



# ROXETH MEAD NEWSLETTER

*In Discendo Gaudium – Joy of Learning*

Academic Year 2019-20

July 2020

## In This Issue:

- From The Headteachers
- News from the Classes
- Sports Day
- Activities for the Summer Break
- Parent's Information
- Dates for Your Diary

## From The Co-Headteachers

It is a joy to be able to write a newsletter once again following the closure of the school due to COVID-19. It has been a very challenging time for us all and it is a relief to be back working with the children again and to be able to share some of the wonderful work that they have been engaged in.

When we re-opened our doors on the 1<sup>st</sup> June, we were delighted to see so many beaming faces from the pupils and relief on the faces of parents. Home schooling had certainly been a challenge for many! Far from being phased by the new classroom layouts, individual desks and discrete bubbles, the pupils have embraced the changes, got on with it and loved being back. We forget how resilient and flexible children are! Every subsequent week has seen more and more pupils venture back, as we all get used to the 'new normal'.



Sadly, the end of any year is always a time for goodbyes. We have a number of children who are transferring to new schools. We are sad to see them go, but we are sending them off with pride, knowing that we have given them the best possible foundations for success for the future. For all those who are leaving, we hope this years' newsletters will serve as nice reminders of some wonderful Roxeth memories.

Wishing you all a wonderful, restful summer break.

We look forward to seeing many of you again on Wednesday 9<sup>th</sup> September.

Mrs Goodwin & Mrs Mackintosh

Buckholt House  
25 Middle Road  
Harrow on the Hill  
HA2 0HW  
0208 422 2092  
info@roxethmead.com  
www.roxethmead.com

## News from Babies & Pre-School

Well nobody can say this has been 'normal'! When we were told to closedown I can honestly say all the staff were very sad and a few tears were shed on that last day (along with some parents) with an overwhelming feeling of a most uncertain time ahead with a frightening and unknown pandemic to deal with. The silence in the school was horrible and I felt myself wondering when the sounds of children laughing, running and playing would return, and now it has!!

The staff met with Mrs Goodwin and Mrs Mackintosh during May half term and the return to school plans were put firmly in place with any of our concerns being addressed efficiently. The return has been nothing but positive. I honestly felt we would be dealing with tearful children who had been with parents for a long time, but I was completely wrong - even the youngest children who are just 2 and a half years old have run back into school with enthusiasm and smiling and it has been a joy to see all the children take delight in being back with their class.



As you can see from the photographs we have been busy learning about the world about us, going on a mini-beast hunt, making spiders, butterflies, bees, caterpillars, and various jungle animals, as well as enjoying books and stories and our stunning garden.

It has been a pleasure to see so many children back into school and more returning as the term has progressed.

For those of you who have not returned we look forward to seeing you in September and let's hope we can all have some sort of a holiday in the coming weeks but more importantly we wish you and your families continuing good health.

Mrs O'Neill, Mrs Sheikh and Ms Smith.









## News from Nursery Class

It has been so lovely to welcome the children back and to see everybody return with smiles. It has been a very busy few weeks for the nursery class. We started on our topic work on 'life cycles' basing it around the story of The Very Hungry Caterpillar, then we went onto 'mini-beasts', 'jungle animals', 'under the sea', and ended the term with 'summer'.

The children have been very engaged throughout our topic related work, focussing on learning facts and recalling information. We supported our topic with lots of art work which the children loved participating in.

In literacy we have been consolidating our knowledge of phonics with writing and reading activities. The children have been linking sounds to familiar objects and writing missing letters in CVC words. Some children are beginning to write simple sentences with high frequency words.

In numeracy, we have been practising forming the written numbers 1 to 10 and counting to quantity. We have also been working on mathematical language such as 'more', 'less' and 'fewer.'

We would like to wish all of the children who are leaving us to go to Reception in September the very best. We will miss you all. Have a safe and wonderful summer.

