

Newsletter – Spring Term



Wistaston Academy
Primary and Nursery School
Together We Learn • Together We Achieve

This Week's Events

Date	Event
Monday 18 th January	PE with Mrs Adamczyk live at 9:30am
Tuesday 19 th January	
Wednesday 20 th January	PE with Mrs Adamczyk live at 9:30am
Thursday 21 st January	PE with Mrs Adamczyk live at 9:30am
Friday 22 nd January	
Advanced Notice:	
Polite Notice:	Please note the school office opens at 8.30am each morning and is manned until 4.30pm. Before and after these times, there will be no access to the Main Reception area.

Principal's Message

Happy New Year. Apologies for not sending out a newsletter sooner but it has been incredibly busy with the new changes we had to put into place. We hope that everyone is well during these strange times. Thank you for all your support over the last two weeks. We have been given very last minute information but act as soon as we receive it. School has adapted very quickly to the new way of learning with some children being in and others doing remote learning. Staff are working incredibly hard to ensure all children are receiving high quality learning and having regular communication with those at home.

As the virus continues to spread at a rapid pace, we must ensure we follow the Government's advice to keep everyone safe which is, 'if someone is at home to look after children, then they should be at home.' It is vitally important that we protect our community and all who are in it. Once again, we please ask you to respect the measures put in place, social distancing, one-way system and face coverings on the school site. With immediate effect, it is compulsory, unless exempt, to wear a face covering. **Access will be denied to the site if you do not comply with this measure.**

Parents/Carers as Readers

Calling all parents/carers who enjoy reading. We would love you to record your favourite story and send it into school (admin@wistastonacademytrust.co.uk) for us to upload onto Facebook. It would be lovely to share with others. Thank you for your support.

Art News!

Well done to everyone who has been busy doing artwork at home during lockdown! It has been wonderful to see your work and hear from some of you! Here are some of the great things that you have been creating:



Alfie in Nursery



Clara in Reception



Eddie-James in Year 1



Harper in Year 1



Bobbi in Year 1



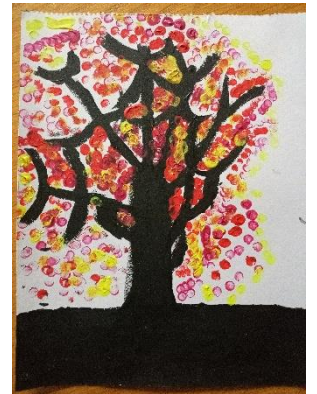
Skye in Year 3



Joe in Year 3



Georgia in Year 3

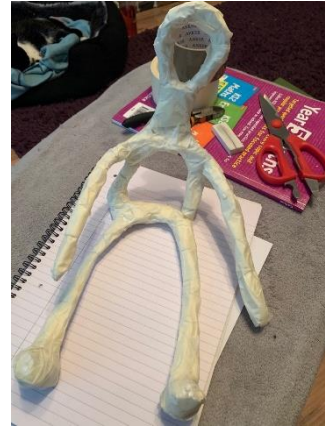




Harlow in Year 5



Isla in Year 5



Jack in Year 5



Riley H in Year 6

And Jack in Year 6!



It has been wonderful to see how innovative you have been with the resources you have had at home. Please keep creating and sharing it with Mrs Walsh on art@wistastonacademytrust.co.uk 🤗


A message from Mrs Tew

We understand that we are not there face to face at the moment for all the SEN pupils that we support, but we can arrange a chat if you or your child wants to speak to us. Please just email your child's class teacher or Mrs Tew at stew@wistastonacademytrust.co.uk

Here are some strategies you can use at home to support your child if they feel stressed or anxious or if they are just not coping at any point during lockdown, some of these may not work and that is ok. These are useful for all children, not just those who are on the SEN register.

- Keep your child in a routine, it really is important to get them up and ready each morning as you would for school. Structure and routine are good and mentally it gets us ready for the day ahead. I have included a daily visual timetable which you may find useful – feel free to change the times and order of the day to suit you and the timetable sent out by class teachers.
- If your child is feeling stressed with schoolwork online then you can give them a break, it is ok to take a break from learning and it is ok not to complete the work all in one go. Movement breaks are really useful – get your child to move away from where the learning is happening and then bring them back to it.
- Break up the work into smaller chunks and, if you can, use a visual cue or now / next board to show them what they have to do. You can create your own or use the one here.
- If they need it, use a timer to give them a clear start and finish time for each activity or lesson. You can use online timers, such as the one here www.online-stopwatch.com.
- Make sure that they get some down time, fresh air and they get time to relax.
- If your child gets angry, then give them some space and allow them to go somewhere they feel safe, possibly their bedroom. Let them do something they like, or something that will calm them down, for example, reading or colouring.
- Do not push them to talk about why they are angry or upset until they are ready to talk. If you push it too quickly, then they may have to start the process of self regulation again.
- Provide them with calming / sensory equipment. It can be as simple as a blu tac (it can be squashed, squeezed, rolled when they are feeling stressed. It has no feelings and they can do whatever you want to it without it getting hurt), or be more expensive such as a sensory cube or tangle toy.
- If your child uses an overlay in school, please ask the class teacher to send one home. Or you can download one here for free www.aurelitec.com/colorveil/windows
- Do not struggle alone and do ask for help. We are here for you.

