

Principal's Message...



I hope this message finds you safe and well. As we embark on the 5th week of remote learning for the majority of our families, I would like to say a huge thank you for your continued support and commitment to helping your children to learn. We know that for many, the past month has been really difficult to balance and we think you are doing an amazing job!

I would also like to extend a warm welcome to our new families who have joined our school in the last few weeks. I'm sure our school community will make you feel welcome too.



This week is 'Children's Mental Health Week' and the theme is 'Express Yourself'. As part of Wellbeing Wednesday, we will be encouraging the children to find ways to express what they enjoy doing and sharing these with their class teachers. It could be music, art, dance, reading to name but a few. Please take a photo, or create a short video clip and share it with us. We will collate these altogether and make a montage of the photos, pictures and video clip. We look forward to seeing your ideas!

Our staff team are now starting to administer LFD COVID tests weekly to check to see if they are asymptomatic. If any staff member tests positive from one of these LFD tests, the class bubble will close temporarily whilst the team member has a full COVID test. Parents will be informed via Wisepay as normal, if a bubble has to close.

Following Boris's announcement on the 27th January about the potential re-opening of schools from the 8th March, we will update everyone when we get more information from the DFE. Unfortunately, we are never given any prior notice as a school, we hear it on the news at the same time as our community.

Calendar Dates

Tuesday 2 nd February	Candlemas
Tuesday 9 th February	Safer Internet Day
Wednesday 10 th February	Wellbeing Wednesday; Theme of Love
Friday 12 th February	Chinese New Year Dance Workshop – Year 3 and Year 5
Friday 12 th February	Term 3 ends
Tuesday 16 th February	Shrove Tuesday
Wednesday 17 th February	Ash Wednesday
Monday 22 nd February	Term 4 begins
Thursday 4 th March	World Book Day
Monday 8 th March	British Science Week – including a visit from Atomic Tom
Sunday 14 th March	Mother's Day
Friday 19 th March	Red Nose Day
Friday 26 th March	Term 4 ends



Our first Wellbeing Wednesday this term, kicked off with the whole school taking part in the RSPB Big Garden Birdwatch.

Wellbeing Wednesdays are an opportunity to 'pause' mid-week from more formal learning both in school and at home, including less screen time.



The RSPB Big Garden Birdwatch has enabled all children to develop their science learning about nature and to use their artistic skills to sketch some of the birds.



Both in school and at home, lots of children made bird feeders to encourage the British wildlife to their gardens.

Thank you for sending in all your photos from your bird watching experiences. It is great to see so many of you taking part.



On Thursday 28th January, BBC Radio Northampton invited the school to share their bird watching experiences as part of their feature on the breakfast show. Both Emily and Noah represented our school brilliantly by sharing their bird watching experiences and knowledge.

This week's WW is Children's Mental Health Week.



Fundraising Event

CAULIFLOWER CARDS



Thank you to everyone who purchased any Christmas items from Cauliflower cards in December. We raised an impressive **£227.50** for our school. The money raised will go towards our new library.

Value for the Term PERSEVERENCE



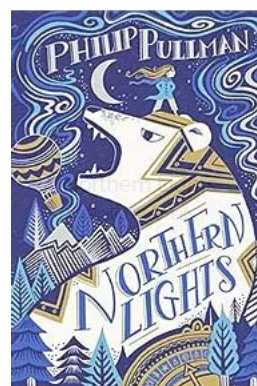
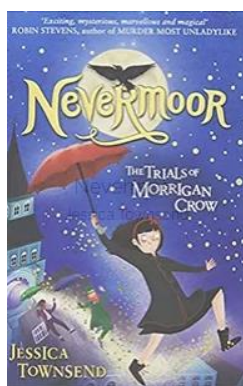
'I can do all things through him who strengthens me'
Philippians 4:13

Reading and Wellbeing

A love of reading and writing can help children to flourish at school and go on to succeed at work. We also know that reading and writing for enjoyment can also play a vital role in helping children lead happy and healthy lives.

Research led by the National Literacy Trust, found that children who enjoy reading and writing in their free time have significantly better mental wellbeing than their peers who don't.

Below are some book recommendations for this month. These are particularly good if your child enjoys Harry Potter books.



For more book recommendations for different authors, please click on the link [here](#).

Digital wellbeing with Childnet



Our digital wellbeing can be influenced by the choices we make online, the content we see, the interactions we have with others and even how long we spend engaging with technology and the internet. Reports have found that those who spend extended amounts of time online are more likely to see upsetting content, receive abusive

comments or send abuse to others.

Technology and the internet should be there to enhance and simplify our lives rather than be a cause of distraction, worry or upset. However, not all online experiences are positive for young people and this can have a negative impact on how they feel about themselves, their friendships and relationships and even how they see the wider world.

Children aged 7-11 have become increasingly independent users of technology and the internet with many of them owning their own devices. Their online use will consist of many of the same activities as younger children (gaming, watching video content) but they may be independently accessing content which is intended for an older audience and beginning to explore the use of social media through services like Tik Tok, Snapchat and Instagram.

5 top tips to support children aged 7-11 years online:

1. **Discuss how using technology makes us feel** - As a family discuss how using technology and going online can make you feel. Discuss how you know you have been online for too long, considering physical, emotional and device-level factors, e.g. headaches, feeling grumpy, device battery is now low.
2. **Give technology a purpose** - It is important that we use technology for a purpose rather than unconsciously engaging with it which may lead to extended use. A good example of this would be using a tablet to find a recipe online and then putting it down to cook instead of looking for a recipe and ending up scrolling through endless pages online.
3. **Establish boundaries** - Why not try using our [family agreement](#) to create a set of rules or boundaries to help keep your whole family safe online. At this age children can contribute their own ideas for safe use of technology and may respond more positively to rules which have been created in partnership with them. For more information on how to put the family agreement into practice with children of different ages please visit our [family agreement blog](#).
4. **Use parental controls** - Make use of the controls available to ensure that the internet is a safer space for your child to explore. You can set up parental controls on devices, on your home internet connection and even on a mobile phone network. Visit [Internet Matters](#) for more detailed information per service, app and device. Remember that parental controls should form part of a wider approach to keep children safe online and not be used as a replacement for discussion and involvement.
5. **Be supportive** - It's important that children know who they can turn to for support and that they feel listened to and supported if anything ever does worry or upset them online. Make sure children know who all the trusted adults are that they can ask for help, whether it's at home or at school.