



Lynch Hill School Primary Academy Newsletter



Issue: 15

Aim High, Work Hard, Care Deeply

8th January 2021

A message from Mrs Tomlinson...

I hope that for those of you who are once again at home with your children, tackling remote learning, the week has not been too stressful for you. I know a number of you have turned to social media this week to express your appreciation for all staff do and recognise just how challenging it can be teaching children. Others have commented about their frustration over aspects of the remote learning not working and we accept these comments too. It was highly frustrating that both DB Primary and Tapestry crashed at various times this week but I think that indicates the sheer volume of traffic they were experiencing across the nation.

We are all aware that the situation this country now finds itself in is one that is going to last all of this half term and possibly longer. Schools could well remain open only for the vulnerable and critical worker children for many, many weeks and we need to work to ensure that an achievement gap does not open which will subsequently be a struggle to close. Children, whether at home or at school, must be learning and we have to work with families to ensure that is the case. At Lynch Hill, we are committed to this and, whilst we will experience teething problems, we will get there and we will do so together - working in partnership with you.

Parents should not be sat at home feeling upset, overwhelmed or unhappy at what is being offered. I would urge you to contact us if you are experiencing issues so that we can help you to resolve them. If we do not know what problems you are facing, we cannot help and your child will be missing out. In the move away from worksheets, towards more quality online material, our staff have been trialling different things. For example, voiceover PowerPoints have been uploaded to DB Primary so that the children can hear the teacher's voice talking through the lesson content and task expectations. However, on some tablets, the sound will not work. We now recognise this and so we will convert these lessons to movie files which can then be shared via our Lynch Hill Youtube. The point I am trying to put across, is that as long as we know what challenges parents and pupils are experiencing, we will do all we can to help.

Some parents/carers have felt worried over the amount of work being set. The timetables for each year group will go live as of Monday and we do know it can seem like a lot of work. However, the government have said that the

offer should, where possible, replicate a school day so that is what we are aiming to do. As a parent, do what you can with your child and communicate with the class teacher if not all is able to be completed. It should not cause undue stress and anxiety and we are all mindful of the need to look after our mental health and wellbeing as a priority during these difficult times. Exercise is key to improving mental health and we know that Joe Wicks is back next week but the Lynch Hill PE team are doing their bit too and PE activities will be available each week which can be done at home.

So that you all have a good understanding of our approach, each day, a number of tasks will be sent to the children in KS1 and KS2 for them to complete. In order for the teachers to be able to provide timely and accurate feedback, and to save the children from becoming overwhelmed with work, we will limit the time that lessons are available on DB Primary. The timings for the tasks are as follows:

Tasks will be made available at 6.00am on the day they are to be completed until midday the following day. The task will then be marked and then closed at 4.00pm the following day. This will not remove the work from your child's work area, but will mean it is no longer available for download and completion. You will be able to see the teacher's assessment and comment in order to help your child.

For example, tasks for Monday are uploaded at 6.00am Monday until 12.00pm Tuesday. This work will be marked across Tuesday. The work will be closed at 4.00pm Tuesday so as not to overwhelm children or staff with outstanding items.

Years 1-6 will be set an individual task for each lesson throughout the day. The children are encouraged to send back their completed work via tasks rather than email or uploading to their work area, as it is difficult to track and impossible to mark in the usual format. Again, please keep us informed if your child experiences trouble with this.

We are able to monitor what all of our pupils are doing on DB Primary and Tapestry and teachers are actively responding and giving feedback. We will also call home if we see that tasks are not being attempted. We understand that some families have very limited access to remote learning and we have been working hard on resolving this.

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The government recognise that schools urgently need devices to support pupils with remote learning. We have been told that all primary schools will be contacted by 15th January to invite us to order more devices. As a trust, we will certainly do this as soon as this invite has been made. As it currently stands, we have prioritised the laptops we do have available and have issued a number today. They are being loaned to families for this period of time and I hope they will be utilised effectively.

We are also being told now that schools can make requests on behalf of families, to temporarily increase data allowances on mobile phones, thus enabling other devices to connect to the internet via a mobile phone. In addition to that, schools can also request 4G wireless routers for pupils in KS2 who do not have access to the internet at home. We will certainly look to do all of this for the families who need, but patience is required as these schemes are rolled out across the country. Finally, Microsoft Office log-ins for all will start to be issued next week so that we are then able to offer some 'Zoom-style' meeting opportunities with the pupils via Microsoft Teams. We are just awaiting the resolution to a final technical issue. And on the subject of technical issues, I must thank you for your patience this week with the school's new phone system: it really has not been behaving itself but fingers crossed that it will be doing what it is supposed to going forward!

When this turbulent time is eventually over, and be assured that time will come, we need to reflect and feel confident and proud that we have all done the very best that we can. And, as headteacher here, I am committed to that.

Have a lovely weekend and stay safe and well.

Lindsey Tomlinson



Hope

Hope changes the brain. When we have hope, our brain releases neurochemicals and enkephalins which enable us to overcome obstacles. Not sure what that means? It means that when we have hope, our brain mimics the effects of receiving morphine. We can overcome difficult

circumstances because we have wired our brains to do so.

Hope is to do with our expectations and belief in good things to come. It is not vague, wistful thinking. It is about us being intentional with our thought patterns. Repeated hopeful actions and thoughts help us prepare for a more positive future.

We could all use a little more hope right now. 'Thinking positive' is not denial of what we face. It is a rewiring of our brains to enable our bodies to move forwards with calm instead of chaos.



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.

Reception Admissions for September 2021

If you have a child who was born between 1 September 2016 and 31 August 2017, you must apply for a Reception school place for September 2021 through Slough Borough Council

Reception applications:

- Opens - Saturday 12 September 2020
- Closes - Friday 15 January 2021.

More information is available online:

<http://www.slough.gov.uk/schools-and-learning/school-admissions.aspx>

Our Admissions criteria is available on our website:

<https://www.lhprimaryacademy.org.uk/statutory-information/statutory-information>

Please be aware that, due to the current circumstances, we will not be offering tours of our Reception class or school. Instead, we have a video tour available on our website:

<https://www.lhprimaryacademy.org.uk/returning-to-school/early-years-tours>

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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.



PHYSICAL ACTIVITY

- ✓ Be as active as you can
- ✓ Stand up every 20 minutes
- ✓ 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 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 5 minutes before doing any mock tests or exams



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.



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!



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

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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