



NEWSLETTER
25th March 2021



HEADTEACHER'S AWARD

PUPILS OF THE WEEK

Attendance

Whole School—96.3%

Winners—Year 3—99.2%

House Points Winners

Savile 329 Points

Well done!



Last week the Pupils of the Week were :

Nur – Liyle H-W

Rec – Blake H

Yr 1 – Bethany C

Yr 2 – Emily T

Yr 3 – Freddie M

Yr 4 – Kirby D

Yr 5 – Maxwell W

Yr 6 – Summer G

Last week the 'Wow Work' of the week were :

Rec – Oliver K

Yr 1 – Eva B

Yr 2 – Jai H

Yr 3 – Abigail W

Yr 4 – Khaliya T

Yr 5 – Mason H

Yr 6 – Jonah G

Relationships, Health and Sex Education

Yesterday you received a copy of our draft policy, which we are currently reviewing. Miss Hartley and the RSHE team are hosting two Zoom sessions next week to give more information and take your views regarding how this subject is taught in school. Please come along to find out more.

Zoom sessions are being held on Monday 29th March at 1:30pm and 4pm. The 1:30pm session will focus on EYs and KS1 whilst the 4pm session will focus on KS2.

To request samples of the materials used in school and book on a Zoom session, please email

admin@elland.calderdale.sch.uk

Year 3 and 4 Bubbles

As most of you will know, on Tuesday, we had to close one of our Bubbles. Please keep working from home, as before, and we look forward to seeing you all back in school after Easter on Monday 19th April.

Year 6 Activities



Last week, Year 6 made BBQ Chicken Wraps. The children carefully prepared before handling any food. They ensured their hands were clean and tables were all wiped with sterile wipes. Before they made their wraps, they designed them, thinking carefully about what they wanted inside them and how they wanted it putting in. Some of us wanted sauce first and some wanted it last!



Church Links

This week in Collective Worship the children learnt about Humility. On Thursday, we look forward to welcoming Father David back into school to reflect upon the Stations of the Cross with Years 5 & 6. Next Wednesday the whole School will be taking part in an Easter Service via Zoom.

Health and Wellbeing Resources

Parents and carers have asked for advice, support and signposting to emotional health and wellbeing resources for their children. In response to this, Calderdale Open Minds Partnership have produced a number of clear and accessible leaflets around some key issues to help parents support their children with getting back to their school routine and alleviate any feelings of frustration, worry and uncertainty.

These leaflets were created in partnership with mental health professionals, local parents/carers and commissioners, and can be found in the parents/carers section on Open Minds Calderdale website:

<http://www.openmindscalderdale.org.uk/emotional-health-support-parents/>



Helping Children to Deal with Worry

Just like adults children have their share of daily demands and things that don't go smoothly. If frustrations and disappointments pile up, children can get stressed or worried.

It's natural for all children to worry at times, and some may worry more than others. Luckily, parents can help children learn to manage this and tackle everyday problems with ease. Children who can do that develop a sense of confidence and optimism that will help them master life's challenges, big and small.

To help your kids manage what's worrying them:

- Find out what's on their minds – Take time to ask them about their day, friends and feelings.
- Show you care and understand - Being interested in your child's concerns shows they're important to you, too, and helps children to feel supported and understood.
- Guide kids to solutions – Don't try and jump in to fix it – help them to be able to fix it.
- Keep things in perspective - Without minimising a child's feelings, point out that many problems are temporary and solvable, and that there will be better days and other opportunities to try again.
- Offer reassurance and comfort - It might come in the form of a hug, some heartfelt words, or time spent together. It helps kids to know that, whatever happens, parents will be there with love and support.
- Highlight the positives - Listen when they tell you about what goes great for them or what they had fun doing. Give plenty of airtime to the good things that happen.
- Be a good role model - The most powerful lessons we teach children are the ones we demonstrate. Your response to your own worries, stress, and frustrations can go a long way toward teaching your child how to deal with everyday challenges. If you're rattled or angry when dealing with a to-do list that's too long, your children will learn that as the appropriate response to stress.

Here are a few ideas of things to do and language to try.....

Avoid saying

"It's not a big deal"

"Don't worry"

"Stop thinking about it"

"I'll do that for you"

"There's nothing to be afraid of / worried about"

Instead try

"Everyone feels anxious sometimes."

