

SPRING TERM • ISSUE 18 • FRIDAY 29 JANUARY 2021

Thank you to all our parents/carers for your continued support with home learning.

We miss seeing all the children in school but keep working hard at home!



Headteacher Updates
From Mr Grogan

Please find detailed below Headteacher updates for your information. If you have any queries regarding any of the content below, please contact the school office.

Dear Parents/Carers

Enforced School Closure ~ Week 4

I hope you have all had a good week, and you are managing to stay fit and healthy. Sometimes I struggle to know what to write in the Friday News or in emails to parents/carers, as it's hard to find words that will offer the necessary support or reassurance to the *entire* Lothersdale School community. We all have such different experiences of life in lockdown, and we all react in different ways to situations which life throws our way.

Some of you may have seen a letter written by my old headteacher, Mrs White, at Coates Lane School in Barnoldswick. She sent a letter to parents/carers which was then tweeted and shared on Facebook, and as a result of people's response to it, it went viral. Following this public response, Mrs White was asked this week to appear on Breakfast TV, on BBC Radio 5 Live, on Chris Evans' Virgin Breakfast Show, and on Sky News, to name but a few. If you would like to read it in full, here is a link:

<http://www.coateslane.lancs.sch.uk/wp-content/uploads/2021/01/An-important-letter-from-Mrs-White-22.1.21.pdf>

The gist of what she says is that at the moment our priority as a community and as families is to get through this pandemic. She says, '*we know that we've got high expectations here and we've set a lot of work each week. All we ask is that you do your best. If your best is a quick 30 minutes of reading or times tables here and there...that's ok! If you want to do all the work we set...that's ok too. Please do not let school work put any extra pressure on you when you are trying to hold down jobs, earn a living and keep your children safe. Everyone's circumstances are very different, and we appreciate that.*

I would very much echo her comments that we all must do what we are capable of doing, given the situation we find ourselves in. Some families are struggling so much at the moment, juggling the needs of work, childcare, home-schooling and worrying about the financial impact of extended lockdown. These are unparalleled times in terms of the pressure on individuals and families, and I know that the additional pressure of home schooling is crippling for some and worrying for many.

At the moment, I believe we have a moral obligation to ourselves to do what we can to look after our own mental health, as well as that of our children. Only we can say what's best for our own families, and it's down to each family to establish their own routines based on the myriad of factors which are affecting our lives.

That said, as well as managing our mental health, we have to do our very best to keep our children's education going. This where it gets particularly hard for many, and this is where there is much debate as to the best way to achieve it. All schools are under immense pressure to deliver remote learning to a high standard, with the Secretary of State telling dissatisfied parents they should complain to Ofsted! The pressure on schools like Lothersdale is even greater, to my mind, because of our 'outstanding' designation. In order to maintain outstanding provision, we have to continually look at ways of improving our offer, whether in lockdown or in more normal times.

Last week, I met with the teachers and we discussed, among other things, ways we could enhance our online learning offer, including more, or different, ways of using Zoom. Then, on Monday this week I met with Mrs Robinson and the other YCAT headteachers, and we discussed remote learning across the Trust and ways in which we could improve, or extend, our offer. As a result of these discussions, I decided that one thing we would do would be to extend our remote learning using Zoom, to include an afternoon session in addition to the morning lesson. I do wish to stress the point that these sessions are drop-in, optional, catch-up sessions, which will serve to meet the needs of some families on some days; conversely, they may not work at all for other families. Either way is absolutely fine – I honestly do not think there is such a thing as the 'right way' or the 'wrong way' when it comes to coping with life in a pandemic, especially when the lifting of the lockdown still looks to be way off in the distant future.

I received some desperately sad news today about someone who died yesterday because of Covid-19, and that news rocked me. It reminded me in the strongest possible way – like a hammer-blow – that the reason why we are all trying so hard at the moment to do what we are doing, is because people are dying, and we have a duty to do our bit to help prevent the spread of the virus. There is enough stress in people's lives at the moment without home learning adding to that. To echo Mrs White's words, '*whatever your personal circumstances, we think you are doing a great job! If your child has had lots of microwave meals, stayed up too late, played too much on the Xbox and not finished all their school work... THAT'S OK'*- If the children are safe, and loved, and cared for, then that is the most important thing right now.

