



# Whiteshill Weekly News

12/2/21

**We are curious, we are unique, we are together, we are Whiteshill!**

[www.whiteshillschool.co.uk](http://www.whiteshillschool.co.uk)  
[admin@whiteshill.gloucs.sch.uk](mailto:admin@whiteshill.gloucs.sch.uk)  
Tel: 01453 762 949

Well, we have nearly made it to half term! Something that seemed very far away when this journey began in January for all of you I'm sure. A huge thank you to all of you at home for all of your efforts to keep the children engaged and learning over this period – we know how difficult it is and we really appreciate your support. It has meant that the children have covered much of what they would have done if they had been in school and thanks to your efforts, we are sure that the impact on their learning going forwards will be minimised.

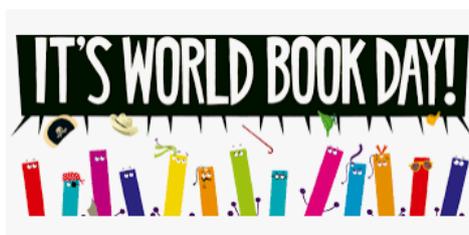
Huge, huge thank you and well done to all of the children at home – you are amazing!! The teachers love seeing what you are up to each day and finding out about your learning on Class Dojo. They and I are incredibly proud of each and every one of you.

Everyone deserves a real break at half term – try and take the pressure off yourselves and relax when possible. It is so important for everyone at home to take a proper break and refresh so enjoy not having to worry about fitting in home learning for a week even if you are still at work yourselves. Children – relax and have fun!!

We return to school, virtually and in person, on Tuesday 23<sup>rd</sup> February.

## **Whiteshill's Day of Wonder!**

After half term, we will be continuing our theme of having a unique day of learning each week to help with wellbeing and keep the children engaged with learning. On Thursday 25<sup>th</sup> February, the teachers will be planning a Day of Wonder for the children – more information will follow after half term.



Thursday 4<sup>th</sup> March is World Book Day this year and don't worry, even though we can't be in school and dressing up like we normally do, you won't miss out! Mrs Cripps, our English subject lead, is putting together a range of activities and events for the day so watch this space!

The new term dates for next academic year (2021/2022) have now been set and are on the school website here: <https://www.whiteshillschool.co.uk/term-dates/>

Don't forget it is Shrove Tuesday next week so if you enjoy a pancake it might give you something to enjoy during half term! There are some fun pancake activities and ideas here for the children: <https://www.bbc.co.uk/cbbc/curations/pancake-day>



We hope the children enjoyed engaging with Safer Internet Day on Wednesday this week. Don't forget, we have a parents' online zoom safety session run by Stay Safe Workshops booked on Wednesday 24<sup>th</sup> February at 7pm which you are all invited to. Please do attend if you are able to. Flyer attached to this email again and there was more information in last week's newsletter if you need it.

If you are looking for advice in the meantime, the following websites are good and reliable sources of information and support:

- [Thinkuknow](#) by the National Crime Agency - Child Exploitation and Online Protection command (NCA-CEOP) provides resources for parents and carers and children of all ages to help keep children safe online
- [Childnet](#) has developed [guidance for parents and carers](#) to begin a conversation about online safety, as well as [guidance on keeping under-fives safe online](#)
- [Parent Info](#) is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers related to the digital world from leading experts and organisations
- National Society for the Prevention of Cruelty to Children (NSPCC) has [guidance for parents and carers](#) to help keep children safe online
- [UK Safer Internet Centre](#) provides tips and advice for parents and carers to keep children safe online - you can also [report any harmful content found online through the UK Safer Internet Centre](#)

### Lockdown lunches and meal plans

The NHS Change4Life have created recipes and shopping lists for families which can be used to create lunches for around £15 each week. Please see the link here for ideas if you fancy a change from the norm!  
<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas/>

Facts4life.org home learning wellbeing activities for this week can be found at the bottom of the newsletter for you to have a go at over half term if you would like - this week's theme is sight!

For those of you who are not already aware, we have got some very exciting news to share. Lexi-Marie, who is a member of Elm class, and her brother Lucas, who is a member of Willow class, have very happily been placed with adopters! We are so over the moon for them as it means they will be moving soon to live in their new home and I'm sure you will join us in sending them the best of wishes for this new adventure!

This wonderful news does of course mean that both Lexi and Lucas will no longer attend Whiteshill Primary School going forwards. I know we are all going to miss them terribly, but we are so happy for this fantastic next step on their life journey. Good luck Lexi and Lucas from all your friends at Whiteshill!

In other news, I would like to welcome Annabelle and her family to our school community. She has joined Maple class this week and all the children had chance to say hello on the Zoom on Thursday! Welcome to Whiteshill!

