



The Colleton Primary School

Spring term Briefing 3 - Thursday 15th January 2021

Dear Families,

As we near the second week of partial school closure, I hope you are all adjusting to some sort of routine and finding an opportunity to get outside for some fresh air and exercise despite the rainy weather!

Thank you to those of you that were able to join our live assembly on resilience this Tuesday. It was wonderful for us to be able to come together as a whole school community albeit virtually! I hope the resilience tips in the image above prove useful to support your children through the coming weeks. I will hold an assembly each Tuesday at 9am that you will be able to access via the same link and put the recording in Colleton Community to access for those that cannot make the live session.

Recommended Resources for additional support with Learning

As well as your child/rens' reg group area on Teams which contains their remote learning materials and is the place they should be uploading any completed work, we have also created an extra folder called Additional Support. This can be accessed via your child's log in.

It contains ideas that you can do at home that will further support children in terms of things such as their well-being, extra ideas to develop fine motor skills or to boost memory skills. There

is also a folder for sensory circuits - lots of children benefit from these as they are a great way to both energise and settle children before starting a learning task. There are also ideas for some yoga which form part of our Zones of Regulation strategies and are great for brain breaks through your day too. We will gradually add to this folder in the coming days so keep checking in it.

Family support

See attached the family support advice and contacts which provides lots of information on support available which I hope you find useful. Please remember as always, Mrs Felix is available to offer support to families via email and happy to offer follow up calls or virtual meetings. Please contact her via familysupport@colleton.wokingham.sch.uk

She asked me to share a tip to spark some positive conversations with your family. Each day - and maybe as a family around the dinner table, but not necessarily - think of 3 things that you are thankful or grateful for. These can be written down on post it notes and popped into a jar or into a little diary. Studies have shown that following this practice for 30 days or more actually positively changes the brain!

Reading book Wish List

Thanks to those families that have donated books on our Amazon wish list. https://www.amazon.co.uk/hz/wishlist/ls/S11SUL2S6K1E?ref=wl_share Some of the books we have received are anonymous so please do either include a gift message or let me know if you have recently purchased books as I would like to offer a personal thank you and make a label for the book acknowledging your donation before we start to use them in school.

Additional resources

In my youth, the Blue Peter badge was held in high esteem and I believe that should you become the proud owner of one today, it gains you free entry to several theme parks and attractions! Therefore I thought you might like to know that CBBC have recently launched [Blue Peter on YouTube](#)

Blue Peter is the longest running kids TV show in the world and they are uploading videos to it that are suitable for 5-11 year olds. They have world record breaking challenges, arts and crafts, environmental videos, cooking and baking how tos, inspirational films, gaming, celebrity appearances, dance routines and music performances. It also features ways of getting a Blue Peter badge, behind the scenes footage and extra content about their presenters Adam, Lindsey, Mwaksy, Richie and Henry the Blue Peter dog.

You can subscribe to <https://www.youtube.com/bluepeter> - you can also watch the live programme on CBBC at 5.00pm every week, or on BBC iPlayer.

Take care and keep smiling!

Mrs Law