"Well done for being able to talk about how you feel."

"Let's talk about that and make a plan"

"I can see that this is hard for you, let's try ... together to see if that helps"

"Let's figure this out together..."

"I know you are worried, but I am here to support you, let's chat about how you are feeling"

"Would you like to try..."

"I know something that might help you deal with those anxious feelings"

"What if this works out really well?"

"I can see this is really upsetting for you"

"Wow, that must be so difficult to have these big worries"

"It sounds as though this seems unmanageable for you right now, will we break it down together and come up with a plan?"

"What would help you in this moment?"

(Fife CAMHS Primary Mental Health Workers, n.d.)

Helping Children to Deal with Worry

Some possible strategies to help your child/ren may include:

Talk Time

- 10 minutes per day, 1:1 time, guaranteed, unconditional
- Child to choose what to do or what conversation will be
- Have some options of games or activities from which to choose
- If the child doesn't want Talk Time, respect this choice

Therapeutic distractions

- Baking, gardening, learning activities – something that doesn't ask children to think directly about their worries and attempt to verbalise them. Often, the distraction can open up a space for children to talk about their worries.

Notice, ask and ask twice

- One of the most effective supportive provisions a child can have for their anxiety is to have people (usually adults) who notice their symptoms and behaviours and recognise it for what it is. Once recognised, the adult has the chance to ask what they're worried about, but don't stop there. Ask again. Give the child every opportunity to share their anxiety.

Ring-fenced worry time

- Encourage the child to contain all their worries in this specific time. Have a worry box where they can write their worries down and put them in there (the balloon activity on the Childline website may be helpful here - <https://www.childline.org.uk/toolbox/games/balloon/>). Once the worry time is over, encourage them to leave them behind and enjoy the rest of their day.

Ladder plan

- Taking a long-term goal and breaking it into short-term targets and plans, like a ladder to get to the ultimate goal.

Cradle-swing

- Establish with the child how strong their worry is on a scale of 1-10.
- Ask the child to swing a ball or toy smoothly from hand to hand for 20-30 seconds until they feel relaxed.
- Now ask them to return their mind to the thing that is causing them anxiety – where is it on a scale of 1-10?
- Repeat this until the anxiety has reduced in scale.

Health Update

Children with simple cold symptoms such as runny noses or sore throats **without fever** should not be tested for COVID-19, and can attend school if they feel well enough to do so.

* COVID-19 Symptoms

Anyone with any of the three main symptoms of COVID-19 should stay at home and arrange testing.

These symptoms are: high temperature **and/or**

new continuous cough **and/or**

loss or change to sense of taste or smell

Please contact school to advise us of any absence.

*Please note that unless advised otherwise, only people who present with **any of the three main symptoms of COVID-19 should be tested**. Testing must be conducted within the first 5 days of the onset of symptoms.

If someone is being tested in your household, **ALL** family members will need to isolate until a negative test is returned. When you receive your test result, **please email admin@elland.calderdale.sch.uk** with details before your child returns to school. Children can return to school as soon as a negative test is received.

Upcoming Events

End of Thursday 1st April — Break for Easter

Monday 19th April — Return to school



Holiday Activity Fund (HAF)

As part of the Holiday Activity Fund (HAF) initiative, Calderdale are providing all primary school children, who are eligible for benefits-related FSM with an activity pack over the Easter break. I am pleased to say that these packs should be with us this week and will be sent home with your child/ren.

These packs will include recipe cards with ideas for meals that you can prepare as a family. To support with the cost of food a direct payment will be made to eligible families for the Easter holiday in a similar way to the additional COVID payment made at February half term.

Easter Egg Raffle



We will be holding our Easter Egg Raffle on Thursday 1st April. Staff are busy donating Easter Eggs and raffle tickets go on sale on Monday 29th March until the morning of Thursday 1st April.

Raffle tickets are 20p each and are available to buy from your child's class. As we have done previously, we will keep drawing tickets until all the eggs have gone!



New Lunch Menu

When we return after the Easter break, there will be a new Summer Lunch Menu. If your child/ren have specific dietary needs, please let the school office/kitchen know. Thanks.