I know that parents/carers are aware of how dedicated the Lothersdale staff team are, and I know that you appreciate everything this wonderful group of people do for your children. I would like to reiterate that they do it because they choose to do it, and because they care about your children. We all want to get it right, even if there is no agreed 'right' way to do it; this team will do anything they can, within reason, to further support you or your children's learning, so please ask if you would like something specific to help your child.

In order to try and further meet the needs of the whole community, I will be sending a link to an online form so that I can gather information about the families in our community; the purpose being to determine what barriers families face, as well as what changes we should, or could, make to improve our offer. Please take time to complete the survey as the wider the audience, the more useful the results will be.

Full details of our Remote Learning offer are available on the school website via the following link <https://www.lothersdaleschool.org.uk/learning/remote-learning>

I do hope you enjoy a peaceful weekend, and you are able to relax a little and enjoy the company of your children – that is what I intend to do.

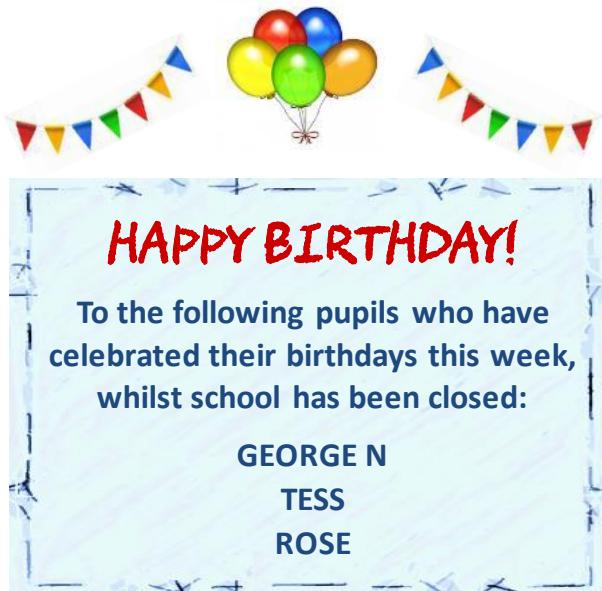
Colum Grogan

COLUM GROGAN



STAFFING

This week we extended a warm welcome to Miss Samantha Newton, who will be working with Mrs Bateman in Class 1 this year on a Student Teacher Placement.



General School Updates

Please find detailed below general updates for your information. If you have any queries regarding any of the content below, please contact the school office.



Key Worker and Vulnerable Children Provision

Thank you to those of you who have requested Key Worker provision in school this week. Please remember to complete the weekly request form (emailed out every Wednesday) by Thursday morning to enable us to arrange staffing and cater for school lunches.

Home Learning During School Closure

Work packs ~ we will endeavour to ensure requested work packs are available for parents/carers to collect from the parent shelter every Friday afternoon ready for Monday morning. In certain circumstances (e.g. snow resulting in school closure) there may be a delay in staff producing the work packs until the Monday, therefore please do not come up to school to collect the work pack unless you have had a text to say it is ready for collection.

Please ensure work packs are collected as soon as possible ~ unfortunately they are getting damp/wet if left over the weekend due to the current weather conditions. Please use the hand sanitizer provided prior to handling the boxes/packs and, to help us ensure the packs remain as dry as possible, please make sure the lids are secured on the boxes prior to leaving.

If you have a specific question about teaching and learning, please feel free to email the teachers direct using these email addresses:

- Mrs Bateman - lothclass1@ycatschools.co.uk
- Mr Craven - lothclass2@ycatschools.co.uk
- Miss Gallagher - lothclass3@ycatschools.co.uk
- Mrs Fawcett - lothclass4@ycatschools.co.uk



Please do not use these email addresses for anything other than home learning – all other queries should be directed to the school via the main school office email (lothersdale@ycatschools.co.uk) as normal.

