- **Under your supervision** grandparents to listen to your children read **via. video calls** (or ask grandparents to read to younger children via. video calls)
- **Give them chores** to do so they feel more responsible about the daily routine at home
- Ask them to **help you cook** and bake
- **Start each morning with a [PE lesson](#)** at 9am with Joe Wicks on you tube
- If you have a **garden, use it regularly.**
- Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended.
- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
- **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
- **Check in with your children and try to keep to the timetable, but be flexible.** If a task/activity is going well or they want more time, let it extend where possible
- If you have more than 1 child at home, **consider combining their timetables.** For example, they might exercise and do maths together – see what works for your household
- **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over
- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
- **Distinguish between weekdays and weekends**, to separate school life and home life

Try SPORT ENGLAND for some ideas for ways to stay fit and healthy while at home.

<https://www.sportengland.org/news/how-stay-active-while-youre-home>



Random Acts of Kindness

These ideas were taken from www.mentalhealth.org.uk. Please supervise your child if they carry out any of these.

- ♥ Call a friend that you haven't spoken to for a while
- ♥ Tell a family member how much you love and appreciate them
- ♥ Arrange to have a virtual catch up with someone you know
- ♥ Help with a household chore at home
- ♥ Arrange to watch a film at the same time as a friend and video call
- ♥ Tell someone you know that you are proud of them
- ♥ Tell someone you know why you are thankful for them
- ♥ Send a motivational text to a friend who is struggling
- ♥ Send someone you know a joke to cheer them up
- ♥ Send someone you know a picture of a cute animal
- ♥ Send an inspirational quote to a friend
- ♥ Send an interesting article to a friend
- ♥ Contact someone you haven't seen in a while and arrange a phone catch up
- ♥ Spend time playing with your pet
- ♥ Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation
- ♥ Donate to a charity
- ♥ Lend your ear – call a colleague and ask how they're finding the change in routine
- ♥ Give praise to your colleague for something they've done well
- ♥ Arrange to have a video lunch with a colleague
- ♥ Send an inspirational story of kindness people around the world are doing for others to someone you know
- ♥ Offer to skill share with a friend via video call – you could teach guitar, dance, etc.



Each week we will try to include a message from church to keep you updated with our wider community and also to offer words of comfort and support from church should you find them helpful.

Message from Rev. Fran

News from Church

Despite having to close the church buildings we are still church on line and out there helping others! Please check out the website for updates on all sorts of things
www.wraxallwithfailand.org.uk

As well as putting rainbow pictures and candles in our windows as signs of hope we have also been making paper boats to remind us that once upon a time Jesus was in a boat with his friends in a storm and kept them safe and we imagine him in the boat with us now keeping us safe. When we first meet in church again for a service I hope we will all bring our boats with us. You can watch how to make them on <https://youtu.be/1wu5oKy4m5s>

This is a prayer we are using a lot at the moment:

In work and worship

God is with us.

Gathered and scattered

God is with us.

Now and always



10 TOP TIPS

REMOTE LEARNING FOR PARENTS

Remote learning can be a great way to continue learning outside the classroom, particularly in difficult circumstances. For parents and carers, the idea of remote learning isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote learning experience.

1) Take an active interest in your child's learning

As a parent or carer, remote learning will be a new concept for your child and there are bound to be a few teething problems to start with. Take an active interest in their learning and help support them whenever they need a helping hand.



2) Monitor your child's communication and online activity

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



3) Establish a daily schedule and routine

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.



4) Encourage screen breaks away from devices

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teacher's will invariably advise on screen breaks however it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



5) Ensure your learning device is in a public space in the home

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



6) Implement safety controls and privacy restrictions on apps and software

Dependant on how your school implements remote learning, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



7) Ensure your child only uses official school communication channels

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



8) Familiarise yourself with relevant school policies

Schools should have a policy on remote learning and direction that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



9) Maintain feedback with teachers

Engage in communication with teachers where possible and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



10) Monitor your child's wellbeing and mental health

Remote learning will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as you can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends everyday might take its toll.

