

Bures Primary CEVC School

Update for the Parish Councils – March 2021

As I write the School is now preparing to re-open on Monday 8th March.

This from Ms Slater. “We are busy planning a fabulous first week back that we know everyone will enjoy. We were sad not to be together on the official World Book Day, so we decided just to move it to next week and not only that but instead of just one day we are going to think about books and stories all week long. Mrs Fairley has chosen a fabulous book for every class to plan their work around—it’s a great book but you will have to wait until next week to find out what it is. Friday will be our special World Book Day and we will be asking everyone to bring one small teddy (if they would like) so we can enjoy a day of bedtime stories and possibly some hot chocolate and other treats!

The week will also include lots of opportunities for the children to get back into routines, reconnect with their friends and generally enjoy being able to learn from each other. As I said last week, we will not be doing any formal tests but will be using lots of informal quizzes and activities to find out where children are and where they need to go next. We will also want to find out how they are feeling and look for ways to help them cope with any worries or concerns they may have in what remain challenging times.”

Hitherto school has been closed to all but vulnerable children and the children of Key Workers. The majority of children have, therefore, been taught remotely and it is a real credit to the staff, children and parents for the excellent work completed at home and showcased in the weekly School Newsletters.

We would like to say an enormous thank you to everyone who donated to the School to raise funds for the laptop appeal. This raised a staggering amount - well over our target and enabled the purchase of 12 laptops to assist children with their home-learning! In addition to this, we received a number of second-hand laptops, Chrome Books and other devices which has been such a great help. We have really been overwhelmed by the generosity and support we have received from the local community. We cannot thank you enough for everything especially as we appreciate this is a difficult time for all.

Despite not all being together two areas of importance were a focus for the School this term and I am pleased to share the advice here.

Children's Mental Health Week

I think that it is probably more important than ever for us to make the most of this opportunity to teach children about this important area. (I'm fairly sure it would be a good time for you as parents to think about your own mental health too!) This year's theme is 'Express Yourself' encouraging children to find different ways to share their thoughts, feelings and ideas to help them feel good about themselves and develop their self-confidence and self-esteem. There are lots of ideas to help them do this on the 'Place2Be' website <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>.

However, if you can't bear to visit yet another website why not just encourage them to think about expressing how they feel through drawing, painting, dancing, drama, story writing, singing, playing an instrument or maybe even juggling, joke telling or magic tricks!

The Suffolk Mind Website recently highlighted four good tips for supporting children's well-being in the current situation.

1. Find time to connect—try to find time each day to do something together with your child that you both enjoy doing.
2. Make time to move—movement affects how we feel and can quickly change our mood.
3. Letting go of what you cannot control—one of the key emotional needs is to feel in control but it's sometimes good to acknowledge there are things that you can't control and try to let them go. You could then list all the things you can control and focus on those.
4. Having a routine —Setting a daily routine can help everyone to feel secure—interspersing the things your child may not want to do with things they enjoy will help you get through the day. It's important to keep going with good bedtime routines and habits too."

Internet Safety Week

Tim Passmore, Suffolk's Police and Crime Commissioner said: "Keeping our children safe from the potential evils of the internet is a responsibility for us all and is absolutely critical. Sadly, dealing with this issue has become even more crucial in this current climate."

Some helpful tips: - Get to know and become familiar with the social networks your children use, such as Twitter, Facebook, Instagram, Snapchat, Vine, YouTube, Tumblr. Internet Matters and Think You Know websites are good sources of information for keeping up with the latest social media networks and advice.

☑ Check privacy settings on your child's social network. Make sure these are set so that only family/close friends can see their profiles, especially their photographs and

location. Stress the need for password protection and the necessity of not sharing with friends or others.

☒ Teach them about cyberbullying. Encourage them to use appropriate language online, if they wouldn't say it in person, don't text or post it on line. Get them to report cyberbullying and talk to a trusted adult if they or someone they know is being cyberbullied.

☒ Think before you post! Ensure your child is aware that whatever they put online can be shared with the entire world forever! - Set a positive example. Lead by example of how to behave online, do not post inappropriately yourself, protect your social media profiles and limit your usage to a reasonable time

Finally, there was a reminder about parking restrictions outside the School. The yellow zig-zag lines outside the School indicates the length of road where stopping or waiting is strictly prohibited. (This includes blue badge holders.) There is also signage stating the timings of enforcement—8am-4.30pm. This is to keep the children safe so please ensure that this is adhered to.

Thank you for taking an interest in the School.

Kind regards,

Tim Fairbairn
Chair of Governors
6 March 2021