The teachers will be online during the school day and will be able to respond to any questions about the learning tasks from children or parents/carers as soon as possible. Please note that there may be a longer response time on the days the teachers are timetabled to be in school to support the children of key worker and vulnerable children. Please do not email teachers after 5pm or at the weekends as some teachers do not know when to switch off and feel compelled to respond to requests and queries out-of-hours - thank you.

Online Learning: Zoom Lessons

The daily Zoom calls provide an opportunity for your child's class teacher to briefly introduce the day's learning and maybe show an example of the work being taught; it may be a chance for a sing-a-long and some daily phonics; it may be a chance for the teacher to provide feedback for work which children have completed; or it may be a chance for children to ask questions about the work that has been set.

Rec	Daily Teacher Zoom Calls						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
11.30 to 12.00	11.00 to 11.30	10.30 to 11.00	10.00 to 10.30	9.30 to 10.00	9.00 to 9.30	9.00 to 10.00	
3.00 to 3.15	2.45 to 3.00	3.00 to 3.15	2.45 to 3.00	3.00 to 3.15	3.00 to 3.15	3.00 to 3.15	

Additional Zoom Sessions

We have introduced an extra Zoom session for all year groups from week commencing 1 February. Teachers will not be introducing new learning in these sessions, and they will be only 15-20 minutes in length, so if your child cannot attend they will not be disadvantaged.

These additional sessions are intended to offer a few things, including: giving children the opportunity to ask questions about the day's learning; allowing teachers time to feedback on work that has been submitted during the day; allowing children, particularly the younger ones, to enjoy a story at the end of the school day; and it is intended to mark the end of the school day, to let children know that school work can stop now and they can relax.

This afternoon Zoom call is an optional, drop-in session. If this new session doesn't fit in with your family structure, then please do not feel obliged to join the Zoom call.



The school has subscribed to several online learning platforms and, if they are not currently using them in conjunction with class work packs, pupils in Class 2, Class 3 and Class 4 can continue to utilise these platforms at home. Passwords and login details were provided to you and your children during the last lockdown to enable you to access these platforms.

Additional Resources for Parents/Carers

We have compiled a list of additional online resources you may be interested in looking at with your children at home and the list is attached to this newsletter. The Government of Jersey has produced a comprehensive list of useful websites, some of which have been replicated on our resource list, but it's definitely worth looking at if you want to try something new.

We have also attached a list of useful websites to help keep your kids active during lockdown – the Ultimate Warrior Challenge is definitely worth looking at!

Reading for Class 3

Laptop or Chromebook

1. Go to www.getepic.com/students
2. Students enter class code
3. Click on their name and they're in!



iOS/Android

1. Download the Epic! app from the app store
2. Students open the Epic! app
3. Students enter class code
4. Click on their name and they're in!



All subjects for
Class 2, Class 3 & Class 4

Log in:

<https://www.purplemash.com/sch/lothersdale>



Maths for
Class 2, Class 3 & Class 4



Log in:

<play.numbots.com/#/account/school-login/87514>
<https://play.ttrockstars.com/auth/school/student/87514>

Reading for
Class 4

Log in:

<https://student.readingplus.com>



Spelling for
Class 2, Class 3 & Class 4

Log in:

<https://www.spellzone.com>



Reading for
Class 1, Class 2 and Class 3

Log in:

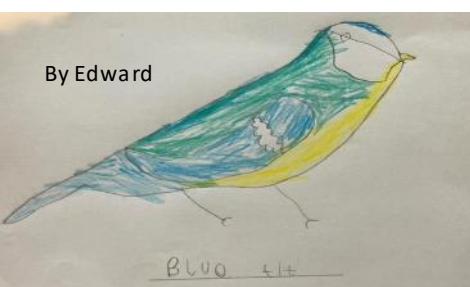
<https://www.oxfordowl.co.uk>

Class 1 Updates
from
Mrs Bateman

If you need to contact Mrs Bateman regarding any of the work contained in your child's work pack, please email her via:

lothclass1@ycatschools.co.uk

Children in Class 1 have been very busy this week in preparation for this weekend's Big Garden Bird Watch. We have some very keen bird watchers and budding naturalists!



