



Lynch Hill School Primary Academy Newsletter



Issue: 13

Aim High, Work Hard, Care Deeply

11th December 2020

A message from Mrs Tomlinson...

I feel I must start my column again with a huge thank you. Over the last few weeks, I have had to spend far more time contacting the DFE or Thames Valley Health Protection Team than I would have liked and subsequently send far more emails to parents and carers informing them of the shutting of bubbles as a result of positive covid cases in the school. But throughout this time that has been so challenging, I am genuinely thankful to lead a school where parents and carers seem to understand the difficulties we face each day and recognise just how hard we are working to keep everyone safe. A number of you have commented that when you don't see me at the gate you now start to think that it is probably because I am having to deal with a confirmed case and am reporting it through the correct channels. That isn't always the case but I have certainly had to do that more and more lately! Many have stopped to thank me, and other staff members, and offer genuine praise for what we do. That means a great deal and we are so grateful to work in partnership with you.

Your understanding and response regarding the school closure today is amazing. When we sent the email and text late afternoon yesterday, we had parents contact us to offer their understanding and also their help: whether with cleaning or delivering lunches etc. Such community spirit is much needed during these times.

We are monitoring the situation very closely with regard to being able to open safely next week: we are currently waiting for a number of test results from pupils and staff. Throughout this term, we have had a cleaning team working in the middle of the day, as well as after school and being able to do both must continue to be our minimum expectation next week. As I said yesterday, I will update you accordingly.

As a result of our increased cases and the closure of Nursery and Reception and some other bubble groups, some of our staff have had to postpone the telephone consultations until after the Christmas break. If that is the case, you will have received a message stating this. No one who made an appointment will be forgotten so please do not worry, you will get the opportunity to talk through your child's progress and next steps.

We have had a few parents ask about next Friday and whether we will be taking it as an INSET day. If we do remain open, the answer to that question is no. As a

trust, we all agreed to continue with our original end of term dates. The reason that the government announced on Tuesday that schools could take next Friday as a training day is because Public Health England has agreed a 6-day window, after the final day of teaching, in which schools and further education providers are asked to remain contactable so we can assist with contact tracing where necessary. Can I therefore please ask that should any positive cases be identified after Friday 18th December, that you make contact with us via email: office@lhspa.org.uk or l.tomlinson@lhspa.org.uk This will be the case up until 24th December.

Have a wonderful weekend and stay safe and well.

Lindsey Tomlinson



Keep it simple

- Elf on the shelf
- Advent calendars
- Visiting Santa
- Writing to Santa
- Arranging the Christmas dinner
- Sending out Christmas cards
- Christmas baking
- Make food for the reindeer
- Find a Christmas jumper
- Attending a virtual Christmas carol service
- Being part of the family Christmas Zoom
- Present planning
- ...and wrapping
- ...and hiding
- ...and remembering where you hid things

If you're feeling overwhelmed by this list, then stop. Just stop. Not everything has to be done to have a good Christmas. In a year full of challenges, it can be tempting to pull out all the stops to make the Christmas magic happen. If your to-do list looks like this then then find a way to cross something off and relax. Let's find the Christmas magic in simplicity.



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Thought for the Week

Our IPC learning goal this week is: **Co-operation**



Cards and Gifts for Staff and Pupils

We are extremely grateful for the lovely cards and gifts that are given to staff each Christmas. We need to make you aware of the Gifts and Hospitality policy that is available to view on the SEBMAT website:

<https://resources.finalseite.net/images/v1568642558/sebmatcom/idrgfxmlbitsu5eramlo/GiftsandHospitalityPolicy/une2019.pdf>

In order for staff and pupils to be able to take their cards and gifts home on the last day of school, please could they all be brought in to school by the end of the day on Tuesday 15th December, in order that they can go through the 72 hour decontamination period before being taken home. Thank you.

Milk Bottle Tops and Battery Recycling

Containers for these are in the foyer. Please bring in your bottle tops and small batteries so they can be recycled.

Last Day of Term

If we are able to remain open, Friday 18th December will be a **full day** for all our children. It will be a **non-uniform** day, so children can wear their Christmas jumpers or festive frocks. It will also be **class party day**; children should **bring in their own festive lunch** (no sharing of food this year). Children receiving free school meals will receive a normal packed lunch which can be supplemented by bringing in their own chocolate biscuit/cake. Some snacks will also be provided by the school.



School at Home on the Website

Weekly timetables with links to work set are now published on our website on a Monday morning on the School at Home tab:

<https://www.lhsprimaryacademy.org.uk/school-at-home>

Click on the relevant key stage and then on the year group link for the timetable to appear.

