

BARNFIELD NEWS

DREAM.

BELIEVE.

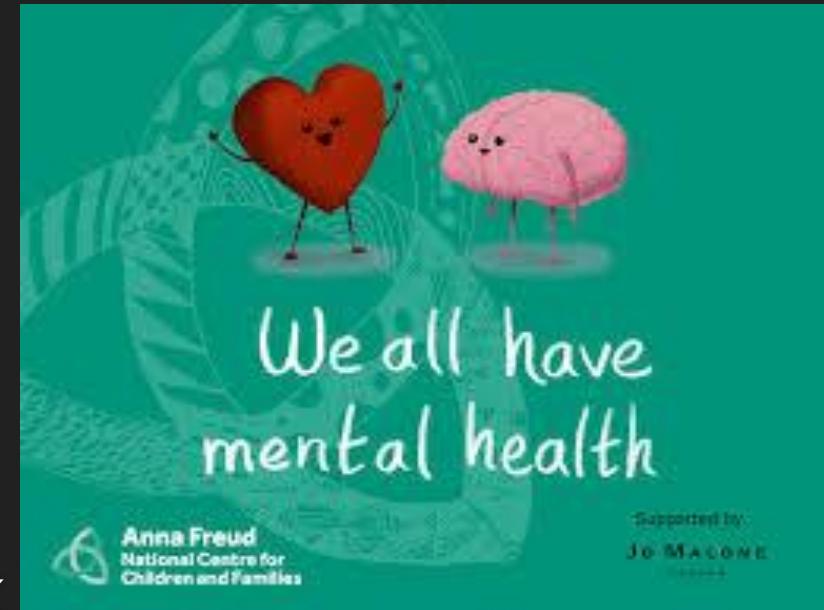
ACHIEVE.

Friday 5th February 2021

Issue no 17



This week we have been exploring the importance of understanding our own emotional well-being. As part of this we have been thinking about the different ways we can express ourselves, particularly when we are feeling a little bit overwhelmed or down. Please encourage your child to talk to you about the ways they like to express themselves to support their mental well-being.





Express yourself

EXPRESS YOURSELF

Thank you to all our children (and adults) who wore brightly coloured clothes / accessories to support the message of expressing yourself in our virtual assembly today. It was a wonderful, colourful upbeat assembly – just what we all needed!!

It was also great to share the wonderful ways our children express themselves – we have such creative individuals in our school

Thank you to the children who were confident enough to be able to discuss and show these. An extra big well done to Maddie in year 4 who sang a beautiful song she wrote. Song writing is another great way of releasing our thoughts, hopefully this has inspired some other children to give it a go!



Gratitude workshop

As part of children's mental health week Miss Vessey arranged for our Year 5 and 6 pupils to take part in a gratitude workshop led by the Grateful Hearts Club. It was wonderful to see so many children joining and sharing their ideas about gratitude. We discussed the importance of feeling, saying and showing our gratitude towards the people around us.

Our pupils were fabulous at providing real life examples of how they feel, say and show gratitude. Many spoke about the thanks they feel that they have families who love and care for them, friends who make them feel happy and the opportunities they have.

It was also great to see the children comment about the gratitude they feel towards the adults supporting their learning right now, in school and at home.

Let's all see if we can all try extra hard to show gratitude.





Wonderful work

Well done to Rayan in 2CW who has worked with his Dad this week to create a poster showing the importance of exercising as part of children's mental health week.

Please also have a look on the school website as we upload weekly the wonderful examples of children's work during this remote period.

<https://barnfieldschool.co.uk/wonderful-work-wb-25-1-21/>

ENGLAND LOCKDOWN STAY AT HOME

THE NEW STRAIN OF CORONAVIRUS IS SPREADING FAST.
WE ALL NEED TO PLAY OUR PART TO STOP THE SPREAD.

► LEAVING HOME

You must not leave, or be outside of your home or garden, except for a very limited set of exemptions e.g. to shop for basic necessities, exercise, go to work if you cannot do so from home, or to escape risk of harm.