This week's projects have included making cardboard tube binoculars and bird cakes. The children have also drawn some wonderful pictures and created models of birds from playdough!

Well done Class 1.



Class 2 Updates
from
Mr Craven

If you need to contact Mr Craven regarding any of the work contained in your child's work pack, please email him via:

lothclass2@ycatschools.co.uk

This week in class 2 we have continued our work on our class story 'The Darkest Dark'. The children have planned and written their own stories for Chris' dream to the moon. I am so impressed with the stories that I have seen so far.

We have also continued to develop our knowledge of fractions of amounts and all the children have worked tirelessly with this and are now all much more confident. We have also enjoyed learning more about the space race - this week we have learnt about the first woman in space, Valentina Tereshkova. Keep up the hard work!

Class 3 Updates
from
Miss Gallagher &
Mrs Daniell

If you need to contact Miss Gallagher or Mrs Daniell regarding any of the work contained in your child's work pack, please email them via:

lothclass3@ycatschools.co.uk

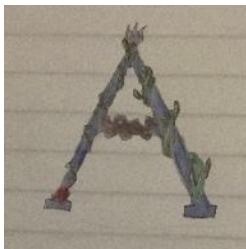


This week the children have continued to learn using the Oak National Academy lessons by applying their mathematical knowledge to solve problems using perimeter measurements ~ even helping Miss Gallagher create the perfect enclosures for dinosaurs!!!

The children used their new class book, The Iron Man, to inspire art work and create newspaper reports ~ we have got some budding journalists in the making!

Throughout the week Miss Gallagher has reminded the children about the Big Garden Bird Watch and many of the children have already been spotting birds in their gardens – check out Maisie’s brilliant picture of a woodpecker on her bird feeder!





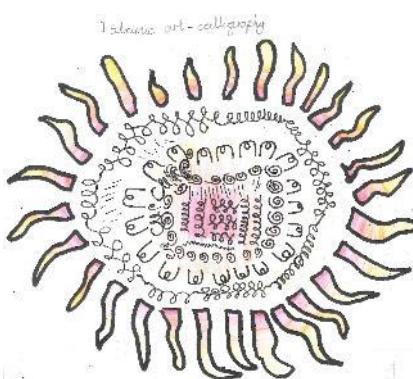
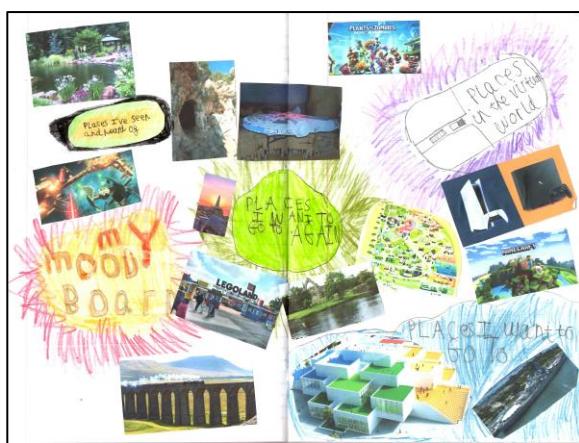
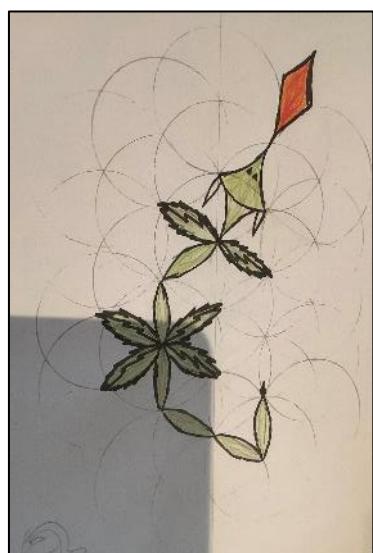
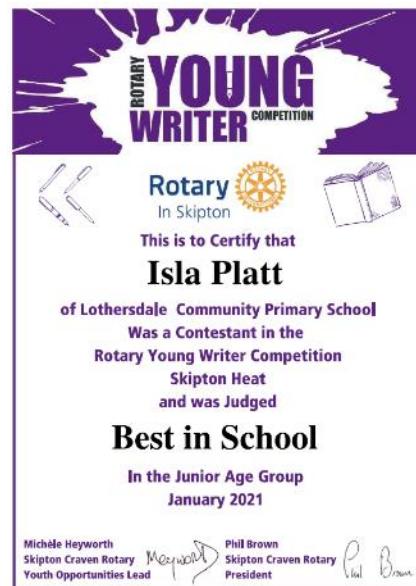
We hope you have all had a good week and your families are in good health. We have had lots of very positive feedback about the home learning that has taken place this week and are very proud that children are working hard to achieve the goals set.