Breakfast Club

Please can we remind parents that **Breakfast Club cards must be bought in advance**. This is to ensure that enough food is prepared and that we have enough staff to cover the club. Thank you.

We are a Nut and Seed Free School

A reminder to parents that no nut or seed products of any kind should be brought in to school. This includes seeded bread. Even if your child has no allergies, we have a number of children and staff with **life threatening allergies** to the point where even the odour of nuts can induce a reaction. Thank you for your co-operation.

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Al the Robot and the Three Bears Coding Pantomime - Online

A Pantomime? With Coding?

Oh no it isn't... oh yes it is!!

Can Professor Trice and Al the Robot save the Three Bears' Christmas Breakfast in time?

If you go down to the woods this Christmas, you can be sure of a big coding surprise, along with laughter, chaos, and a bit of Christmas magic. Available now, this 20 minute ONLINE show is aimed at primary school aged children (but really everyone will get caught up in the fun!) Enjoy watching Get with the Program's Professor Trice and Al the Robot go on one of their amazing adventures, combining computing and interactive theatre, this time with a Christmas Panto twist. Their ever-popular shows are performed on a background of 20 years coding experience, liberally sprinkled with the amazing expertise of school educators they've met along the way.

Sign up to receive a free link to view the panto using this [Google sign up form](#). Alternatively email inspire@stemnow.org if you would prefer to receive a Word version of the form.



**Please contact the school
office for more information:**

01753 524170

office@lhspa.org.uk

Are Your Contact Details Up To Date?

Have you moved home, changed your phone number or e-mail address recently? Did you let the school know? Please update your records with the school by e-mailing office@lhspa.org.uk . Thank you.

Important Dates for Your Diary

Friday 18 December	Non-uniform day End of Term 2
Monday 4 January	Inset day
Tuesday 5 January	Children return to school

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ISOLATING AT HOME

Your child may suddenly have to stay home from school and the family to isolate. Here are lots of ways for you all to keep healthy at home during isolation.

ACTIVE MOVEMENT

HWS HEALTH & WELLBEING SLOUGH

PHYSICAL ACTIVITY

- ✓ Be as active as you can
- ✓ Stand up every 20minutes
- ✓ Walk often
- ✓ Try a virtual exercise class



SIT LESS, STAND OFTEN, MOVE MORE

- ✓ Reducing the time you are sitting is important.
- ✓ Play hide and seek around the house
- ✓ Progress to some gentle, frequent walks around the house or garden if you have one.



ACTIVE CHALLENGES

Set you and your family simple daily targets:

- ✓ Stand up together every 20 minutes
- ✓ Go for a walk of 1,000 paces around the house or garden every day (and take the stairs if you have them)
- ✓ Try a standathon. Who can stand up for the longest!
- ✓ Playing board or computer games? Making standing up part of the game (like when you throw a six)
- ✓ Make tidying up an Active Movement
- ✓ Let your child be in charge of being active for the day!



ACTIVE SCHOOLWORK

Being active helps memory, concentration and coming up with ideas.

Remind your child to:

- ✓ Stand up whilst learning important words
- ✓ Walk around whilst learning a phrase or thinking about an answer
- ✓ Stand up when reciting work
- ✓ Walk around the house for 5minutes before doing any mock tests or exams



WORKING FROM HOME

You may have to stay at home to look after an isolating child. Add standing and moving to your work routine too.

Standing conference calls can be much more dynamic!



PROTECT THE NHS

During your isolation period you should not leave your home.

If vulnerable and needing immediate support call **01753 944198**



HANDS



SPACE



FACE

GOOD FOOD HABITS

Now is a great time to develop good food habits.

Follow them as a family or group, then you can all remind and encourage each other to eat properly - and not too much!



ACTIVE SWAPS

Make simple changes by setting yourself some Active Swap days :

- ✓ Swap sugary drinks for water
- ✓ Swap chocolate for fruit
- ✓ Swap white bread for brown
- ✓ Swap a snack for a walk or exercise
- ✓ Swap cereal for boiled eggs
- ✓ Create a fresh food day

And remember standing up or a walk after a big meal is good for your digestion.



MORE TOP TIPS

- ✓ Stand up to brush your teeth twice a day with a fluoride toothpaste
- ✓ Sleep is important:
Primary age 10-11hrs
Secondary age 9-10hrs
Adults 7-9hrs



ADDITIONAL SUPPORT

There is lots of information and ideas of how to look after your mental and physical health on the "Health at Home" website.

For more information, visit:

www.publichealthslough.co.uk/campaigns/health-at-home

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EMOTIONAL WELLBEING

If you require further emotional support check out the following support resources:

- 1) Kooth – For secondary age children
- 2) Every Mind Matters – For all ages
- 3) Public Health Slough – For all ages



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