



Elloughton School News

The Newsletter of
Elloughton Primary School



12th February 2021



Word from the Headteacher

So together we've made it through another half term. A big well done to the parents of our remote learners for hanging in there as we know it's been a tough gig. Nobody at school underestimates the huge task you have been given. From speaking to parents, from hearing the conversations via telephone or video calls, from reading emails and Class Dojo messages, it is apparent that so many children have found it particularly difficult not seeing friends and family. As the weeks have gone by it has become harder to maintain enthusiasm, concentration and motivation. For some of you juggling work and home learning has, at times seemed, nigh on impossible. Last time lockdown was a bit of a novelty; that novelty is now sadly wearing thin.

That said, there have been some brilliant things happening both in school and at home. When I go online I have the privilege of see an amazing range of work being completed throughout all year groups. The quality of writing, theme work, maths, art, science, reading tasks etc. has been superb. Our children have proven once again to be adaptable, creative and eager to do their best. I'm really proud of how much children have achieved and how hard they have worked. They are a credit to you all. Thank you for your continued support. Together we have made this work in the best way possible. Our key messages continues to be :

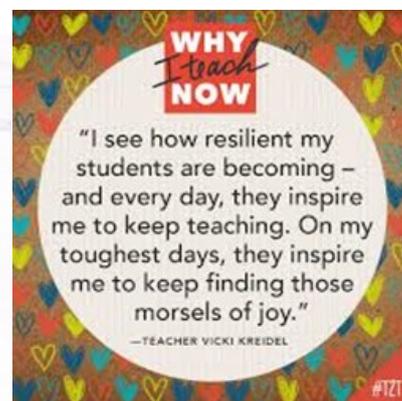
- *We'd like children to take part in as much work as possible but not at the expense of family well being.*
- *Do what you can, when you can.*
- *Ask for help.*
- *Keep lines of communication open.*
- *Try and get outside away from screens as much as possible.*
- *Fresh air and exercise are our friends.*

Fortunately the snow has uplifted spirits in school this week. There has been a mood of hope and much needed positivity. It has been a pleasure to walk around school and see the children enjoy a range of screen free activities today and I sincerely hope that families at home have seen this as an opportunity for some light relief from the pressures of remote learning.

I remain hopeful that schools will reopen in full from 8th March and so plans are underway to welcome back all our pupils. In the meantime enjoy half term in whatever way you can and do look forward to the day when we can be back together again all learning under one roof.

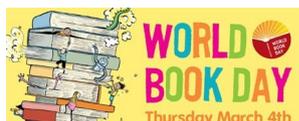
Take comfort in the fact that it's less than 3 weeks until March..daffodils, sunshine, warmer days, longer days, new beginnings. Keep going everyone. We can do this!

Warmest wishes
Mrs Fulstow



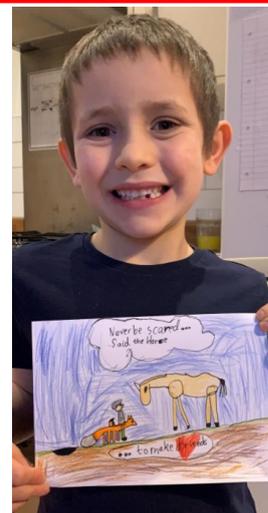
World Book Day

We are still planning to celebrate World Book Day at Elloughton Primary School on Thursday 4th March 2021. We would like to invite all children to dress up as their favourite character, we will have fun activities prepared for children both in and out of school on this day. Each class will be meeting virtually on this day too so the children will have an opportunity to showcase their costume. More details to follow.



Well Done Charlie!

Charlie in Year 1 was so inspired by Mrs Bennett's read on Google Classroom that he drew his own page for the book which says 'Never be afraid, said the horse, to make new friends'. His parents tweeted the picture to the author Charlie Mackesy who sent a lovely reply. Well done Charlie, we think this is fabulous!



Spring is in the Air

Mrs Littlewood has recently been tidying our school garden and planting seeds in preparation for when all our pupils return. Our green fingered friends will be will be very busy!