Year 6 have continued their maths work on decimal numbers, expressing decimals as fractions, fractions as decimals and fractions as percentages.

Year 5s have finished a unit of work on multiplication and division and have shown great understanding, determination and enthusiasm. In English, we have completed our recount writing and have focused on the continuous and perfect tense forms. The French and music tasks have been well received and the artwork linked to the RE topic looks great so far. If possible, please send in photographs of your completed designs.

Remember that part of your weekly learning is to complete five reads and one vocabulary exercise on Reading Plus – by all means complete more if you are able to. I have asked Reading Plus to enable your messaging function; this is another great way to touch base, and it allows you to respond to the comments I make.

This week, we received certificates for all the children who took part in the Rotary club story-writing competition – well done to everyone who entered. Congratulations to Isla P in Class 4 as her story was judged 'Best in School' – Isla wins a £20 Amazon voucher – well done, Isla.



Have a lovely weekend, and we will see you on the Zoom call on Monday morning.

Blue Peter

Following last week's Blue Peter article in the Friday Newsletter, one of our Year 5 pupils has sent in a picture of herself with her three Blue Peter badges.



For the original Blue Peter blue badge, she drew the presenters with the big badge wall and wrote why she enjoyed the show.

For the purple badge (the fan club badge) she had to answer questions online.

The green badge is the environment badge and she made a bird box and wrote why she had built it and how it will help the environment.

She was so excited when the badges finally turned up last week! Well done and hopefully this will also inspire others to have a go during this period of lockdown.



Children's Mental Health Week

Next week is Children's Mental Health Week and this year's theme is **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

As parents and carers, you play an important role in your child's mental health. Check out the free resources available by clicking on the link below.

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

Monday 1 February 2021 ~ Children's Mental Health Virtual Assembly

Oak National Academy has teamed up with Place2Be and BAFTA Kids to create a free assembly for Children's Mental Health Week 2021.



At 9am on Monday 1st February you can join Blue Peter's Lindsey Russell and CBBC presenter Rhys Stephenson, alongside some other special well-known faces, for a free and exciting assembly available to all children, schools and families. They are bringing the nation's children together (virtually!) with a positive message about the power of creative self-expression. <https://www.childrensmentalhealthweek.org.uk/assembly>



Falling Stars Theatre ~ Emotion Workshop ~ 1 to 7 February 2021

Please see the attached flyer from Falling Stars Theatre promoting their Emotion Express Workshop, which is free for children throughout Children's Mental Health Week (1 to 7 February 2021) via YouTube. Climb aboard with Kirsty and Beccy to help support your child's mental health and well-being.

