

# Rokeby Primary School



## Newsletter



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**We kindly ask that you wear a mask when visiting the school office . Thank You.**

We all enjoyed our Children in Need and our odd socks for Anti-Bullying in school, thank you to you all for taking part.

As we continue through our second lockdown, it is important that we all follow the rules outside of school, as well as in school, to keep our community safe. It is also important that we look out for one another. If you need any support or advice or are concerned about a member of our school community, please do speak to someone on the playground in the mornings.

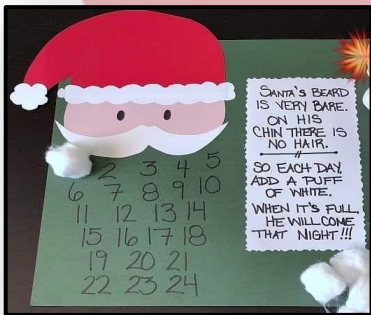
We hope you all have a good week,

**Mrs James**

### **Christmas Dinner Day**

We recently sent home a letter regarding Christmas Dinner Day options. Thank you for those whose who returned their letters. We have now made arrangements for the food to be ordered.

### **Simple Craft Ideas To Try At Home**



#### **Make you own countdown to Christmas board!**

All you need to do is print out a picture of Santa, without his beard and stick it at the top of a piece of card. Use the numbers 1 to 24 to create a beard shape underneath your Santa. Each day of advent, you can help Santa grow his beard back by using fluffy cotton wool balls! By Christmas day, Santa will have his big beard back!

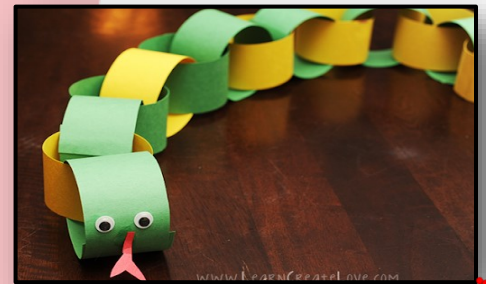
We would love to see what your Santa boards look like. Why don't you DOJO a picture to your class teacher!

#### **Paperchain Snake!**

All you need is paper and a glue stick! First, cut strips of paper up then make your first link by gluing the ends of it together. Start creating your chain by threading another strip of paper through the first link and glue the ends together. Continue this process until you make a long paper chain. You can even add eyes and a tail!

#### **Positivity Snake!**

This is such an easy way to add a little positivity into each day. Before joining your links together, write positive comments on each strip of paper. After you have finished you can remove a link everyday and read your positive comments back to yourself as a daily reminder of self love.



### **Anti Bullying Week**

We loved seeing everyone in their odd socks and want to thank everyone who donated. We raised a total of **£72.85** for the Anti Bullying Alliance charity.



### **Coronavirus**

To ensure the safety of everyone at school and to keep children learning for as long as possible, we ask that all parents are following the government rules and guidelines when it comes to mixing with others outside of school.

We would like to remind parents that mixing households increases the chances of spreading COVID and therefore puts our school at risk.

# Children's Autism Support Service

## Information Sessions

The courses below are for parents or carers who would find it beneficial to take part. If a course takes your interest, see the important information section below for more information about how to book on.

### **Thursday 26th November—Understanding Autism (10:00am)**

Fear of loud noises and fussiness around food. Intolerance of change and dislike of crowds. Meltdowns and anxiety, stimming and phobias. Gender dysphoria and low self esteem. All this and more, what does it all mean? This online session looks at our growing awareness of autism and how an increased understanding of the condition helps parents, carers and children cope better with the ups and downs of autism and all that comes with it.

### **Thursday 3rd December—Autism and Positive Mental Wellbeing (10:00am)**

Working towards a happy, successful autistic life.

### **Thursday 10th December—Autism and Sensory Processing (10:00am)**

Sensory processing differences are thought to be at the heart of those autistic behaviours and the heightened anxiety levels we so often see in our children. Red flags such as biting, constant fidgeting, fear of loud noises, resisting hair cuts, intense dislike of labels or supermarkets are all signs of sensory processing difficulties.

### **Thursday 17th December- Autism and Demand Avoidance (10:00am)**

Understanding demand avoidant behaviour in the context of autism.

### **Day Change- Tuesday 22nd December-Autism and Sleep (10:00am)**

Looking at reasons why so many on the autism spectrum struggle with sleep. We then look at strategies and solutions. Have you wondered whether your child needs melatonin to sleep, or a weighted blanket for instance? Or have you tried these but with limited success?