The Glos families [website](#) is there to support families in Gloucestershire throughout the pandemic and beyond. Here is the information from their website to give you an idea of what they offer that you might find useful at the moment:

'We offer a free confidential advice line providing guidance and emotional support on any aspect of parenting and family life.

Many families may be finding current circumstances difficult and worrying. Whilst having more time together as a family can be a pleasure, the additional pressures of home schooling, managing your child's anxiety and not seeing friends and loved ones is a challenge for us all.

We can help you....

- We have time to listen to you. Let us know what is going on for you and what is causing you concern. No worry is too small or too big for us to support you with.
- Once we fully understand your concerns we can think through together how you and your family can overcome your problems. This may involve us recommending someone else to help you, we may help you access useful websites or resources or we might agree together some practical approaches you can try and call you back to see how you got on.
- Unfortunately, we are not able to offer legal, financial or medical advice but can always put you in touch with someone who can.

How to contact us....

Our service is available Mon – Fri, 9am – 5pm

- Call us free of charge on 01452 427362. If we can't answer straight away, please leave a message and we will call you back.
- Email us at [familyinfo@gloucestershire.gov.uk](mailto:familyinfo@gloucestershire.gov.uk) and we will respond to you the same working day.
- Find us on Facebook –just search for Family Information Service – Gloucestershire and leave us a message.
- Use this directory to look for lots of useful hints, tips and support, simply type in the keyword of a subject you are looking for into the search option at the top of this page or click on one of the pink headings to the left of this page to find the information you are looking for.

Confidentiality....

Our contact with you is confidential unless you give us permission to share information with someone else. However, in extreme circumstances such as if the health, safety or welfare of you or someone you tell us about is at significant risk we may need to share. If we need to do this, we would always try to speak with you first.

### **Barnardos See, Hear, Respond**

If you are looking for support outside of the Family Information Service operational hours you may be interested in contacting the Barnardos Support Hub. Barnardos See, Hear, Respond is a new service provided across England for children, young people, parents and carers who are experiencing crisis due to Covid 19.

Barnardos project workers can be contacted Monday - Friday 9am-9pm and on Saturday and Sunday 10am - 6pm on **0800 157 7015**.

Alternatively, an online self-referral to the service can be completed via <https://www.barnardos.org.uk/see-hear-respond>

Don't forget, you can always talk to us in school as well if you are struggling or need support for anything at all – just give us a call or send me an email and we can try and point you in the right direction or make suggestions of who to contact as well as offering you support and opportunity to talk things through with us as well which can often make a difference – never be afraid to get in touch – sharing a problem is always the first step towards things changing.

# Our Big Day Out

*Join our Virtual Day Trips and we'll bring half term to you!*

*Monday 15 February*

**Noah's Ark Zoo Farm**

*Tuesday 16 February*

**Aerospace Bristol**

*Wednesday 17 February*

**Bristol Aquarium**

*Thursday 18 February*

**We The Curious**

*Friday 19 February*

**Police Horses & Dogs**

**BBC RADIO**  
**Bristol**

BBC Radio Bristol are offering some virtual fun over half term – It says that you can just visit their Facebook page to take part in any of the above virtual day trips!

CBeebies also have five alternative half term activities to inspire you here too:  
<https://www.bbc.co.uk/cbeebies/joinin/dualwa-alternative-half-term-activities>

# Facts4Life Activity Mat

## Check In Activity

Think about how you are feeling today.

If you were to pick a colour to reflect how you are feeling, what would you choose?



Create a mood poster of images, patterns and words using your chosen colour.

Remember, how we feel changes all of the time so how you are feeling right now might change completely later on. **Ups and downs** in our emotions are normal!

## The Senses - Sight

Watch this short video on 'Incredible Eyes' then answer the questions.

<https://www.youtube.com/watch?v=upldqldZZDw>

What is the iris made of and what does it do?

What other parts of the eye did you hear mentioned? You might like to draw a simple diagram with these parts labelled on it.

What's interesting about how eyes receive the images that we see? What does the brain do with these images?

### Further Facts4Life research:

**'Smoothing the path'**: See what you can find out about how to improve your eye health.

To view the full 'Operation Ouch - Incredible Eyes' episode, follow this link:

<https://www.youtube.com/watch?v=olIF8cm7I70>



## Letter Tiles Puzzle!

t	h	o	r	t	s	w	r	d	s	h	a	e	i	o	u	s	.	"
a	n	d	t	u	r	w	o	"	A	p	i	c						

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Unscramble the tiles to reveal a well known saying. Each tile is used only once.

Use spacing, punctuation and common words to find adjacent tiles. Some words may be split into two lines.



## Take Notice

Spring is coming!

Go for a walk outside and see what signs of spring you can find. Look carefully all around you, high and low. Your eyes will play the starring role for this task but your other senses may make spring discoveries too so pay very close attention.

For more activity ideas, visit

<https://facts4life.org/for-parents-carers/>