Support for Pupils and Parents/Carers in Primary Schools ~ Mental and Emotional Wellbeing



North Yorkshire County Council has produced a support guide listing various links to resources for your information. The list is attached to this newsletter but you will not have access to the links from this list – if you would like to explore any of the links, then please click:

<https://cyps.northyorks.gov.uk/sites/default/files/Emergencies,%20health%20and%20safety/Support%20for%20pupils%20and%20parents%20in%20primary%20schools%20in%20relation%20to%20mental%20and%20emotional%20wellbeing%20-%20NYES.pdf>

School Office Information

If you have any queries regarding any of content below, please contact the school office (lothersdale@ycatschools.co.uk).

The school office will remain open as normal term-time during the period of enforced school closure. However, please note that this will also be dependent on any staff illness/period of self-isolation.

School contact during enforced closure

If you wish to contact the school please follow normal procedures and email via the office email address (lothersdale@ycatschools.co.uk) or telephone 01535 632510.

School Website Updates

Remember to look on our School Website for further information on what is happening around school! New postings on our website this week are listed below:

Friday News

Pupil Remote Learning Policy

Remote Education Provision: Information for Parents/Carers

Online Resources for Home Learning

Physical Activities for Home Learners

Diary of Events

If you wish to promote a community event in our diary below, please contact the school office. Please note there may be circumstances in which these dates are subject to change:

School Events:

Tue 20 Apr 2021 - Bag2School collection in the Parent Shelter ~ by 9.00am

Food Allergy Warning

Please remember Lothersdale Primary School is a Nut Free Zone



ONLINE RESOURCES

for Home Learning



Further online resources, recommended by North Yorkshire County Council, may also help supplement your child's home learning and these are listed below.

HOME



fun with

Phonics

Check out the Burley Woodhead English Hub to access online phonics lessons for Reception and Year 1 at [online phonics lessons](#)

RELIGIOUS EDUCATION

Click on the link for RE resources you can access for your child
<https://www.natre.org.uk/uploads/Additional%20Documents/RE%20home%20learning%20resources%20v2.pdf>



<https://www.bbc.co.uk/bitesize/this-terms-topics>

NATIONAL GEOGRAPHIC KIDS

Check out the National Geographic Kids website for lots of cool facts and information.

<https://www.natgeokids.com/uk/category/kids-club/cool-kids/>



OAK NATIONAL ACADEMY

online classroom

[Oak National Academy](#)



The Government of Jersey has produced a resource pack for parents/carers with references to for learning, wellbeing and more:
[Online resources](#)



An interactive learning platform for primary school children. Some resources require paid membership but there are free resources available when you click on the tab relating to your child's year group.
[Classroom Secrets](#)



Free resources for children aged 2-18 which are especially good for maths and computing. Please note it uses the US grade system.

<https://www.khanacademy.org/signup?isparent=1>

PHYSICAL ACTIVITIES for Home Learners

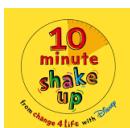


Remember to keep your children physically active during lockdown to help with mental health and concentration levels to complete their home learning activities. Here are a few links below to help your children keep active during the lockdown:

North Yorkshire Sports have designed an Ultimate Warrior Challenge. This consists of 4 challenges to be completed in one go (without a rest between each) and can take place indoors or outdoors. The closing date to submit your best individual score is **Friday 19th March 2021**.



All instructions (including a video of how to do them) and how to register scores can be found through this link: [North Yorkshire Sport - Ultimate Warrior - Primary](#)



[Disney Shake Up Games | 10 Minute Shake Up | Change4Life \(www.nhs.uk\)](#)

These are for younger children and would be ideal to do between work sessions to reinvigorate them and get ready for the next lesson.

[The Daily Mile at Home | The Daily Mile UK](#)

As many schools have taken on the daily mile, this link is for The Daily Mile (UK) and there are 15 weekly challenges that children can do with their other family members.



[Chance to Shine](#) are offering active sessions via its portal. There are sessions for at school in the playground, in the classroom and many 'At Home' ideas, perfect for lockdown and don't require any real equipment.

