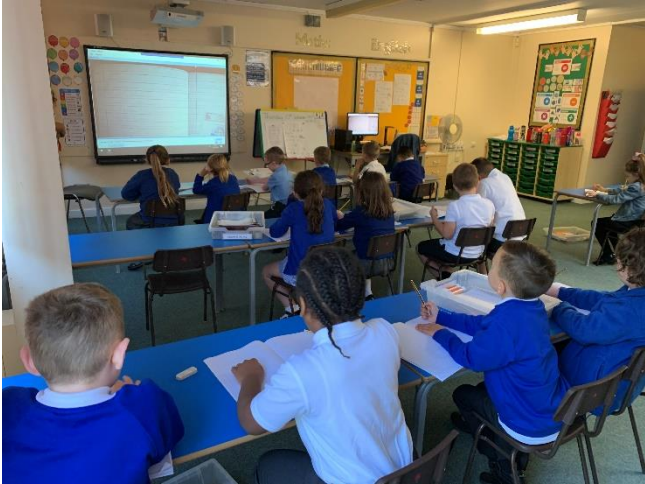


## School Newsletter

### Friday 11<sup>th</sup> September 2020

#### Welcome Back

It's been wonderful welcoming year 1 and 2 children back to school this week.



"I like being back with my friends." Isabelle (Year 1)

"I was a little bit nervous about coming back to school but I was ready to come back because I missed my friends a lot. My teachers have made me feel really safe and the school lunches are yummy." Layla (Year 2)

Thank you to pupils, parents and staff for adapting to the changes we have put in place to keep everyone as safe as possible.

We are reviewing these new routines regularly and will inform parents of any changes in future newsletters.

#### Coronavirus Symptoms

Please do not send your child (or any of their siblings) in to school, and call the school office to inform us immediately, if your child, or anyone in your household, displays any of the following coronavirus symptoms:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature);
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual);
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

#### Breakfast Club

Breakfast Club will continue to run in the school hall from 8am. Doors close promptly at 8.15am. Parents will need to book a place on this in advance by emailing the school office by 9am each Friday to book a place for the following week. If your child has any allergies or food intolerances, please can you also include this in the email when you are booking your child's place. The cost is £2.50 a day.

#### School Office

Please only visit the school office if it is absolutely necessary to do so. Where possible, instead of visiting the school office in person, please call or email using the details at the top of this page.

## Self-care September

Self-care isn't selfish, it's essential. No-one's perfect. But so often we compare our insides to other people's outsides. This month we're encouraging everyone to be kinder to themselves (as well as others), especially when things go wrong. Self-care increases our resilience and helps us get more out of life. It also helps us accept others as they are too.



# ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>7</b> Remember it's ok not to be ok. We all have difficult days <b>14</b> Talk kindly to yourself like you would to someone you love <b>21</b> Remind yourself that you are loved and worthy of love <b>28</b> Accept your mistakes as a way of helping you make progress	<b>1</b> Remember that self-care is not selfish. It's essential <b>8</b> Notice the things you do well today, however small <b>15</b> Find a caring, calming phrase to say to yourself when feeling low <b>22</b> Look at photos from a time with happy memories <b>29</b> Write down three things you appreciate about yourself today	<b>2</b> Be willing to share how you feel and ask for help when needed <b>9</b> Avoid saying 'I ought to' or 'I should' to yourself <b>16</b> Notice what you are feeling today, without any judgment <b>23</b> Let go of other people's expectations of you today <b>30</b> You matter. Remember that you are enough, just as you are	<b>3</b> Free up time in your diary by cancelling any unnecessary plans <b>10</b> Give yourself permission to say No to requests from others <b>17</b> Leave positive messages for yourself to see regularly <b>24</b> Ask a trusted friend to tell you what they like about you	<b>4</b> Forgive yourself when things go wrong. We all make mistakes <b>11</b> Aim to be good enough, rather than perfect <b>18</b> Don't compare how you feel inside to how others appear outside <b>25</b> Release yourself from inner demands and self-criticism	<b>5</b> Plan a fun or relaxing activity this weekend and make time for it <b>12</b> Let go of being busy. Allow yourself to take some breaks today <b>19</b> Get active outside and give your mind & body a natural boost <b>26</b> Find a new way to use one of your strengths or talents today	<b>6</b> Focus on the basics: eat well, exercise and go to bed on time <b>13</b> Make time today to do something you really enjoy <b>20</b> No plans day - make time to slow down and be kind to yourself <b>27</b> Take your time. Make space to just breathe and be still



**Self-care is not selfish. You can't pour from an empty cup**



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/self-care-september](http://www.actionforhappiness.org/self-care-september)

Keep Calm · Stay Wise · Be Kind

## New Playground Equipment



Children have had lots of fun this week using the new playground equipment.

"I love the new playground because it's like a giant wooden spider!" Grayson (Year 2).

A huge thank you to Mr Lane (one of the parents) for setting up a fundraising page and all the parents that contributed to the £137 that was raised, which we used towards the cost of the new equipment.

Please do not let your children play on the new equipment before or after school.

### Homework

One aspect of our coronavirus safety measures is to avoid items going back and forth between school and home as much as possible. As a result of this, homework procedures will be different this term.

Year 1 and 2 will be sending homework out every Monday. Paper copies will be sent home with the children. The homework will also be emailed, along with the answers, to parents every Monday. The homework should not be sent back in to school. Parents should go through the homework with the children at home after children have completed it, using the answers that have been emailed.

### Communication Reminder

Please email any questions you have for teachers to the class email accounts and teachers will respond within 3 working days. The class email addresses are:

<b>Class</b>	<b>Email address</b>
Year 1 Redwood	redwoodclass@harefieldinfants.co.uk
Year 1 Ash	ashclass@harefieldinfants.co.uk
Year 1 Cedar	cedarclass@harefieldinfants.co.uk
Year 2 Birch	birchclass@harefieldinfants.co.uk
Year 2 Pine	pineclass@harefieldinfants.co.uk
Year 2 Elder	elderclass@harefieldinfants.co.uk

### Key Dates For Your Diary

Week beginning 19<sup>th</sup> October: Parent-teacher meetings. More details to follow.

Monday 26<sup>th</sup> October to Friday 30<sup>th</sup> October: School is closed for half term.

Friday 18<sup>th</sup> December 2020: Last day of Autumn term. School finishes at 1pm.

Tuesday 5<sup>th</sup> January 2021: First day of Spring term.