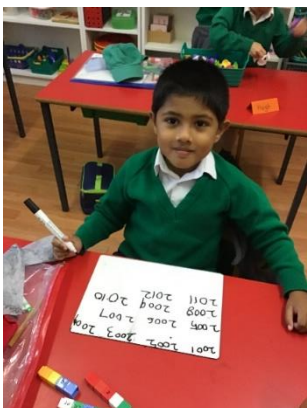
Mrs Afsari and Mrs Patel





## News from Reception Class

It has been so wonderful to be back at school after the lockdown. The children have come back full of enthusiasm and an awareness of social distancing. They have taken the new rules, different room setup, not sharing their toys, extra hygiene measures in their stride and have been very quick to remind each other about it.



In our phonics lessons we have been practising our set 2 and 3 sounds, tricky words, reading and writing. In addition the children have enjoyed comprehension exercises and making up a poem about Jungle Animals. Our Maths lessons have been about revisiting the topics covered previously. The children have enjoyed practising telling the time (o'clock and half past), addition and subtraction with money, 2D & 3D shapes, measuring using a hand span, strides and a ruler, number recognition to 100, counting in tens and twos, shapes and patterns.



Our recent topics have been Life cycles, Mini-beasts, Jungle Animals, Under the Sea and Summer. The children have engaged in various activities ranging from making animal masks, engaging in role play, making snails and other mini-beasts with clay, painting butterflies, making paper chain caterpillars, dragonflies and ocean creatures. They learnt about the life cycle of a butterfly, mini-beasts and animals in the jungles of the world across the different continents. They found out about endangered animals and asked why we were not looking after them.



As we come to the end of this term we have missed the children we haven't seen since lockdown. Some will be leaving Roxeth Mead and we wish them all the best at their new school. The children staying will be moving to their next class and we look forward to welcoming them back in September. It has been a great pleasure teaching all the lovely children in Reception Class. Your enthusiasm, love of learning and your tremendous progress has been a joy to watch. Wishing you all the best.

Mrs Kalsi and Mrs Ghatora



## News from Year 1 & 2

Since we returned to school at the beginning of this month, I have been heavily involved with Year 1 & 2 class, to enable social distancing. This turned out to be useful, as Mrs Conway subsequently became ill and not able to attend school. Having already been working alongside her, I was able to make a seamless transition when I took over the class. We all wish her well and look forward to her return in September.

I am so proud at how the children have adapted to the changes introduced for Covid 19. Occasionally, I had forgotten the new rules, but not the children and I am grateful to the children for reminding me.

It has been especially enjoyable for me to have been shown by the children all they had learnt in their recent topics - "The Gunpowder Plot" and "Plants and Habitats." As always with children, when we went on our "Nature Walk" looking at unusual places that plants find to grow, and learning how they got there, we stumbled across an ant's nest and all other interest was forgotten and my lesson ambushed! The best way for children to learn! Similarly, the children were incredibly tenacious in throwing a ball high into a tree trying to dislodge a hoola-hoop. Had it been a lesson to throw a ball as high as possible, they would not really have been interested!



In music the children have been working on rhythm, pitch and pulse and have taken to it so easily. They all can recognise a nursery rhyme, after listening only to the rhythm and also recite a poem in chorus all correctly keeping to the pulse.

We have, of course, been making further progress in both Maths and English, and I have been astounded by the quantity of work they have been producing. I had to admonish them on one occasion for producing so much work as I had to mark it all! This only induced them to produce more!!

It was amazing to see the children work with great sportsman ship on Friday 26<sup>th</sup> at our Sports Day. Here we see them preparing for our balancing race.



I feel incredibly honoured to have been teaching your children during the last month and only hope the children have enjoyed it. I certainly have. I am sad to be saying goodbye to some of the children but wish them every success in their new school. For those children who will be returning, have a lovely holiday, and I look forward to seeing you again in September.

Mrs Goodwin



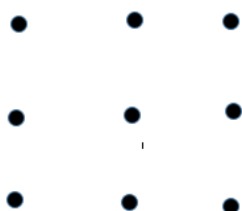
## Sports Day

On Friday 26<sup>th</sup> June the whole school took part in a socially distanced sports day. It was not quite as rowdy as in previous years because we did not have the parents cheering everyone on, but the children made a very good attempt to make up for it with their vocal encouragement.



## Some Activities to try at Home over the Summer Break

### Maths Brainteaser



Can you join all the dots with straight lines, without taking your pencil off the paper?  
You cannot go over any lines twice!

