

# Loatlands Edition

## Resilience, Respect and Curiosity

Issue 25 – Friday 24<sup>th</sup> April

[www.loatlandsprimary.net](http://www.loatlandsprimary.net)

Loatlands  
Primary School



Welcome to the first edition of our newsletter since we had to close the school to the majority of our pupils! It has been a bizarre few weeks for everyone I'm sure and I would like to thank everyone in the school community for their support, kind messages and understanding.

Your child's teachers will have been sending home activities to keep them busy and this newsletter is full of ideas and web links suitable for a wide range of ages too. We would like to take this opportunity to reiterate that all of these things are optional and there for you to use with your child if you wish – there is absolutely no expectation that you do so.

The world we live in has changed rapidly over the last few weeks and months and we sincerely believe that the most important thing right now is the wellbeing and emotional health of your children – we can sort the academic side of things out when your children return to school. In the meantime there is lots to keep them busy and occupied if you need it.

Moving forward we aim to ensure that all home learning for the week will be sent to you by class teachers on either a Sunday or first thing on a Monday so that you are ready for the week. This work will be year group appropriate for your children

This will then be followed on a Friday by a weekly newsletter like this one. This will contain more ideas and links that can be used with a wide age range of children.

You may have heard about the launch of daily lessons by Oak National Academy

(<https://www.thenational.academy/>) and BBC Bitesize (<https://www.bbc.co.uk/bitesize>) in the press. Both of these websites also contain a huge wealth of information. Your child's teachers will signpost particularly useful lessons for your child to watch and participate in but you can also browse the sites at your leisure as well if you wish.

If you have any questions at all about the learning that is sent home, please do not hesitate to get in touch with us via [parents@loatlandsprimary.net](mailto:parents@loatlandsprimary.net). Your email will be forwarded on to the relevant teacher who will then ensure that they reply to you.

We would also love to see anything that you are getting up to at home – please feel free to send us pictures about what you are getting up to and let us know if you are happy to share them on the newsletter too! We will share some of the things that we are doing in school on the newsletter, our Facebook page and on twitter (@loatlandspri) too so make sure that you are following us.

We look forward to seeing you back in school very soon. In the mean time, stay safe, look after yourselves and each other.

Mrs Buckley

## Top of the Rocks Challenge (Year 6 – Year 2)

A huge well done to the 175 children who took part in the challenge, there were some amazing scores that helped us to keep second place. Certificates have been emailed to all of the most valuable players listed below.

### **Final scores**

1 <sup>st</sup> Wilbarston	1,484
2 <sup>nd</sup> Loatlands	851
3 <sup>rd</sup> Hawthorn	747
4 <sup>th</sup> Rothwell Juniors	634
5 <sup>th</sup> Montsaye	600
6 <sup>th</sup> Havelock Juniors	552
7 <sup>th</sup> Rushton	173

### **Most Valuable Players overall**

- 1<sup>st</sup> – Blake Y4
- 2<sup>nd</sup> – Mason Y4
- 3<sup>rd</sup> – Bradley Y2

### **Most Valuable Players in each class**

<b>Year 6 Austen</b>	<b>Year 5 Pullman</b>	<b>Year 4 Cowell</b>	<b>Year 3 Morpurgo</b>	<b>Year 2 Dahl</b>
1 <sup>st</sup> Arabella	1 <sup>st</sup> Oliver	1 <sup>st</sup> Blake	1 <sup>st</sup> Keira	1 <sup>st</sup> Bradley
2 <sup>nd</sup> Finley	2 <sup>nd</sup> Emma	2 <sup>nd</sup> Mason	2 <sup>nd</sup> Sophie	2 <sup>nd</sup> Sophia
3 <sup>rd</sup> Jessica	3 <sup>rd</sup> Laila	3 <sup>rd</sup> Rubens	3 <sup>rd</sup> Tommy	3 <sup>rd</sup> Libby
	<b>Year 5 Wilson</b>	<b>Year 4 Lewis</b>	<b>Year 3 Rowling</b>	<b>Year 2 Milne</b>
	1 <sup>st</sup> Ellison	1 <sup>st</sup> Isabel	1 <sup>st</sup> Jacob	1 <sup>st</sup> Luke
	2 <sup>nd</sup> Grace	2 <sup>nd</sup> Hannah	2 <sup>nd</sup> Kaytie	2 <sup>nd</sup> Emilia
	3 <sup>rd</sup> Evie-May	3 <sup>rd</sup> Annabel	3 <sup>rd</sup> Jay	3 <sup>rd</sup> George

