# Frances Olive Anderson C of E Primary School Snippets

Academic Year 2020/21 12/03/2021

### **WELCOME BACK**

Thank you to the children, parents and carers and our wonderful staff.

You have helped to ensure the return to a full school has been as smooth and as enjoyable as possible.

I came across this earlier this week and have used it with the children during worship this week – I feel it has a very strong message I would like to share with our school community:

In twenty years time...

People will not ask the children of 2020 if they caught up with their studies. They will not ask them what grades they made, despite the year off school. They will ask them with wonder 'what was it like?'

They will ask them 'how did you cope?'

'How did you feel?'

'What do you remember of those days?"

They will listen in awe to the tales of clapping on doorsteps for the medical workers.

They will sit open-mouthed to hear of daily walks being the only life we saw and how much we missed human contact and gatherings.

They will be amazed to know about empty supermarkets, online concerts, birthdays spent on a screen and a life lived inside.

They will listen, then sit back with amazement and say, 'Wow. You went through so much.'

So think about what you would like your children to take away from this whole year.

Tell them they are not behind.
Tell them they are not missing out.
Tell them they are extremely special indeed and they will be forever made stronger by this unique time.
Tell them catching up is not even a thing because they have grown so much in so many other ways.

Remind them too of the fun stuff, the family jigsaws, the window rainbows, the zoom bingo.

The feeling of safety and togetherness amidst the chaos.

Let them take that thought with them through life.

Change the narrative now and it will travel far.

Tell the children they are not behind. They are special.

They are special.

**Donna Ashworth** 

## 

Many thanks to you all – most adults are wearing masks at drop off and pick up times, a few are exempt due to medical conditions, but everyone is keeping their distance from one another and adhereing to the one way system.

We are most grateful for this and those I have reminded this week have been totally supportive of this request.

Please just remember to pass on the message who may be picking up or dropping off your child.

## Thank you -FOLS

The behaviour of the children has been impeccable this week, both in and out of the classroom.

Many thanks again must go to you and your families as because of your generosity over the years, FOLS have been able to give each class money to purchase outdoor play equipment to be used in the separate bubbles.

Busy and engaged pupils means great, happy playtimes and in turn ensures little learning time is lost back in the classroom due to having to sort out little grumbles and fallings out.



#### **Health Mentor**

E-mail address for you to use if you want to contact Mrs Ireland or Mrs Cullen directly regarding any issues which you feel may be supported through health mentor work.

We endeavour to respond to any e-mails received within 48 hours.

<u>healthmentor@olive-</u>anderson.lincs.sch.uk

## **Return to School and Anxiety**

There has been much talk of the anxiety some children and families will be feeling with the return to school and the uncertainty of the world we are living in at the moment.

Here at Frances Olive Anderson, we pride ourselves on the pastroal support we offer to all.

One of the tools we use with the children is the 5 point scale.

If you think a child maybe the victim of abuse or neglect, contact 01522 782111. Lincolnshire's Children's Services Customer Service Centre to reporting concern. **It's everyone's responsibility.** 

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We feel that it would be useful to share this with you in order to support any anxieties which also may become apparent at home. We all suffer from anxiety at some point and to differing degrees.

We talk to the children about recognising what is happening to their bodies when they are feeling anxious, what signs to look for and what they can do to help themselves and others when feeling these different levels of anxiety.

We then look at the 5 points of anxiety we may feel, so a 1 is when all is good, we are relaxed, happy, ready to learn and socialise. Then we look at the other extreme; a 5, when we are at the point of being very anxious and perhaps even in panic mode.

We then scale 2 – 4 in between. On the attachment, the levels of anxiety and the words to describe this have been taken from our children's ideas and will be used across the school.

Once we did this, we then talked about what our bodies may feel like at these different numbers, what someone else may see in us from our body language or our actions.

As the children get older they begin to recognise this in one another which enables them to support their friends. What is absolutely key here is that we as the adults recognise these signs in our children and are able to intervene approprialty before our child reaches a 4.

The children were then asked to think about what they could do or those around them to help them reduce their anxiety to a point where they

can control it. This will vary from child to child as it does with us as adults – some of us want to talk about our worries, others go into themselves and want to be on their own.

The 5 point scale shared with you today is the general whole school scale; your child may want to adapt various parts of this to suit them.

You may still have the worship I did on Seesaw on Friday 5<sup>th</sup> March, just before the return to school, which reminded the children of the 5 point scale and how they could use it. It may be useful to look at this again with your child and ask them to explain it to you.

As always, we find that we have a great partnership with our families in supporting the needs of our children and this is just one of our strategies. Please contact us if you have any questions around this.

The document showing the school's 5 point scale is attached. Feel free to print out for use at home.

The value this term – Hope This term's Worship will be delivered virtually into the classrooms.

A Christian Perspective on Hope: Christians see their hope in God's promise "that love and goodness have, and will ultimately, overcome all evil". This hope is manifested in the life, death and resurrection of Jesus Christ.

### **Tully Cup Winners:**

Rec and KS1:

Year 2 – India C KS2:

Year 6 - Amilia A

#### **Attendance**

Here are our attendance figures this week.

8<sup>th</sup> – 12<sup>th</sup> March 98.15%

### **Snippets**

Snippets will continue to be published fortnightly.

It is sent out via Parent Hub and published on our website and Facebook.

If you require a paper copy, please ask the office for one.

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It's everyone's responsibility.