



Swaffham Prior Newsletter

March 2021

Class News

It has been so wonderful to welcome everyone back to school again, and with the opening of our new nursery, we have some new additions as well!

Nursery Our youngest children are settling in very well and are enjoying a story time and a music and number session each day. They are also making great use of our forest area and are making new friends with our reception children in Hedgehogs.

Hedgehogs have made a great start back at school and are busy learning about construction (with real bricks) and making electric circuits! The children have been brilliant at welcoming the new nursery children to our school.

Swifts have been busy continuing with their learning on Tanzania, finding out about African animals in science, writing fact files and designing and printing patterns in art.

Bees have been learning about what life was like in Victorian times. This week, they dressed in Victorian costumes and lived a day in the life of a Victorian school child. They even had to pay a penny for their education, as was the practice in those days!

Owls have had lots of fun writing portal stories, code-breaking and learning about the Enigma machine and Bletchley Park as part of their World War 2 topic.

Uniform

If you are purchasing new school uniform, please remember to follow our uniform code—grey and red for uniform and black and red for PE. We still have plenty of second hand uniform available.

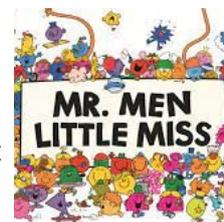
School Uniform	PE Kit
Red polo shirt	Red round-neck t-shirt
Red jumper or cardigan	Black shorts
Grey trousers, skirt or pinafore (not jogging bottoms or leggings)	Black jogging bottoms or leggings
Grey/red tights or grey/white socks	Black or red sweatshirt
Black shoes, not boots	Trainers with child-friendly fastenings
Hair ties in school colours	Earrings must be removed for PE

Class name

Any ideas for a name for our new nursery class would be greatly appreciated!

Our other classes are named after species whose numbers are in decline locally: butterflies, bees, swifts and

World Book Day was a huge success and a lovely way to wind up the remote learning before all children returned to school. The children loved exploring the world of Mr Men and Little Miss and it was lovely to see so many potato characters displayed around the village.



Key Dates

25th March Last day before Easter holiday

26th March INSET day

12th April Children return after Easter holiday

28th May Last day before half term

7th June Children return after half term holiday

Ukuleles

Huge thanks to Kathleen Freeman and Emilie Lewis Memorial funds and Rex Freeman, an ambassador for children's music education in Cambridgeshire—who donated over £500 for a class set of ukuleles which will be used for classroom music lessons and two new ukulele clubs after Easter.

Happy Easter

From everyone here, we wish you all a lovely Easter break. See you in two weeks!





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Message from Mrs Bartley



You wait all term for a newsletter then so much information that comes all at once! Firstly, I just want to say a massive thank you for all your support and co-operation during the past term. It has been a roller coaster of a term: who can remember gearing up to return to school on the first Tuesday in January only to be told at 8pm on Monday evening that schools would only be open to children of Key Workers from the following day? Then the initial finding our feet with remote learning and establishing good routines. Finally after 8 weeks of home-school, the RETURN on 8th March and a hectic 3 weeks up to the Easter break. Somehow during all these changes, our children have continued to work hard and we've celebrated World Book Day, Mother's Day, Red Nose Day!

Whilst initially we will have to continue with our current measures to mitigate the risks posed by Covid including staggered starts and mask wearing etc, I sincerely hope that

Parent Consultations



As you are aware, regular spring Parent Consultations didn't take place due to the lockdown. However, we would like to invite parents to meet with teachers next half term instead. These appointments will be virtual using the School Cloud website that was used in Autumn term. The dates for these are: **Tuesday 27th April and Thursday 29th April**. More details will be sent out after Easter.

Red Nose Day



Thank you for your donations to this good cause. We loved hearing the jokes all the children told. The winning jokes were:

Why did the gym shut down? Because it just didn't work out (Elizabeth Knighton)

What did the Shore say to the Sea? It didn't, it just waved!' (Penelope Tandy)

Why did the man with one hand cross the road? Because he wanted to go to the second hand shop! (Alexis Smith)

What do you call a fairy that doesn't wash? Stinkerbell

Zumos!

During the holiday, children can still log on to Zumos Well-being website. Log in details were sent as messages on Class Dojo. It has great mindfulness and relaxation exercises for all the family!

Thank You!

For sending in your smartie tubes of coins! All money raised by the PTA goes to fund enrichment projects which benefit all the children.

Porch Pantry

The church has a mini food bank in the porch. If you are struggling to top up food supplies, you are welcome to use this at any time if you are running short.

More Key Dates!

