



*Our vision is to nurture and develop resilient, life-long learners who are caring and responsible, enabling them to achieve their own individual excellence.*

6<sup>th</sup> April 2020

## Newsletter 12

***“Keep your face to the sunshine and you cannot see a shadow”***

Dear Parents/Carers,

I hope that you are all well and are taking care of each other. As we start our very unusual two week Easter holiday, it is lovely to see glorious sunshine outside. Hopefully, it is here to stay for a while!



### **Easter Learning**

Class teachers have been extremely busy in locating and preparing some exciting Easter activities for the children. These activities can be found on the online learning section of our website; they are different to the structured lessons that teachers have been uploading during term time and are entirely optional.

### **Learning after Easter**

Many thanks to all of the children who have sent in their completed activities. It is great to see the pride you have in your work.

We will return to the more structured, daily, on line lessons on Monday 20<sup>th</sup> April. In addition to the online learning, there will be more printed home learning packs available from Friday 24<sup>th</sup> April. A separate email will be sent through parent mail with details for the collection of these packs.

Just to emphasise, there is absolutely no obligation for both online learning and printed packs to be completed. It is important that you, as a family, find what system works best for you. We appreciate that it is not always possible to access online resources and, on occasion, printed resources are favourable.



### **News from Home**

Many thanks for continuing to send us in your photos and videos of home learning. There has been so many exciting things going on. Lots of you have been keeping up with exercise, following Joe Wicks' daily workout. There has been lots of baking and some beautiful artwork. We even had some photos of science experiments taking place! Last week, our Reception children enjoyed their "Once Upon a Time Ball". Despite not being in school, the children still managed to get dressed up and make some amazing castles. Even Mrs Thompson spent the day in her princess dress! Please continue to send in your pictures and videos - they really do keep us smiling!



### **FOE Easter Competition**

Our Friends of Excalibur team have been working really hard to create an exciting competition over the Easter break. Children are invited to decorate an egg box and send pictures to [contact@excalibur.cheshire.sch.uk](mailto:contact@excalibur.cheshire.sch.uk). The pictures will be available to see on our website under the News from Home section. Winners will be announced on our return to school.



### **Suggested Reads**

Dr Sharie Coombes has written a set of four books designed to support children in tackling anxiety, sadness and stress:

***No Worries***

***Be Brave***

***Hello Happy***

***Stay Strong***

As well as these, <https://stories.audible.com/start-listen> is a really good website where children are able to instantly stream a range of stories.

### **Support and Useful Numbers**

Negative experiences and distressing life events, such as the current circumstances, can affect us all in different ways. It is really important that we look after our mental health and emotional wellbeing. If you have any worries, concerns or just want to get

in touch, school can be contacted at any time of day through our email:

[contact@excalibur.cheshire.sch.uk](mailto:contact@excalibur.cheshire.sch.uk)

We have also added a section to our website under "Our School" called "Emotional Health and Wellbeing" which has lots of links to useful websites that can support mental health and wellbeing.

### **Useful Websites**

Keeping children safe online:

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

Top tips for parents working from home:

<https://www.barnardos.org.uk/blog/tips-parents-working-home-barnardos-colleagues>

The NSPCC has created an information and advice resource for parents/careers of young people with anxiety about Coronavirus.

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health>

Look after yourself and be kind to yourself.

**Mrs Jones**  
**Head Teacher**