### Science Activity

#### WHAT A GAS!

##### 1 TRY THIS INDOORS ....

First, fill the bottle about one quarter full of vinegar. Then stretch the balloon by blowing it up and then letting the air out. Use a funnel to put 3 spoons of bicarbonate of soda into the balloon. If you don't have a funnel you can make one by rolling paper into a cone. Stretch the balloon over the top of the bottle, keeping the bicarbonate inside the balloon. When you are ready tip the balloon up so the bicarbonate of soda drops into the vinegar in the bottle.

##### You will need

- \* A small bottle
- \* Balloon
- \* Bicarbonate of soda (baking soda)
- \* Funnel and spoon
- \* Vinegar
- \* Lemon/lime juice (optional)
- \* Plastic cup
- \* Small piece of card or plastic

##### WHAT DO YOU NOTICE?

##### Things to talk about ...

What happens when the bicarbonate of soda mixes with the vinegar? Why does the balloon blow-up? What are the bubbles that you can see? If you hold the bottle in your hand what can you feel? How could you make the balloon blow-up more? What if you added more or less bicarbonate of soda, or used lime or lemon juice instead of vinegar?



##### 2 TRY THIS OUTDOORS ....

Fill a plastic drinking cup with water. Cover the top of the cup with a piece of card or thin plastic. Hold onto the card and turn the cup upside down. Then let go of the card and it should stay where it is! You might want to put a bucket or big bowl underneath to catch the water to catch any accidental spills.

##### WHAT DO YOU NOTICE?

##### Things to talk about ...

What do you think is stopping the water from coming out? How long will the water stay in the cup? Would this work with water in a bottle? Would it work with a bigger cup?





**3**

### WHAT IS THE SCIENCE?

When bicarbonate of soda is mixed with vinegar, a chemical reaction occurs. This means that new substances are formed. In this reaction, carbon dioxide is made. This is the gas in the bubbles that you can see. The carbon dioxide gas produced spreads out to fill up the space available, and this makes the balloon blow up. This reaction needs energy which it takes from the heat in its surroundings. This is why the bottle feels cold: the reaction is taking the heat from your hand.

For the water to come out of the cup, air needs to be able to get in. With the card there, the air cannot get in because of a combination of the air pressure under the card pushing the card up, a decrease in the water pressure in the cup, and the surface tension creating a seal between the water at the rim of the cup and the card. If this seal is broken, e.g. by water evaporating from the edge of the cup, air will move into the cup and then the water will be able to come out.

**4**

### MORE ACTIVITIES YOU COULD TRY

**MAKE A MODEL OF A LUNG** [www.science-sparks.com/breathing-making-a-fake-lung/](http://www.science-sparks.com/breathing-making-a-fake-lung/)

**MORE ABOUT GASES** [www.wowscience.co.uk/resource/solids-liquids-and-gases-intro/](http://www.wowscience.co.uk/resource/solids-liquids-and-gases-intro/)

**MAKE A BOAT** [www.science-sparks.com/baking-soda-powered-boat/](http://www.science-sparks.com/baking-soda-powered-boat/)

**CHANGES OF STATE** [www.wowscience.co.uk/resource/solids-liquids-and-gases/](http://www.wowscience.co.uk/resource/solids-liquids-and-gases/)

## Computing - Google Doodles

Wondering what a Google Doodle is? It's the temporary alteration of Google's logo on its homepage to celebrate holidays, events, important people and places. Have you ever noticed that the Google logo sometimes looks different or has a different animation? On Scratch you can create your own Google Doodle. Click on this link for a video tutorial:

<https://csfirst.withgoogle.com/c/cs-first/en/create-your-own-google-logo/create-your-own-google-logo/create-your-own-google-logo.html>



### Coding for Carrots

This Google Doodle was created to celebrate 50 years of Logo, the first-ever programming language designed for use by children. Click on the link if you want to play. You have to collect the carrots by using block coding similar to Scratch <https://g.co/doodle/ygxau2?ds=cl>

For the starter project click this link (This works best in Chrome):

<https://scratch.mit.edu/projects/177224273/editor>

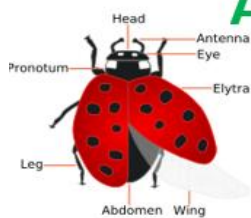
## Art - Have a go.....