► MEETING OTHERS

You cannot leave your home to meet socially with anyone, except with your household or support bubble (if eligible to form one). Stay 2 metres apart from anyone not in your household or support bubble.

► EXERCISE

You may exercise on your own, with your household or support bubble, or with one person from another household (when on your own). Stay 2 metres apart from anyone not in your household or support bubble.

► BARS, PUBS AND RESTAURANTS

Hospitality closed aside from sales by takeaway (until 11pm), click-and-collect, drive-through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.

► RETAIL

Essential shops can open. Non-essential retail must close and can only run click-and-collect and delivery.

► WORK AND BUSINESS

Everyone must work from home unless they are unable to do so.

► EDUCATION

Early years settings open. Primary and secondary schools and colleges move to remote provision except for vulnerable children and children of critical workers. Most university students to move to remote learning.

► LEISURE AND SPORTING FACILITIES

Closed, with limited exceptions.

► ACCOMMODATION

Closed, with limited exceptions.

► PERSONAL CARE

Closed.

► ENTERTAINMENT

Closed.

► OVERNIGHT STAYS

You must not stay overnight away from home. Limited exceptions apply e.g. to stay with your support bubble.

STAY HOME • PROTECT THE NHS • SAVE LIVES

For more information go to:
gov.uk/coronavirus

Following the rules

Unfortunately this week we have been made aware of families mixing outside of their household and support bubble.

It is very important we all continue to work together to reduce the spread and bring down the number of cases. Since we returned in January we have had 4 positive cases in school.

Any family who currently have children attending school but are not following the rules in place will be informed their child must learn from home. I hope you understand and support I will not jeopardise our risk assessment and put others at risk.

Can I strongly encourage all families to show an example to our children by following the rules.

Safer Internet Day



Online Safety For Parents & Carers

Provided by a specialist from Education Child Protection Ltd.

What is covered in the session?



What children are taught
about online safety
(specific to their age)



Latest trends of what
children are doing online



Details of the current 'apps'
& games that children are
using & playing

To support Safer internet
Day on Tuesday 9th
March we have arranged
for our families to access
an online safety
workshop.
You will be able to
choose the time that suits
you to access the
information between
Monday 8th February and
Saturday 13th February. It
is accessible 24 hours.



The issues & dangers
children face online



How we can make
children safer online



Details of what support is
available for you & your family

What parents & carers who have had us deliver our sessions say...

"I thought it was well-paced, useful and well-delivered"

"Lots of clear information, well presented"

"Although I attended as a parent, I am also a teacher. I will be recommending that we hold a session like this for the parents at my school"

Our online safety sessions are regularly updated to reflect the ever-changing online world & with children using devices to access the internet well before they start school, we would encourage all parents & carers to attend!

Please do make use of this opportunity. This workshop will include the most up to date information on how you can ensure your child is safe online. The workshop is normally expensive for parents to access but we have funded this as a school. Please look out for the separate email which will contain information relating to how to login.

Important reminder

- Please remember half term is Monday 15th February to Friday 19th February 2021. School will be closed and no online learning will be set.
- We also have an INSET day on Monday 22nd February. School will be closed to key worker and vulnerable children and no work will be set.
- School will be open for Key worker and vulnerable children on Tuesday 23rd February. This will be the same day online learning will start again





Parent survey

This week we have circulated a parent survey asking for your views on our remote learning.

We believe we have really enhanced our learning offer since the first lockdown. We are keen to hear your views so we can continue to review what we are doing to further improve.

Please take the time to complete the survey. It is important that if you have a child in different key stages (EYFS / Key stage 1 and Key stage 2) you complete separate surveys as our remote offer is different across these year groups.

Thank you in advance

Thank you - Burnt Oak Women's Group



Thanks to the incredible generosity of Burnt Oak Women's group we were able to hold another food market this week.

We feel very blessed that we are in a position to be able to support our community in this way.

The food market will be held again next Wednesday 12 – 1.30pm. Please bring some carrier bags and wear a face covering.

