

# LODDON PRIMARY SCHOOL

Headteacher: Mrs S Phillips, MA ED (Open)

Silverdale Road, Earley, Reading, Berkshire, RG6 7LR

Tel: (0118) 9261449 Fax: (0118) 9266351

Email: [secretary@loddon.wokingham.sch.uk](mailto:secretary@loddon.wokingham.sch.uk)



## NEWSLETTER NO 9

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Dear Parents/Carers,



### House Gems

Congratulations to the following children who have been nominated to receive a Values 'House Gem'.

Alaia A	Stingrays	Earth	Determination and resilience
Jaden N	Turtles	Fire	Resilience and determination
Jacob K	Stingrays	Fire	Courage, independence and determination

Value of the Month - Understanding 谅解 liàng jiě همجس Samajh



This month our value, Understanding, focuses us on being more tolerant and sympathetic of everyone in our school community. We are all individuals and have our own personalities, beliefs, strengths and weaknesses. We all have different coping strategies and different strengths and difficulties. During the month of February, we are asking everyone to think carefully about what it means to be understanding and to be understood by others. We invite everyone to reflect on how their actions and words can affect others and understand that what they do and say can affect how other people feel for the good or bad.

We will consider questions such as: Is it easy to understand how other people are feeling?

How can we get to be better at understanding each other and more empathetic?

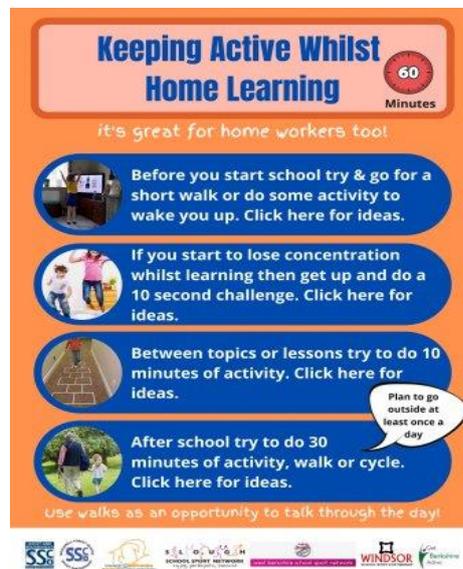
Who is good at understanding how you are feeling and can they therefore be a support to you in times of need?

### PE at home - Children and Adults staying active

It's important to keep active whilst home learning (and home working). Activity will also help keep concentration and provide breaks for both children and parents. Have a look at our simple ideas to help structure activity through day.

<https://getberkshireactive.org/keeping-active-whilst-home-learn>





### [Keeping Active Whilst Home Learning - Get Berkshire Active](#)

Change4Life 10 second Challenges. DTSM SKIPPING CHALLENGES. All you need is a rope and some space and a timer. Get Kids Moving. The GET KIDS MOVING YouTube channel is by your side to help keep your kids fit, healthy and more importantly having fun; training alongside their favourite hero. [getberkshireactive.org](http://getberkshireactive.org)

### **Links to online resources to support reading at home for parents**

If you are looking for support, ideas and inspiration to help your child with reading at home, here are some links to useful websites. Please note these are links to external websites including Youtube. Please make sure children are supervised when accessing these websites. These links are also available to view on the Information for Parents section of the Learning Platform.

<https://home.oxfordowl.co.uk/reading/free-ebooks/>

Free eBooks from Oxford University Press to support children's learning at home

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/>

Free online books, videos, games and quizzes from Booktrust, the UK's largest reading charity

<https://www.pearson.com/content/dam/one-dot-com/one-dot-com/uk/documents/Learner/Primary/Primary%20parents/Enjoy-Reading-Guide-versioncontrol.pdf>

Free downloadable pdf guide from Pearson Education. 'Enjoy Reading: A guide to reading at home'

<https://www.booksfortopics.com/storytime-online>

Links to storytimes on YouTube. The books are read aloud by their authors and illustrators

<https://www.wokingham.gov.uk/libraries/online-library-events-and-activities/>

Online activities from Wokingham Borough Council Libraries

<https://www.wokingham.gov.uk/libraries/library-services/e-books/>

Register to access eBooks for Wokingham Borough Council Library members

<https://www.barringtonstoke.co.uk/books/home-learning-help-pack/>

Free downloadable guide to support children with Dyslexia with home learning. Barrington Stoke specialise in books for dyslexic and reluctant readers.

<https://www.researchrichpedagogies.org/research/supporting-rah>

Resources to support reading at home from The Open University

<https://wordsforlife.org.uk>

Website created by the National Literacy Trust. It provides support and activities to help improve language, literacy and communication skills from home.

<https://library.thenationalacademy/> The Virtual School Library from the National Literacy Trust in conjunction with Oak National Academy. It offers access to one free eBook a week and activities from popular children's authors.



<http://www.lovelybooks.co.uk/aboutlovelybooks>

Activities and resources designed to help parents and young children enjoy sharing books together.

### **Sustrans Outside In – parent resource**

[Sustrans Outside In](#), is a free resource to help parents who are looking after their children at home. It provides fun ideas and inspiration for parents to bring education, health and wellbeing activities into their home. Parents can access resources by registering for a free parent newsletter. Over four weeks, you'll receive weekly videos, themed activities, games and challenges designed by their experienced school officers.

If you think these resources would be useful to your children who are learning remotely please follow the link to the subscription page [www.sustrans.org.uk/OutsideIn](http://www.sustrans.org.uk/OutsideIn) to sign up.

### **Covid Community Information Champions**

#### **Showing caution during the vaccine rollout**

The Covid-19 vaccine offers hope after what has been a challenging time for many. However, it's important to understand that even if you've had your Covid-19 vaccine, you must continue to act cautiously and follow the rules under the national restrictions.

It is still unknown whether the vaccine prevents or reduces transmission of the virus – so you could potentially still carry and transmit the virus to other vulnerable people, even if you are protected from developing the illness.

Remember, the NHS is working its way through the vaccine priority list and you will be contacted when it is your time to have it. Please do not contact your GP about it before then. You can read more about the Covid-19 vaccine on the [NHS website](#).

#### **Struggling this lockdown?**

We are now in our fourth week of the third national lockdown and we understand it's particularly hard this time round. If you're feeling a little low, please know that you are not alone. Wokingham Borough Community Response's One Front Door scheme can link you up with the help you need. Call the team on 0300 330 1189, or visit the [website](#).

There are also other positive steps you can take to look after your wellbeing right now:

Exercise is proven to boost your mental health and wellbeing. Our sport and leisure team have created some helpful [online workout videos](#) that you can do from home, or why not get out for some fresh air at your [local country park](#)

Make sure you're eating the right, nutritional food.

The NHS is encouraging us to eat better every day, and has some useful tips on getting the right food in our bodies on its [website](#)

Practice mindfulness. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Visit the [NHS website](#) for details.

If you need further help, please head to our [community support webpage](#) which has information on help for a range of issues.

#### **Useful links**

[Dedicated Covid-19 page on our website](#)

[Latest stats for Wokingham Borough via the Covid-19 Dashboard](#)

[How Covid-19 is affecting our services](#)

Yours sincerely,

Mrs S Phillips - Headteacher



## Diary Events List: Spring 2021

Date	Time	Event
15-19 Feb 21	All week	Spring Half term holiday - school closed and no remote education this week
22 Feb 21	All day	INSET day - School closed for staff training
23 Feb 21	All day	Pupil Spring term continues - Essential workers and vulnerable children bubbles continue on site. All other children remote education until further notice.