Have a go at making your own Elmer. All you need is an empty plastic milk bottle, squares of coloured paper and some glue.





## Why not build your own Ladybird House?



## A plastic bottle Ladybird House

Ladybirds are very useful creatures in the garden, eating all sorts of pests, especially aphids and greenfly that like to munch on my roses!.

You can make a simple, yet effective home for Ladybirds with just an old plastic bottle, a bit of string and some corrugated cardboard. You can use other cardboard, corrugated is best as the gaps are good places for the Ladybirds to lay their eggs.



## Lego Competition





# TEAM LEGO BUILDING COMPETITION

Building LEGO models with others helps children to develop their thinking, language and interaction skills. So we want to set you all going on a team LEGO building competition! With cool **LEGO** prizes for first, second and third place winners!!

**1 Gather your team...**  
Your family, your pet dog, the monster under your bed and get ready to create a memorable LEGO build that tells a story.

**2 Use your imagination!**  
Together conjure up your wacky, creative, and out of the box story scene. This can be a scene from your favourite book, film, or a great experience.

**3 Create your masterpiece**  
Work as a team! Listen, collaborate, take turns & Have FUN!!

**4 Take a photo of your completed LEGO model and send your entry to:**  
[poppy@magicwordstherapy.co.uk](mailto:poppy@magicwordstherapy.co.uk)

For full details and terms & conditions head to our **website:**  
[magicwordstherapy.co.uk/resources](https://www.magicwordstherapy.co.uk/magicwordstherapy.co.uk/resources)

Competition ends on 10th JULY so don't delay!

Have a look at this website for details.

<https://www.magicwordstherapy.co.uk/magicwordsvideos/2020/5/13/team-lego-building-competition>



# Parents' Information



## Uniform

In preparation for the new term, please ensure your child has the correct school uniform. It is important that the pupils come dressed in full school uniform so they all look smart and we can encourage a sense of unity and community. The letter below is from our uniform supplier, Billings & Edmunds.

*Dear Parents,*

*As you are aware, we are the School's appointed Uniform Outfitter. We are pleased to inform you that our high street shops re-opened on 15th June, but in a restricted way, and we are writing to update you on how our business will operate for the rest of this year.*

*You may need to purchase some uniform for your child in the next few months and you may be wondering how you can do this safely during the Covid-19 crisis. Our company has put in place a number of measures to ensure that you are able to purchase your child's uniform safely and in good time.*

*How to buy your uniform this year:*

### **Buy at [www.billingsandedmonds.co.uk](http://www.billingsandedmonds.co.uk)**

- *Our website has dedicated pages to your School and contains every item of uniform and sportswear that your child will require, plus details of which items are worn by which year groups and detailed size guidance*
- *Garments may be returned for refund or exchange for up to 6 months from the purchase date (please refer to our website for terms and conditions)*
- *We currently offer a **10% discount** on items purchased online up to 30th June 2020, then a **5% discount** for online orders placed between 1st and 31st July.*
- *The above discounts will be automatically applied to any purchase on the website and are not available in store.*

### **Buy in store**

- *We have changed the way our shops operate to make them Covid-secure, so we are restricting the number of persons allowed in at any one time and strictly enforcing social distancing inside each shop.*
- *Only one adult will be permitted to accompany each child in store.*
- *If you require a significant number of uniform items and to enable guaranteed access, please use the new online appointment system to book an allocated 55 minutes time slot. To make an appointment please click on <https://www.billingsandedmonds.co.uk/book-an-appointment/i84> or follow the link on our website.*
- *Our changing rooms are closed and only certain outer garments can be tried on, but customers will be given disposable tape measures to use in store under our guidance.*
- *Hand sanitisation stands are in our stores for use by customers.*
- *Stores have extended their cleaning regimes and clean between appointments.*

*In these unusual times, we will not be able to deal with the usual last-minute surge of customers in August and early September. Therefore, whether buying online or in store, we strongly urge all parents to purchase uniform as early as possible this year.*

*Please refer to our website for notices and up to date information.*

*We are grateful for your co-operation and your understanding.*

*Yours sincerely*

*Ranjan M Kumar*  
**Managing Director**

Our uniform list is here as a reminder...