This is _____ daily
Planner during Covid-19

Between 8:00 – 8:30 am	 get up	
Between 8:30 – 9:15 am	 breakfast	 brush teeth
Between 9:15 – 10:00 am	 Activities	
Between 10:00 – 11:00 am	 Physical Activity	
Between 11:00 – 11:45 pm	 Activities	
Between 12:00 – 12:30 pm	 Lunch Time	
Between 12:30 – 1:00 pm	 Break Time	
Between 1:30 – 2:15 pm	 Activities	
Between 2:30 – 3:15 pm	 Activities	

Missing Children & Covid-19 Restrictions

The COVID-19 Pandemic has significantly disrupted the lives of young people. The routines and boundaries for many young people will have been significantly altered due to the lockdown measures that have been in place.

As we move in to a further national lockdown it is vital that parents and carers continue to report their child as missing if their whereabouts are unknown. It is appropriate to take steps to locate a missing child despite the current restrictions.

Reporting a Child as Missing – A Message from Cheshire Police

Reporting a child as missing is a necessary step to take to ensure that a child can be effectively safeguarded.

The police are entitled to expect parents and carers to accept normal parenting responsibilities and undertake reasonable actions to try and establish the whereabouts of the individual. This includes:

- Make attempts to contact them
- Call friends or family
- Visiting areas they frequent
- Visit place known to be attending (for example friend's house or party) - Checking to see if any items are missing from the home.

Once those enquiries have been completed, it may be appropriate to record the child as missing and take actions set out in national police guidance.

Children who are breaching parental discipline should not be dealt with by police unless there are other risks.

Increased Risks during COVID-19 and Parent Resources

Young people are spending more time online during the COVID-19 Pandemic as a means of staying in touch with friends, entertainment and for education. While the internet can be a positive tool to support young people during this period, they can be targeted by perpetrators and exploited. It is essential that young people are effectively monitored and supported.

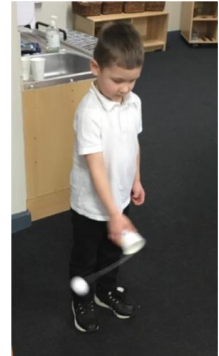
Online safety support for parents & carers can be found here:

- www.nationalonlinesafety.com
- www.o2.co.uk/help/nspcc/resources
- www.thinkuknow.co.uk/parents/Support-tools

Children have been working very hard, remotely and in school and have adapted well to the new routines. Look at what they've been doing!

Year 1

We have been so blown away by all of your hard work with home learning this week. One of the favourite tasks was to find out about toys from the past and make your own. We had so many on class dojo, so I have just shared a few but they were all amazing. The children in school also made their own cup and ball.



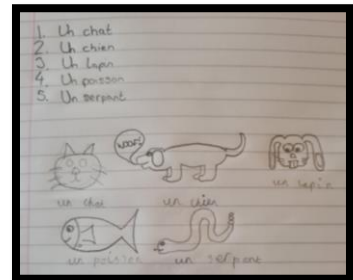
Year 2

Year 2 have been doing some incredible learning this week, both at home and in school. They have been reading their reading books, learning about money, and beginning to find out all about China! Well done Year 2, we are really proud of all your hard work.



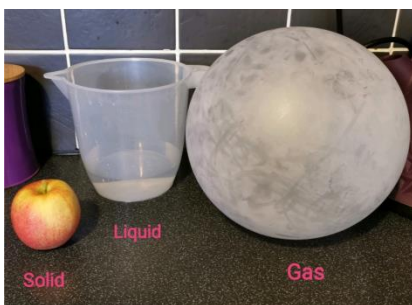
Year 3

We have been so impressed with all of Year 3's learning this week. We have loved hearing all about it and seeing your photos so please keep them coming! Here are some examples of our fantastic learning.



Year 4

We have seen some great work this week. Here are some examples of work linked to our Science, PSHE, art and reading activities.



Year 5

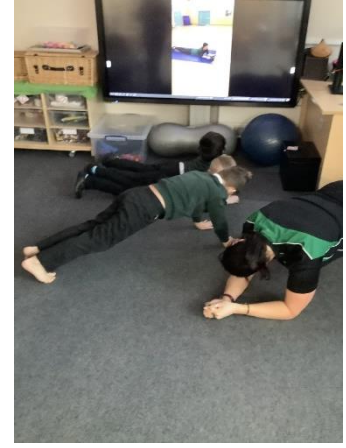


Year 5 have been busy bees this week. In Science we learned about various famous scientists as well as Science in the news. From this we created our very own news presentation which we added a live news report to. Take a look at some of us in action!



The Hub

The children and staff in The Hub have been joining in with Mrs Adamczyk's live PE lessons this week. It was great fun but quite exhausting!



PE with Mrs Adamczyk

PE with Mrs Adamczyk

Starts on Monday
11th January at 9:30am.

The sessions will be live on Monday's, Wednesday's & Thursday's at 9:30am on our school [Facebook](#) page.

Exercises will be suitable for all year groups.

There will also be some special guest appearances along the way!!!



Healthy body + Healthy mind
= Happy life



Thank you!

Thank you to everyone that joined in with our live PE lessons this week. Your motivation and enthusiasm are inspiring!

We would love you to plan a workout for Mrs Adamczyk to lead. Write down your 5 favourite moves. You choose the work and rest times. Email your workouts to pe@wistastonacademytrust.co.uk and Mrs Adamczyk will choose some of your workouts to do live next week