### **Tine Table Rock Stars Battles**

Well done to Year 5 and the boys for winning their battles

Year 5 **38,735** beat Year 2 **7,905**

All boys **138,911** beat All girls **102,139**

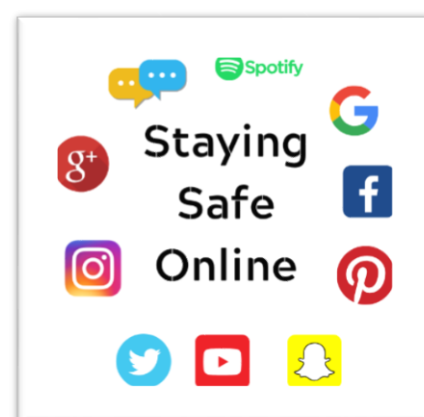


### **Staying Safe Online at Home**

As your children spend more time at home and are going to be online more than ever, it is vitally important that children continue to be safe and happy online. Online safety is a vital part of keeping children safe. Whilst learning remotely, we would like to continue to promote the development of safe and appropriate use online. There are a variety of online safety activities you can do at home to explore online safety in a fun, engaging and educational way.

<https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets>

<https://www.childnet.com/resources/online-safety-activities-you-can-do-from-home>







### **Padlet**

Every class has a Padlet page set up to enable parents to post pictures and activities completed by the children to share with the rest of their class and the Teacher. Please can we ask that you do not post photos of the children. It's a wonderful way to share and keep in touch with each other. Links have been emailed home.

### **School**

Loatlands children and staff have enjoyed time in the sunshine this week making some chalk artwork for the residents of Cheaney Court to see from their windows. Its looks amazing well done!

We have been busy making hope rainbows and created our very own Free Community Library.

Next time you are out on your daily walk, why not stop by? A box has been placed just outside the gates at Loatlands for you to take a book to read or why not pop one in that you no longer need for others to enjoy?



### **Residentials**

Please may we ask that payments are made on the current schedule for the Year 4 residential that has been rescheduled for September and the current Year 5 Kingswood residential in September. We understand that some people may not be in a position to make these in the current climate, please let the school office know via email if this is the case. Thank you

### **Free Grow at Home Kit**

Parents can apply for a free Grow at home kit from Innocent. It comes with everything you need to sow a few seeds at home. It has a variety of seeds and some really useful learning resources too. It's completely free you just need to apply.

This is the link to apply for the kits:

[https://innocentbiggrow.com/?mc\\_cid=458ebaffca&mc\\_eid=51213e7634](https://innocentbiggrow.com/?mc_cid=458ebaffca&mc_eid=51213e7634)

Keep safe and well, Mrs Greenwood

### **Resources Links**

Please see below links to help whilst children are at home

Great ideas for Home Learning for those that want more ideas – particularly the section about Wellbeing.

<https://www.cambslearntogether.co.uk/home-learning/hub>

Internet Safety - <https://www.thinkuknow.co.uk/>

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

Link below to a book about Coronavirus illustrated by Axel Scheffler (The Gruffalo )

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

<https://www.cambslearntogether.co.uk/home-learning/hub>

### **Fiesta Sports Information**

#### **Key Worker Activity Camps**

John Mulholland and his Fiesta sports team has been supporting schools during the Easter Holidays running activity camps (arts crafts/ sports) for key worker/ vulnerable children

#### **Fiesta Home workout video- keeping kids active and engaged**

As a valued school, they wanted to support us with activities for children whilst at home. They have created home workout tutorials for children to follow at home.

**Coach John** Fiesta Fast feet for football workout ages 4 upwards

<https://www.youtube.com/watch?v=joIXh-K2WSg&t=24s>

**Coach Robyn** Tumble workout in the Garden

<https://www.youtube.com/watch?v=04hNfgI3EAs&t=299s>



# SOCIAL MEDIA & Mental Health

## What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

## Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

**NOS**  
National Online Safety®  
#WakeUpWednesday

## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



## 1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

## 2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



## 3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



## 4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



## 5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



## HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind



## OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)



Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/mentalhealthnationalwellbeing/2015-10-20>, <https://www.rph.org.uk/uploads/assets/uploaded/62be270a-a551-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>