Please do take what you need but be mindful that more people are using this service so we would like to make sure there is enough for all.





Parent workshops

Over the last few weeks it has been great to see so many families join us for our parent workshops. We hope you have found these sessions informative, useful and provided you with practical suggestions you can use at home.

Next week, Ms Golding and Jackie will be leading a session to support parents with managing children's behaviours at home and the importance of making time for yourselves. We appreciate that things are even trickier right now due to the lockdown and this is taking its toll on parents.

Please join on Wednesday 10th February at 11am

<https://us02web.zoom.us/j/81463107962?pwd=TURpUFppTjBQbzNGaTFQRVVjR0RuZz09>

Meeting ID: 814 6310 7962

Passcode: Barnfield

Helpful strategies to support home learning

- Going to bed at a reasonable time – making sure you get enough sleep.
- Waking up in time to have breakfast, wash and change out of your PJs before learning starts
- Joining in for the morning meets with your teacher
- Following the timetable your teachers have suggested
- Using the stream / tapestry messages to let adults know if you need help
- Reading your work before submitting
- Using TV / tablets / computers / online games as a motivator to complete work
- Being physical – going on for walks, having a screen break





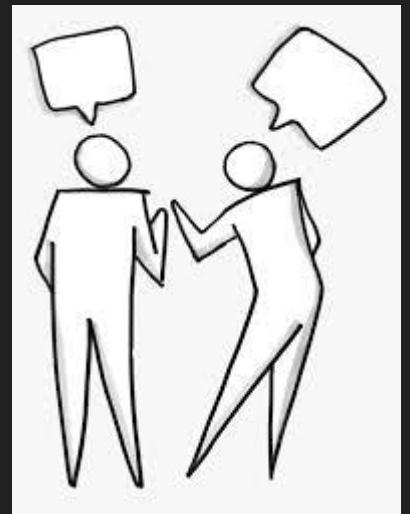
Remote learning- contact

As part of our commitment to supporting pupils, families and ensuring our children are able to keep up with learning, our staff will continue to contact parents when children do not submit their school work.

This is part of our wider safeguarding responsibilities to make sure your child is ok, to find out what the difficulties are and how we can help. If we can not make phone contact we will make a home visit.

In the last week we have had a significant increase in requests for children to return to school. As part of our risk assessment we do have to ensure that only identified children who meet the current criteria are in school. The majority of children should be at home.

We are however very keen to work with families to help you support your child. If you are having any difficulties please do contact school via the school email or phone and we will be in touch.



Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:

 RED	<p>If your child has any of the following:</p> <ul style="list-style-type: none">Becomes pale, mottled and feels abnormally cold to the touchHas pauses in their breathing (apnoeas), has an irregular breathing pattern or starts gruntingSevere difficulty in breathing becoming agitated or unresponsiveIs going blue round the lipsHas a fit/seizureBecomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsiveDevelops a rash that does not disappear with pressure (the 'Glass test')Has testicular pain, especially in teenage boys	<p>You need urgent help:</p> <p>Go to the nearest A&E department or phone 999</p>
 AMBER	<p>If your child has any of the following:</p> <ul style="list-style-type: none">Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession) or head bobbingSeems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming downHas extreme shivering or complains of muscle painBabies under 3 months of age with a temperature above 38°C / 100.4°FInfants 3-6 months of age with a temperature above 39°C / 102.2°FFor all infants and children with a fever above 38°C for more than 5 days.Is getting worse or if you are worriedHas persistent vomiting and/or persistent severe abdominal painHas blood in their poo or weeAny limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness	<p>You need to contact a doctor or nurse today.</p> <p>Please ring your GP surgery or call NHS 111 - dial 111</p> <p>The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E</p>
 GREEN	<p>If none of the above features are present</p> <ul style="list-style-type: none">You can continue to provide your child care at home. Information is also available on NHS ChoicesAdditional advice is available to families for coping with crying of well babiesAdditional advice is available for children with complex health needs and disabilities.	<p>Self care</p> <p>Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111</p>