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

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1 Know how to spot the signs
If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.
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2 Talk to your child
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.
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3 Create structure and routine
Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.
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4 Give children a sense of control through information
Look online with your children to find useful information and resources that help children feel they have control.

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

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5 Keep children learning
Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.
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6 Limit screen time and mix up activities
As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.
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7 Help your child manage stress
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.
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8 Expressing feelings doesn't have to be face-to-face
Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

How to nurture a child's mental health

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- Actively listen before offering your advice
 - Be patient
 - Share your feelings and validate theirs
 - Tell the truth
 - Model healthy behavior
 - Surround them with healthy adults
 - Be consistent and follow through with what you promise
 - Teach them how to be safe
 - Believe them and in them
 - Use open ended questions
 - Practice relaxation exercises together
 - Have scheduled family time
 - Limit electronic time for everyone
 - Reach out and hug them
 - Model forgiveness
 - Recognize positive choices
 - Respond calmly when their emotions are elevated
 - View their behavior as a window to their needs and feelings
 - Make play and exercise a requirement
 - Be present
 - Set and respect boundaries

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LIVE East Riding of Yorkshire



HOME SCHOOLING
Search for useful resources within schools closure tool

Easy to use Home Schooling resources from East Riding Libraries

Competition Time Create a Spring Garden in your front window

To win great prizes from local businesses, including bird boxes, plants and more.

Entry is simple, please email your name and home address to broughinbloom@gmail.com and we will register your address as entered in the competition.

There is NO ENTRY FEE for the competition but as a voluntary group we would welcome a minimum donation of £2.50 (see below) to support our valuable work in the Elloughton cum Brough area.

Simply decorate your front window as colourfully as possible using paper, paints and any other items which portray SPRINGTIME. Judging will take place on the weekend of 27th/28th February and we will publicise the event with your street name only so that entrants, judges and interested locals can walk the area and view entries.

The judges decision will be final and no communications will be entered into when the event is finalised.

We are always looking for volunteers so please email coleen@broughinbloom.com or telephone 01482 666924 if you can help, even if only for a couple of hours a week. We plant and maintain flowerbeds and containers and are also involved in litter picking in the local area.

Brough in Bloom have organised this local competition aimed at families with children in the Elloughton cum Brough area. We are a local voluntary group who work hard on helping to improve our town through planting colourful displays and maintaining flower beds where we can.

We buy plants and planters and through our volunteers build displays which we hope brighten the days of residents in the area. There is NO ENTRY FEE for the competition but we would welcome a donation from a household of a minimum of £2.50 to help cover our costs and help with the purchase of plants or equipment. We have no paid staff, our income comes only from donations and sponsors. Organised by S.Remison on behalf of Brough in Bloom any enquiries please contact: broughinbloom@gmail.com

It's Fun & Free for Families & Children

How to enter and make your donation

You can enter by emailing: broughinbloom@gmail.com then make your donation (minimum of £2.50), which can be paid directly into our account via Internet banking A/c No: 18393413 - Sort Code: 40-42-25 Use your street name and house number as the reference.

Or send a cheque to Val Parker (Treasurer) 79, Springfield Ave, Brough, HU15 1BX. Include your address as well.

Thank you for your support.

Also see [Brough in Bloom](https://www.facebook.com/broughinbloom) on Facebook





Tune in for your weekly slice of YV music and movement for schools, children and families at home.



#YVatHome

11am Every Thursday in lockdown LIVE

Although Young Voices won't be going ahead this year, the team at Young Voices are delighted that they have been able to bring back regular 'Young Voices at Home Elevenses sessions' in the past few weeks - I know some of you have already been tuning in!

In a nutshell, budding musicians or anyone with a love for the subject can tune in every Thursday at 11am to see David Lawrence, Craig McLeish and Andy Instone taking it in turns to give you the Young Voices experience live and online on Facebook!

All sessions are fun and completely suitable for those at home with their families. If you can't tune in at that time, don't worry all sessions will be available shortly after the live session on their YouTube channel: YVTV. <https://www.youngvoices.co.uk/yv-at-home/>

This is totally optional but may be just the respite some of the children may need.