It is free to sign up to and has lots of classroom lessons all designed to follow the National Curriculum. Please sign up if you haven't already and help to keep your kids active during lockdown.

<https://www.thebodycoach.com/blog/pe-with-joe>

Joe Wicks has brought back '**PE with Joe**' to keep children active following school closures in place until mid-February. The sessions called PE with Joe are [streamed live on Wicks' YouTube channel](#) at 9am three days a week. They will be 20-minutes, half the length of the last lockdown session.



Support for pupils and parents in primary schools in relation to mental and emotional wellbeing



Support to discuss COV-19 with children and young people

NSPCC have produced [a guide to coronavirus and supporting tools](#) if children and young people are worried.

The Children's Commissioners guide to coronavirus for children and young people can be accessed [here](#).

Children and Parents

[Recovery college Online](#) - Providing a range of online information to people who might be struggling with mental health issues. There is a section for [under 12's](#) and [parents and carers](#).

Key stage 2 pupils may benefit from [NHS suggested apps](#) to support mental health.
This would need a parent / carer approval.

Support for Children

[Childline](#) has the [calm zone](#) which provides a toolbox of ideas to support emotions and express your ways.

Childline also provides a range of information and support on a number of issues. This includes support on [cyberbullying](#).

Physical activity

It is important to remain physically active, the recommendation for children and young people aged 5-18 is to aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week.

Sport England have produced some, ‘Stay in, work out’ section on [their website](#) which focused on tips, advice and guidance on how to keep or get active in and around your home for all age groups.

Parents

The Go To Website

A North Yorkshire specific website that provides information to help signpost young people, families and professionals to the right information and services available for mental health and wellbeing across North Yorkshire. The website has been developed in conjunction with young people, professionals and parents and carers.

North Yorkshire services and support

Information on the universal, targeted and specialist services and support available in the different districts of North Yorkshire and access to the North Yorkshire Pathway of support for children and young people with self-harming behaviour and/or suicidal ideation

The government have released some specific [guidance for parents and carers](#) to support children and young people's mental health.

Internet safety- Children and young people may be having more screen time so it is important that they keep themselves safe online and parents and carers have an important role in this.

Internet matters provides a range of support for families to enable all family members to stay safe.

Thinkuknow has activities that parents can do with their children and young people to discuss keeping safe online for all age groups.

Net-aware is a parent's guide to social networks, apps and games to check out before letting your children use them.

Website links

NSPCC guide to coronavirus and supporting tools: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Children's Commissioners guide to coronavirus for children:
<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

Recovery College Online: <https://www.recoverycollegeonline.co.uk/>

Recovery College Online for under 12's: <https://www.recoverycollegeonline.co.uk/young-people/for-children/>

Recovery College Online for parents and carers:
<https://www.recoverycollegeonline.co.uk/young-people/for-parents-and-carers/>

NHS apps to support mental health: <https://www.nhs.uk/apps-library/category/mental-health/>

Childline: <https://www.childline.org.uk/>

Childline Calm Zone: <https://www.childline.org.uk/toolbox/calm-zone/>

Childline support on cyberbullying: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/>

Sport England 'stay in work out': <https://www.sportengland.org/stayinworkout>

The Go To website: <https://www.thegoto.org.uk/>

North Yorkshire services and support: <https://www.northyorks.gov.uk/support-children-young-people-and-their-families#emot>

Government guidance for parents and carers to support children's mental health:
<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Internet Matters: <https://www.internetmatters.org/>

Thinkuknowhow activities for children: <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

Net-Aware parents' guide to social networks: <https://www.net-aware.org.uk/>

EMOTION Express



1st - 7th February

Climb aboard with **Kirsty** and **Beccy** for a 30 minute
EMOTION WORKOUT!

Available to buy but free on **YouTube** for
Children's Mental Health week.

<https://youtu.be/3eaRxkXslds>



Lotherdale Primary School
ensuring all pupils
achieve their
full potential



Lotherdale Primary School
Lotherdale
North Yorkshire
BD20 8HB