ELLAND C of E SCHOOL – SUMMER LUNCH MENU

(Week Commencing 19th April 2021)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WEEK 1 Chicken Wrap (df) Cheese and Tomato Penne Pasta Jacket Potatoes (gf + df)</p> <p>Potato Waffles / Salad / Corn</p> <p>Lemon Shortbread/ Fruit/ Yogurt</p>	<p>WEEK 1 Beef Chilli (df + gf) Cheese Panini Jacket Potatoes (gf + df)</p> <p>Potato Wedges / Mixed Vegetables</p> <p>Iced Cake / Fruit / Yogurt</p>	<p>WEEK 1 Roast Chicken (df + gf) Yorkshire Pudding Vegetarian Sausage Pie Jacket Potatoes (gf + df)</p> <p>Mash / Roast Potatoes/ Carrots / Broccoli</p> <p>Coco Muffin / Fruit / Yo-gurt</p>	<p>WEEK 1 Salmon and Sweet Potato Fishcake (df) Quorn Pasta (df) Jacket Potatoes (gf + df)</p> <p>Herby Diced Potatoes / Peas / Corn</p> <p>Fruity Thursday / Jelly / Fruit Cocktail</p>	<p>WEEK 1 Homemade Pizza Jacket Potatoes (gf + df)</p> <p>Chips / Salad / Beans</p> <p>Flapjack / Fruit / Yogurt</p>
<p>WEEK 2 BBQ Chicken (df + gf) Tuna Pasta (df) Jacket Potatoes (gf + df)</p> <p>Mini Waffles / Salad / Corn</p> <p>Cherry Shortbread / Fruit / Yogurt</p>	<p>WEEK 2 Spaghetti Bolognese (df) Vegetarian Curry (gf) Jacket Potatoes (gf + df)</p> <p>Garlic Bread / Mixed Vegetables</p> <p>Golden Crunch Cookie / Fruit / Yogurt</p>	<p>WEEK 2 Pork Sausage (df) Yorkshire Pudding Savoury Quorn Mince (gf) Jacket Potatoes (gf + df) Cauliflower / Carrots</p> <p>Orange St Clements Cake/ Fruit/ Yogurt</p>	<p>WEEK 2 Breaded Fish (df) Vegetable Lasagne Jacket Potatoes (gf + df)</p> <p>Potato Wedges / Peas / Hoops</p> <p>Fruity Thursday / Jelly / Fruit Cocktail</p>	<p>WEEK 2 Homemade Pizza Jacket Potatoes (gf + df)</p> <p>Chips / Salad / Beans</p> <p>Arctic Roll / Fruit / Yo-gurt</p>
<p>WEEK 3 Chicken Pasta Bake (df) Salmon Bites (df) Jacket Potatoes (gf + df)</p> <p>Herby Diced Potatoes / Mixed Vegetables</p> <p>Shortbread / Fruit / Yo-gurt</p>	<p>WEEK 3 Beef Lasagne Vegetable Ravioli Jacket Potatoes (gf + df)</p> <p>Crusty Bread / Corn / Salad</p> <p>Ginger Bun / Fruit / Yo-gurt</p>	<p>WEEK 3 Roast Chicken (df + gf) Yorkshire Pudding Vegetarian Toad in the Hole (df) Jacket Potatoes (gf + df)</p> <p>Cauliflower / Carrots</p> <p>Lemon Drizzle Cake / Fruit/ Yogurt</p>	<p>WEEK 3 Cod Bites (df) Cheddar Pie Jacket Potatoes (gf + df)</p> <p>Potato Wedges / Hoops / Mushy Peas</p> <p>Fruity Thursday / Jelly / Fruit Cocktail</p>	<p>WEEK 3 Homemade Pizza Jacket Potatoes (gf + df)</p> <p>Chips / Salad / Beans</p> <p>Oat Crunchie / Fruit / Yogurt</p>

All menu items highlighted in green are the vegetarian option.

df – dairy free.

gf – gluten free.

Butler in the kitchen.

Jacket Potatoes – various fillings, e.g. tuna, cheese.

Please note – ingredients may change due to supply.

All home baking menu items are not gluten or dairy free.

We do not use nuts but there may be nut traces in some of the food.

If your child has any dietary requirements/food allergies, please see Mrs