PSHE Discussion: Wednesday 21st April

Parent Consultations: Tuesday 27th April and Thursday



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YOUNGMINDS

<https://youngminds.org.uk/>
Parent Helpline: 0808 802 5544

Lockdown has been tough for everyone. The Young Minds website is a great website with a multitude of helpful resources. If you think your child is unhappy or if you are worried about their behaviour, it's easy to be hard on yourself and think you aren't doing a good job. The following tips are from the Young Minds website for any parent who is worried about their child, or what to do to support them:

You and Your Child

- Make sure they know you love them and are proud of them. Praise them for what they do well, and encourage them to try new things.
- Be honest about your feelings - you don't have to be perfect. We all get things wrong and shout or say unkind things from time to time. If this happens, say sorry to your child afterwards and explain why it happened, They will learn from you that it's OK to make mistakes and that it doesn't make you a bad person.
- Be clear about what is and isn't acceptable - and tell them why. Children need to know what is OK and what isn't, and what will happen if they cross the line. Follow through on what you say as otherwise they may get confused or stop respecting the boundaries.
- Own your own role - you are the parent, so don't be afraid to take tough decisions. If your child sees you are scared of their reaction and always give in to them, it can make them feel very powerful, which can be frightening. Children need to know that you are there to keep them safe.

Helping Your Child

- Worrying or difficult behaviour might be short-lived, so give it some time. All children go through stages of feeling anxious or angry and they can show this in lots of ways, for example, tantrums, crying, sleeping problems or fighting with friends or siblings. They might be adapting to a change in the family or in their school life, or just trying out new emotions, and will generally grow out of worrying behaviour on their own or with family support.
- Talk to your child: Even young children can understand about feelings and behaviour. Take it gently and give them examples of what you mean, for example, 'When you said you hated Molly, you looked really angry. What was making you so cross?', or 'When you can't get to sleep, is there anything in your mind making you worried?' With older children, they might not want to talk at first. Let them know you are concerned about them, and are there if they need you. Sending a text can work better if this is the way your child likes to communicate.
- Ask your child what they think would help - they often have good ideas about solving problems.
- If you can, talk to your child's other parent about your worries, when the child is not around. They might have a different take on what's going on. Try and sort out how to deal with the behaviour together so you are using the same approach, and can back each other up. Children are quick to spot if parents disagree, and can try and use this to get their own way.

Looking after Yourself

- If your child is having problems, don't be too hard on yourself or blame yourself. Although it can be upsetting and worrying if your child is having a bad time, and it makes your relationship with them feel more stressful, you are not a bad parent. Children often take it out on those closest to them, so you might be feeling the effect of their very powerful emotions.
- If you had a difficult time growing up yourself, or have had emotional problems or mental health problems, it can be very worrying to think that the same thing might happen to your child. But the love and care you show them and the fact that you are trying to help will protect against this. Getting help for them and perhaps for yourself too can give them the best chance of feeling better.
- If things are getting you down, it's important to recognise this. Talk to someone you trust and see what they think. Many people go on struggling with very difficult situations because they feel they should be able to cope, and don't deserve any help.



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Information regarding Personal, Social and Health Education

As a part of your child's education, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

Over the summer term we will be delivering lessons which will focus on the relationships and sex education (RSE) aspect of this programme. In Key Stage 1 lessons will include pupils learning about: Healthy relationships, including friendships; families; growing and changing. Then in Upper Key Stage 2 they will also include puberty; personal hygiene; changing feelings; becoming more independent; keeping safe; developing self-esteem and confidence. Pupils will also have opportunities to ask questions.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values. We have reviewed our PSHE (Personal, Social, Health Education) Policy and our SRE (Relationships and Sex Education) Policy.

Curriculum content

The DfE has published a useful list of FAQs for parents on the new RSE/Relationships Education requirements, and two new guides on Relationships Education, RSE and Health Education.

The right of withdrawal from September 2020

The statutory guidance for Relationships Education and Health Education will come into effect later this year.

- Parents will not be able to withdraw their children from any aspect of Relationships Education or Health Education (which includes learning about the changing adolescent body and puberty).
- Parents will be able to withdraw their children from any aspects of Sex Education other than those which are part of the science curriculum. (Note that sex education will not be statutory in primary schools, however the new statutory guidance makes clear that schools should still provide a programme of age appropriate sex education)
- Head teachers in primary schools must grant requests to withdraw a pupil from sex education, other than where it is part of the science curriculum.

We would like to invite you to attend a parent information meeting on Wednesday, 21st April at 6pm to find out more about what your child will learn and resources being used in lessons and discover how you can best support your child to discuss these topics at home.

Join Zoom Meeting

<https://us02web.zoom.us/j/82472283401?pwd=YU85dGQ1M01lYjgrRE51YWdib3pvdz09>

Meeting ID: 824 7228 3401

Passcode: Zx9Ds8

As a school community, we are committed to working in partnership with parents.

If you would like to find out more or discuss any concerns, we would urge you to attend the information meeting and look forward to seeing you there.