



Frieth CEC Primary School

NEWSLETTER

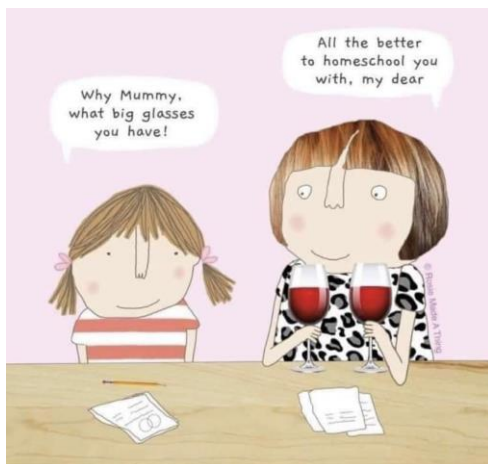
January 2021: 2

Our sincere thanks and congratulations to all those parents juggling their home schooling with their own work. All your efforts are greatly appreciated and I hope things are becoming easier as we all get used to the systems and routines of remote learning. The government guidance states that *even if they are Critical Workers, parents and carers should keep their children at home if they can.*

Thank you, once again, for your positive feedback, which is always greatly appreciated. We are pleased to hear of the success of our first well-being Wednesday and I hope you all managed to have fun! Don't forget to send us photos of your activities to share with other families.

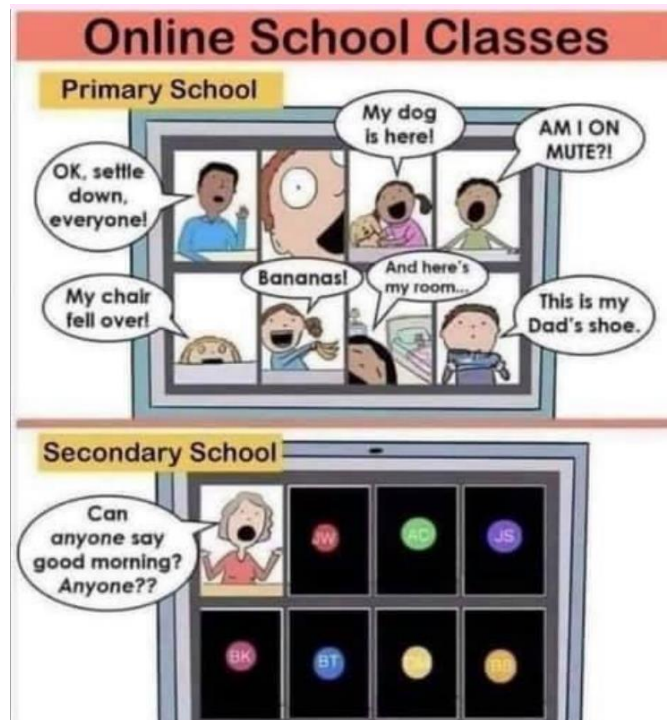


I can do all this through him who gives me strength' Philippians 4:13



Camera...Action...

It is a joy for us to be able to see the children's enthusiasm online and to hear what they have to share. I have certainly enjoyed attending some of the live sessions, listening to the children's responses and seeing their work. One of my favourite moments this week was when a child told their teacher they were only allowed to join a meeting "at need." After some confusion, they spelt it out as, "a...t...t...e...n...d...e...e..." Wonderful!



We are going to be asking, going forward, for all children to have their **cameras on** when in their live sessions please. That way the teacher can evaluate their responses more easily and we can check that they are fully engaged with the lesson. We are happy for backgrounds to be blurred. Please encourage your child to regard their online lessons as they would their lessons in school. Of course, we want them to be comfortable, but at the same time, we want them to appear respectful, attentive and ready to learn. All teachers will be encouraging children to do this going forward.

LAPTOP APPEAL!



Some of you will be aware that we are really struggling for IT provision at the moment! Eight of our existing laptops are no longer able to be

fixed and we are very grateful that the PTA purchased ten reconditioned ones for us in the Autumn term, as they arrived just in time for us to use for this lockdown. However, with all our children needing to use them and several families needing to borrow devices too, we have realised that our current stock just isn't enough!

We have been lucky that a couple of local residents have donated laptops to us that they no longer use – thank you! If you have a **working laptop** at home that you no longer use, we would be very grateful for any donations of these to the school.

We would also be very grateful to any philanthropic parents, grandparents or others who could afford to buy a new laptop for the school. We will happily label this up as donated by your family.