### **Babies(up to 1 year)**

any all in one or leggings and top

### **Toddlers (1 – 2 years)**

Plain black jogging bottoms (winter)

White shorts (summer)\*

White polo shirt\*

Green School Sweatshirt\*

White trainers with Velcro fitting

### **Pre-School (2+) and Nursery (3+)**

As above for toddlers OR the full school uniform as below...

### **Pupils in Reception, Year 1 and Year 2**

#### **BOYS**

Blazer (optional)\*

Fleece\*

Green pullover\*

Tie\*

Grey shorts / trousers\*

Plain white shirt

Grey socks

Plain black shoes

Black school coat\*

Legionnaires style sun hat (summer)\*

Grey Gloves (winter)

Grey Hat (winter)\*

School bag\*

School rucksack available from the school

#### **GIRLS**

Blazer (optional)\*

Fleece\*

Green pullover\*

Tie\*

Grey pinafore\*

Green gingham dress (summer)\*

Plain white shirt

Grey socks / tights (winter)

White socks (summer)

Plain black shoes

Black school coat\*

Legionnaires style sun hat (summer)\*

Grey Gloves (winter)

Grey Hat (winter)\*

School bag\*

School rucksack available from the school

### **For PE (Years R, 1 & 2)**

Plain white trainers with Velcro fitting

White polo shirt\*

White shorts\* (summer)

Green school sweatshirt\*

Plain black jogging bottoms to be worn in cold weather

**\*All items available from the school outfitter Billings and Edmonds Ltd, 47 High Street Harrow-on-the-Hill, Harrow HA1 3JA. Tel. 020 8422 1701. Web: [www.billingsandedmonds.co.uk](http://www.billingsandedmonds.co.uk)**

All long hair must be tied back. Hair ornaments must be black or green.

Jewellery is not allowed except for cultural reasons (permission must be obtained from the Headteacher)

**All items must be labelled with pupil's full name to ensure we can return it to its rightful owner.**

All pupils must have a spare set of uniform in school, kept in their rucksacks, in case of accidents.

## A calendar to help to lift our spirits...




# RESILIENCE CALENDAR: JUMP BACK JULY 2020




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>We can't control what happens to us, but we can choose how we respond</b>			<b>1</b> Be willing to ask for help when you need it today (and always)	<b>2</b> Make a list of things that you're looking forward to	<b>3</b> Adopt a growth mindset. Change "I can't" into "I can't... yet"	<b>4</b> Find an action you can take to overcome a problem or worry
<b>5</b> Avoid saying "must" or "should" to yourself today	<b>6</b> Put a problem in perspective and see the bigger picture	<b>7</b> Shift your mood by doing something you really enjoy	<b>8</b> Get the basics right: eat well, exercise and go to bed on time	<b>9</b> Help someone in need and notice how that gives you a boost too	<b>10</b> Don't be so hard on yourself. It's ok not to be ok	<b>11</b> Reach out to someone you trust and share your feelings with them
<b>12</b> When things go wrong, be compassionate to yourself	<b>13</b> Challenge negative thoughts. Find an alternative interpretation	<b>14</b> Set yourself an achievable goal and make it happen	<b>15</b> Go for a walk to clear your head when you feel overwhelmed	<b>16</b> When things get tough, say to yourself "this too shall pass"	<b>17</b> Write your worries down and save them for a specific 'worry time'	<b>18</b> Let go of the small stuff and focus on the things that matter
<b>19</b> Notice something positive to come out of a difficult situation	<b>20</b> Ask yourself: What's the best thing that can happen?	<b>21</b> If you can't change it, change the way you think about it	<b>22</b> Make a list of 3 things that you can feel hopeful about	<b>23</b> Remember that all feelings and situations pass in time	<b>24</b> Choose to see something good about what has gone wrong	<b>25</b> Notice when you are feeling judgemental and be kind instead
<b>26</b> Get back in touch with a supportive friend and have a chat	<b>27</b> Write down 3 things you're grateful for (even if today was hard)	<b>28</b> Catch yourself over-reacting and take a deep breath	<b>29</b> Think about what you can learn from a recent challenge	<b>30</b> Ask for help from a loved one or colleague. Be specific	<b>31</b> Remember that you are not alone. We all struggle at times	