### **Important Information Regarding The Courses;**

There are several ticket type options, you only need to book ONE of these. Please choose the one most relevant to you. The link to access the session will be sent - please check your junk email in case it lands there. All categories will be sent a recording of the event after the session. The sessions will open at 10am where there will be a chance to familiarise yourself with WebEx and the Chat function. You do not need to share your video and all participants are asked to remain muted throughout in order to minimise background distraction. The presentation will start at 10:15 pm and the session will finish at approx. 12pm. The presenters will stick around at the end for a question and answer session so have your questions ready, or have a pen and paper with you during the session to note down any questions that arise during the session. This event is intended for parents, carers and family members. Spaces in the live event will be prioritised for families of children referred within the CW Mind Autism Support Service. There is no need to print tickets out to attend this event.

### **How To Book:**

Visit [www.eventbrite.com](http://www.eventbrite.com). Type 'CW Mind Autism Awareness' into the event search box. Select 'book now' and follow the page.

## Reminder To All Parents

We are a **NUT FREE** school. Please be mindful of what you are packing in your children's lunch boxes. Thank You



### Emotional and mental health resources

For children and young people

*Young Minds Coronavirus support:*

[cutt.ly/young-minds-coronavirus](http://cutt.ly/young-minds-coronavirus)

*RISE resources:* [cwrise.com](http://cwrise.com)

For parents/carers

*Coping calendar:*

[actionforhappiness.org/coping-calendar](http://actionforhappiness.org/coping-calendar)

*Advice from BACP on coping with anxiety about the outbreak:*

[cutt.ly/anxiety-about-outbreak](http://cutt.ly/anxiety-about-outbreak)

Coronavirus courses for all ages which cover managing mental & physical health

[recoverycollegeonline.co.uk/your-mental-health/coronavirus](http://recoverycollegeonline.co.uk/your-mental-health/coronavirus)

## Useful Links



The school is always here to ensure that your whole family are safe and well. We would like to promote the links to the left as useful resources that provide help and support to those who are struggling.

It is really important that we are looking after ourselves during this time of year especially with the surrounding pressures Coronavirus has placed on us all. Try using our Positivity Snake idea above to give yourself daily motivation.

## Weekly Wellbeing Tip



A good way to keep both your mental and physical health in good condition is to exercise through an activity that you find fun. Maybe you could play a game of tennis in the garden, or go for a walk across the country side.



## COVID-19 Rokeby Primary Contact line:

0 7 3 8 8 0 5 5 3 9 6

**IMPOTANT: If you have taken a COVID-19 test, please send your results to the number above. This is for both negative and positive results.**

If you are unsure on whether your child should be attending school, please refer back to last weeks newsletter or visit the GOV.UK website where you can find the latest in COVID-19 updates. We ask that parents are following the governments social distancing guidelines at all times.

### Important Dates

DATE	EVENT	INFORMATION
16/11/2020 to 20/11/2020	Anti Bullying Week	Monday 16th—Odd Socks Day. £1 Donation.
<b>27/11/2020</b>	<b>PTA Crazy Hair Day</b>	<b>Come in to school with the craziest hair-style! £1 Donation.</b>
18/12/2020	Last Day of Term	Last day of school term before Christmas Break.
04/01/2021 & 05/01/2021	Teacher Training	School closed to students for teacher training.
06/01/2021	Start of Term	All students to return to school.

### What Have We Been Learning About?



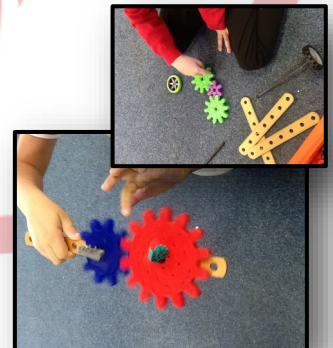
**Year 4:** Last week we had a geologist via a zoom call talk to us about the rock cycle and how rocks are formed. This links to our book 'The Pebble in my Pocket', we got to ask her questions too! We are currently designing a shell for a volcano in DT and learning about volcano and earthquakes in geography.'



**Year 3:** We have been experimenting with magnets and mechanisms in our Science and DT lessons. The pupils have been investigating how magnets work and what types of materials they attract.



They have also been experimenting with combining a range of mechanical components to see what mechanisms they can make.



### Family Information Service

Warwickshire's Family Information Service provides support, advice and one-to-one support for families, parents, carers and professionals on a variety of issues including family relationships, housing, parenting support, childcare, health and wellbeing and much more.

We are here to help.

[fis@warwickshire.gov.uk](mailto:fis@warwickshire.gov.uk)

Twitter – @WarksFIS

Facebook – Warwickshire Family Information Service

01926 742274



Rokeby Primary is part of the Stowe Valley Multi Academy Trust.  
**Tel: 01788 814399 Email: [rokebyprimary@stowevalley.com](mailto:rokebyprimary@stowevalley.com)**



**Rokeby Primary School is committed to safeguarding and promoting the welfare of children and young people and expects**

**everyone to share this commitment.**