Have fun!

All National Online Safety are believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



REMOTE EDUCATION 10 TOP TIPS FOR PARENTS

Remote education ensures continuous learning outside the classroom. For parents and carers, remote education isn't always straightforward and there can be a number of factors they need to consider especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote education experience.

1. TAKE AN ACTIVE INTEREST IN YOUR CHILD'S LEARNING

As a parent or carer, your school may have explained how remote education works already, but children may still need help. Take an active interest in their learning and help support them whenever they need a helping hand.



2. MONITOR YOUR CHILD'S COMMUNICATION AND ONLINE ACTIVITY

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they're behind a computer.



3. ESTABLISH A DAILY SCHEDULE AND ROUTINE

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/routine that schools have sent home to help children keep on top of their daily learning.



4. ENCOURAGE SCREEN BREAKS AND PHYSICAL ACTIVITY AWAY FROM DEVICES

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will inevitably advise on screen breaks however, it doesn't hurt to have a check on their time online or encourage them to get some fresh air/exercise.



5. ENSURE YOUR LEARNING DEVICE IS IN PUBLIC SPACE IN THE HOME

It's important to consider where your PC or laptop is placed if the video is being used. Try to keep the background neutral, with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



6. IMPLEMENT SAFETY CONTROLS AND PRIVACY RESTRICTIONS ON APPS AND SOFTWARE

Dependent on how your school implements remote education, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



7. ENSURE YOUR CHILD ONLY USES OFFICIAL SCHOOL COMMUNICATION CHANNELS

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



8. FAMILIARISE YOURSELF WITH RELEVANT SCHOOL POLICIES

Schools should have a policy on remote education that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



9. MAINTAIN FEEDBACK WITH TEACHERS

Engage in communication with teachers where possible, and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



10. MONITOR YOUR CHILD'S WELLBEING AND MENTAL HEALTH

Remote education will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as they can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends every day might take its toll.



www.nationalonlinesafety.com Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety Instagram: @nationalonlinesafety

Sources: Remote education good practice, OfE guidance, Safeguarding and remote education during coronavirus (COVID-19), OfE guidance. Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.11.2020

Term and Holiday Dates 2020/2021

Autumn Term

	Opens	Wednesday 9 th September 2020
	Closes	Friday 23 rd October 2020
	Re-Opens	Monday 2 nd November 2020
	Closes	Friday 18 th December 2020

Spring Term

	Opens	Tuesday 5 th January 2021
	Closes	Friday 12 th February 2021
	Re-Opens	Monday 22 nd February 2021
	Closes	Thursday 25 th March 2021

Summer Term

	Opens	Monday 12 th April 2021
	Closed	Monday 3 rd May 2021 (Bank Holiday)
	Closes	Friday 28 th May 2021
	Re-Opens	Monday 7 th June 2021
	Closes	Friday 23 rd July 2021

Teacher Training Days

- Monday 7th September 2020
- Tuesday 8th September 2020
- Monday 4th January 2021
- Friday 26th March 2021
- Monday 26th July 2021

Term and Holiday Dates 2021/2022

Autumn Term

	Opens	Tuesday 7 th September 2021
	Closes	Friday 22 nd October 2021
	Re-Opens	Monday 1 st November 2021
	Closes	Friday 17 th December 2021

Spring Term

	Opens	Wednesday 5 th January 2022
	Closes	Friday 18 th February 2022
	Re-Opens	Monday 28 th February 2022
	Closes	Thursday 7 th April 2022

Summer Term

	Opens	Monday 25 th April 2022
	Closed	Monday 2 nd May 2022 (Bank Holiday)
	Closes	Friday 27 th May 2022
	Re-Opens	Monday 6 th June 2022
	Closes	Friday 22 nd July 2022

Teacher Training Days

- Monday 6th September 2021
- Tuesday 4th January 2022
- Friday 8th April 2022
- Monday 25th July 2022
- Tuesday 26th July 2022