[actionforhappiness.org](https://actionforhappiness.org)  
 Daily actions to look after ourselves and each other as we face this global crisis together  
 Keep Calm · Stay Wise · Be Kind

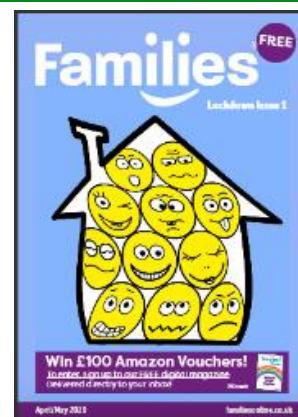
## Families Magazine

### "Surviving Lockdown" issue -

The magazine is full of resources and ideas to help with returning your child to school, home learning, pre-school play and has dozens of ideas for family activities and entertainment.

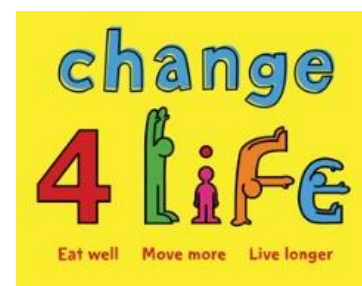
Here is the link [https://issuu.com/familiesonline/docs/west\\_london\\_ld\\_2](https://issuu.com/familiesonline/docs/west_london_ld_2)

We hope you enjoy it.



## Change 4 Life

Did you know that families can sign up to the Change4Life campaign at <https://www.nhs.uk/change4life> where you can find meal ideas, helpful tips, food swap ideas and also download the helpful 'Food Scanner' app? This website also contains information as to what to include in a healthy lunchbox, as we are still seeing some pupils coming to school with jam or chocolate spread sandwiches. Please ensure lunch boxes are healthy!





# Helpful Websites for the Summer Break

Whilst we have sent you a number of these links already via email during lockdown, we thought it might be helpful to have them here, in one place...

<b>BBC Bitesize</b>	Website: <a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>
<b>GoNoodle</b> - Movement and mindfulness videos for primary children	Website: <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>
<b>STEM.org.uk</b> - Free home learning resources for all ages in science, technology, engineering and maths	Website: <a href="https://www.stem.org.uk/home-learning">https://www.stem.org.uk/home-learning</a>
<b>Twinkl</b>	Website: <a href="https://www.twinkl.co.uk/home-learning-hub">https://www.twinkl.co.uk/home-learning-hub</a>
<b>English National Ballet</b> - Free ballet classes streamed daily	Website: <a href="https://www.youtube.com/user/enballet">https://www.youtube.com/user/enballet</a>
<b>Cosmic Kids</b> - Free yoga sessions aimed at children	Website: <a href="https://www.cosmickids.com/">https://www.cosmickids.com/</a>
<b>Hour of Code</b> - Free coding website	Website: <a href="https://code.org/learn">https://code.org/learn</a>
<b>Mathletics</b> - A variety of Maths activities linked to the curriculum, accessed with personal login	Website: <a href="https://login.mathletics.com/">https://login.mathletics.com/</a>
<b>Times Table Rockstars</b> - Times table practice, accessed with personal login	Website: <a href="https://ttrockstars.com/">https://ttrockstars.com/</a>
<b>Nuffield Health</b> - Free resources and activity to promote children's wellbeing	Website: <a href="https://www.nuffieldhealth.com/kidswellbeing">https://www.nuffieldhealth.com/kidswellbeing</a>
<b>Storytelling for Younger Pupils</b>	<a href="https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/">https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/</a>
<b>Fun Science at Home</b>	<a href="https://pstt.org.uk/resources/curriculum-materials/Science-Fun-at-Home">https://pstt.org.uk/resources/curriculum-materials/Science-Fun-at-Home</a>
<b>Art therapy ideas:</b>	<a href="https://intuitivecreativity.typepad.com/expressiveartinspirations/100-art-therapy-exercises.html">https://intuitivecreativity.typepad.com/expressiveartinspirations/100-art-therapy-exercises.html</a>

