

I hope you have managed to enjoy some time in the snow ☺  
First of all, thank you so much for all of your kind wishes and offers of support whilst myself and members of staff have been poorly or self isolating. It was really appreciated and meant so very much. We are all on the mend now and are looking forward to the day when we can again meet in person.  
Importantly, I'd like to say a massive 'Well done' to every one of you for getting to the last week of half term with good grace and positivity. I know it has been a challenging time, but your resilience has been outstanding. There is light at the end of the tunnel and we are all keeping our fingers crossed that we will be able to welcome the children back very soon. Half term is fast approaching and I know it will be a welcome break from home learning.  
A colleague of mine stumbled across the poem 'Safe at Home', which I thought I would share with you. I am sure many of you can relate to it. The final line says 'G'bye, I'm going back to school', we can't wait for that day!

## SAFE AT HOME

BY SARAH AADLAND, DOING GOOD TOGETHER

"I cannot go to school, you say?"  
Said everyone around the world today.  
"Or out for ice cream or to the park.  
I can't go dancing when it gets dark.  
No sleepovers or dinners out,  
It's hard to walk with my dog, Scout.  
My folks stay home to do their jobs,  
Turns out, at home we all are slob!  
My sweatpants became a second skin,  
You'd be shocked at the shape our house is in!  
I've started a project in every room.  
Not one clean corner in which to Zoom.  
I'm building LEGO, painting art  
Does this TP tower make me look smart?  
Mom says it's okay to get the grumps,  
Staying home will cause some bumps.  
But while we're here to slow the curve,  
Others work with extra verve.  
The teachers reach us by video,  
Helping us learn what we should know.  
Doctors and nurses heal the sick,  
Hopeful this virus they soon will kick.  
Drivers drop parcels at our door,  
Workers stock and clean the grocery store.  
I hope this doesn't last past fall.  
I need a way to thank them all!  
Instead of hugs, I'll share window hearts.  
While I can't see grandma, I'll send her art.  
To the food pantry, send extra snacks.  
For friends and neighbors, sew some masks.  
My heart won't shrink, I won't get dumber.  
I know this mess is such a bummer.  
I'll hang in there. It could be worse —what?  
What's that? What's that you say?  
A vaccine. . . stopping that Covid-Fool!  
G'bye, I'm going back to school.



[DoingGoodTogether.org](http://DoingGoodTogether.org)

### **Remote Learning**

You have been doing an incredible job encouraging your children to engage with remote learning. The work that has been uploaded onto class dojo or sent to the class teachers is of a high standard and a joy to see.

Printed packs of the remote learning resources for the first week after half term will be available for collection on Monday 22<sup>nd</sup> February. If you are normally on our list for these packs you do not have to request them again.

### **Zoom codes**

Apologies for the mix up with some of the zoom codes last week. The correct codes have been posted on class dojo. Please let us know if you come across any issues and we will try and correct them as soon as we can.

### **Online safety training**

I am pleased that so many of you managed to attend the online safety presentation from The Two Johns last Wednesday. As always it was very informative and gave all of us a lot to think about. A reminder of the link to their website is below.

<https://esafetytraining.org/resources/parents-carers-area/>

As you will now know Tuesday 9<sup>th</sup> of February is Safer Internet Day. Safer internet is being celebrated around the world on Tuesday with the global theme 'together for a better internet'. In the UK the focus is on how young people (from 5 upwards) can tell fact from fiction, and work together to create an internet we can trust.

Everyone has their part to play in this. Whilst, class teachers will be sharing resources/ideas with you children you can have a look at the tips and links below with some suggestions on how to get you started and help you to stay safe and positive on line.

# Talk together

*Communication is the key to identifying online misinformation....*

Talk regularly with your child about how they use technology and where they go for information online. Discuss who they follow, what types of adverts they see, and what stories they find surprising or suspicious. Listening to your child will give you the best possible idea of how you can support them. Not sure where to begin? Have a look at our suggested 'Conversation Starters' for parents and carers.

# Set an example

*Show your child how you question and evaluate online content....*

If you come across a fake news story, or get sent a phishing email, discuss with your child how you spotted it and what you did. Why not ask them for a second opinion? Your child may have already heard about it or seen something similar, and if not, it's a learning opportunity for both of you. Seeing a parent actively question and evaluate online content teaches young people the importance of doing the same.

# Think before you share

*Fact-check and reflect before sharing content, posts or pictures....*

It can be tempting to share surprising or attention-grabbing online content with your child or your family group chats, but make sure to fact-check these links before you do. As it's come from a parent, some children may believe it without questioning it, and older children may find it difficult or awkward to point out if it is false or misleading. This is another chance to set a good example in how to share information responsibly online.

# Check in with your child

*How does misleading information they see online make them feel?*

False and misleading content online can be upsetting and confusing, e.g. harmful claims that target specific groups, or unhealthy lifestyle tips. Young people may feel powerless when faced with the amount of unreliable content they see. Regularly check-in with your child about their online life and ask them how what they see makes them feel. This is an issue that affects all of us. Reassure your child that you are there to talk about things that upset them and to support them with how they feel.

# Seek help and support

*Ask other parents how they address misleading online content....*

Just as we ask young people to talk about what they are unsure of, make sure you do too! Chances are that you'll find other parents or carers who are trying to figure out how to help their family avoid false information and get the most out of the internet.

Find out how to get more support by visiting [Childnet's 'Need Help?' page](#). You can take steps to support your child online by using features such as making a report on a range of apps, games and services, and using privacy settings on social media.

## **A message from the NHS re Diabetes**

The NHS has asked for this message to be sent out to you. Undiagnosed Type 1 diabetes in children requires urgent medical attention. If your child has ANY of the main symptoms of Type 1 diabetes please make an urgent GP appointment or contact the Out of Hours service. The main symptoms are known as the 4 Ts – Thirst, Toilet, Tiredness and Thinner. If you notice your child is thirsty or using the toilet more frequently, is always feeling tired, or has lost weight recently, please seek immediate medical advice. NHS services are very well equipped to look after children safely if they are unwell. Please do not delay seeking medical advice. More information is available here: <https://www.diabetes.org.uk/diabetes-the-basics/diabetes-symptoms>

## **Thankyou**

I'd like to share some good news and thank a huge number of people who have all been supportive of the school and its community in the past few months in different ways. Thank you to you all, for the part you play in continuing to ensure that our children will continue to be Lifelong learners, even in the most difficult of circumstances.

Thankyou to Rev Julie for her thoughtful and calming assemblies. Remember that you can catchup with these on our website.

Thankyou to Mrs Keeley and Mrs Springett for running our Reading Gladiator zoom sessions. It's lovely to see the children so engaged with books and to listen to them as they formulate their thoughts and ideas.

Have a safe relaxing half term.

Treat it as a 'holiday' and perhaps try and do two new things – a different family recipe, or walk or a long lay in and pajama day.

Mrs Dodd