For those who are able and willing to make a smaller donation, a gentleman named Mike Somers has set up a '**just giving**' page to support **Marlow Schools** with laptops and we have registered our interest in receiving help from this scheme too. The link to the page is below:

https://www.justgiving.com/crowdfunding/michael-somers-3?utm_term=pQ5ZyV6yw

NOTIFICATION OF CONSULTATION

The governing body of Frieth CEC Primary School invite you to attend a consultation meeting regarding their proposal to apply for Academy Status for the school.

The meeting will be held virtually on

**Thursday 28th January at 7pm
via zoom.**

All parents and interested members of the community are welcome to attend.

Please see parent invitation letter or contact the school office for more details.

Could you be entitled to additional funding for your child?

If your circumstances have changed, your child may be entitled to Free School Meals. This entitlement brings with it **funding for your child** to access in school for all sorts of things, from extra-curricular clubs (when they restart!) to tutoring and resources. This funding **stays with your child for their whole time at primary school**, even if your finances improve the month after you qualify.

What we hadn't realised is that if you are separated and live apart, only **one** parent needs to be entitled to FSM, as the funding can be based on that parent's **household income**.

Please do contact us if you think you may meet the criteria and we will support you to carry out a simple check. For further information, follow the link below to our website page.

https://www.friethschool.co.uk/website/disadvantaged_pupils/513446

Support for Families



As the lock-downs continue and the economic impacts of the pandemic are amplified we understand that families may find themselves in different types of crisis. In addition to the support that local charities provide, the council has its **Helping Hands** programme which has been in place since the first lock-down.

If you are a family that is struggling, or are aware of one that is, and are unable to find the support you need, 'Helping Hand' can signpost and link with other council services. For example, they could check benefits to see if there is further help that may be available to you. Please contact: 01296 531151 (Mon-Thurs 9am-5.30pm Frid 9am-5pm) They can put you directly in touch with agencies and organisations who can offer support and help and may be able to offer direct support with food, energy, water bills or other essentials.

Honour Book

The following children have been 'honoured' in the last couple of weeks:

Lottie Fitzjohn for her Happiness work

Jessie Stone for her Friendship work

Hugo Stephenson for super work on media influence

Ottilie Richards for super effort and attitude

Kitty Bernard and Gilbert Bernard for their excellent presentation of how media can influence us.

Harry Bryant, Willow-May Jenkins-Smith
Lottie Hunt, William Taylor, Alora Gibbins,
Matthew Lee and Zac Richards for publishing brilliant instructions.

Thomas Farrow for a wonderful R.E. video and his fantastic attitude.

Florence Owen for high quality work

Francisco Dos Santos for great progress in reading.

Hannah Hunt, Eleanor Cole and Lottie Fitzjohn for their poem performances and great attitude to home learning

Zara Killington for her wonderful nightfall art work and outside poem performance

Sky David for his focus on language and his excellent poem performance

Isabella Fonticilha-West for her poem performance and attitude to home learning

The whole Eagles class for all their hard work and excellent attitudes.

Well done to them all!

An Exercise Idea...

<https://claireseagerpilates.com/kids-%26-teens>



DANCE, DRAMA, SINGING ONLINE CLASSES



A message from Perform

Perform is running online drama, dance and singing classes during the lockdown via Zoom and they are having excellent feedback.

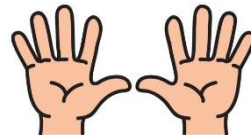
They are now offering all children the chance to try a **Free Trial** Session

If you think this might be of interest to your child, you can find out more about the classes by following the following link:

<https://www.perform.org.uk/free-drama-class>.

Mindful Moments

Wilderness Foundation UK are suggesting 'Mindful Moments' to keep us all calm in these difficult times. For adults and children alike, mindfulness is proven to calm our minds, relax our often busy, overstretched brains, and in turn calm our bodies with breathing and positive, healthy feelings. We will be bringing you a sample of their suggested activities to try to help you achieve positive outcomes and vibes. For more ideas, visit <https://wildernessfoundation.org.uk/>



10 Fingers of Gratitude

Researchers have found that people who focus on gratitude on a daily basis experiences significant psychological, physical and social benefits. This is a very quick daily exercise which will have a very powerful effect on your day. It can be a good idea to do it first thing in the morning or last thing at night. In that way, the grateful thoughts are more easily imprinted on the unconscious. Bring to mind 10 things which you appreciate in your life today, counting them on your fingers. It's important to get to 10 things, even when over time it becomes increasingly hard! This is exactly what the exercise is about – consciously bringing into your awareness the previously unnoticed elements in your day to day life. Because your mind can only think of one thing at once, focusing on the good aspects of your life means you're unable to focus on anything that may be not quite as good. Give it a try!



Please stay safe at home