## Museums

Natural History Museum: <https://artsandculture.google.com/partner/natural-history-museum>

British Museum: <https://britishmuseum.withgoogle.com/> <https://artsandculture.google.com/partner/the-british-museum>

Science Museum: <https://www.sciencemuseum.org.uk/home>

Design Museum: <https://designmuseum.org/>

Smithsonian Institute (USA): <https://www.si.edu/exhibitions/online>

## Art Galleries

National Gallery: <https://www.nationalgallery.org.uk/visiting/virtual-tours/google-virtual-tour>

Tate Modern: <https://www.tate.org.uk/art/360-video/grimshaw>

The Louvre Gallery (Paris, France): <https://www.louvre.fr/en/visites-en-ligne>

Guggenheim Bilbao (Spain): <https://artsandculture.google.com/partner/guggenheim-bilbao>

Metropolitan Museum, New York: <https://www.metmuseum.org/art/online-features/met-360-project>

## Gardens, Heritage Sites, Zoos and Wildlife Parks

Kew Gardens: <https://www.kew.org/read-and-watch>

Royal Parks: <https://www.royalparks.org.uk/learn/learn-in-hyde-park-and-kensington-gardens/planning-your-visit/our-facilities/virtual-tour>

National Trust Gardens: <https://www.nationaltrust.org.uk/hidcote/features/hidcote-virtual-tours>

Monet's Garden (Giverny, France): <https://www.youtube.com/watch?v=rjWx2WNXFF4>

Hawai'i Volcanoes National Park (Hawai'i, USA): <https://artsandculture.withgoogle.com/en-us/national-parks-service/hawaii-volcanoes/nahuku-lava-tube-tour>

Windsor Castle: <https://www.royal.uk/virtual-tours-windsor-castle>

Palace of Versailles (France): <https://artsandculture.google.com/project/versailles>

London Zoo: <https://www.zsl.org/london-zoo-webcam>

Longleat Safari: <https://www.longleat.co.uk/news/longleat-launches-virtual-safari>

Wild Earth (South Africa and Global Safaris): <https://wildearth.tv/about/>

**Where to turn to for help -** It is okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

### Mental health

<b>Mental Health Foundation</b>	Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
<b>Mind</b> - A mental health charity	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>
<b>PAPYRUS</b> Youth suicide prevention society	Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
<b>Samaritans</b> Confidential support for people experiencing feelings of distress or despair	Phone: 116 123 (free 24-hour helpline) Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>
<b>SANE</b> - Emotional support, information and guidance for people affected by mental illness, their families and carers	Website: <a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a>



<b>YoungMinds</b> - A charity dedicated to children's mental health	Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>Cruse Bereavement Care</b> - Support for grief and bereavement	Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>
<b>ELSA Support:</b> Coronavirus Story for Children  <b>Young Minds:</b> Information for teens and young adults who are anxious about the coronavirus and how to look after their mental health if they are self-isolating.  <b>Carol Gray:</b> A new social story with lots of large pictures regarding the coronavirus and pandemics  <b>Mindheart:</b> A great activity and information booklet for children about the coronavirus and it is available in 18 different languages.	<a href="https://www.elsa-support.co.uk/coronavirus-story-for-children/">https://www.elsa-support.co.uk/coronavirus-story-for-children/</a>  <a href="https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/">https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/</a>  <a href="https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf">https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf</a>  <a href="https://www.mindheart.co/descargables">https://www.mindheart.co/descargables</a>

### Domestic violence

<b>NSPCC</b> - Child protection charity	Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline). 0800 1111 for children (ChildLine's 24-hour helpline) Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>Refuge</b> Advice on dealing with domestic violence	Phone: 0808 2000 247 (24-hour helpline) Website: <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>

<b>Online Safety</b>  <b>Harmful or Upsetting Content and Reporting Abuse</b>  <b>Online Help and Guidance</b>  <b>Bereavement</b>	<a href="https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online">https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online</a>  <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>  <a href="https://www.saferinternet.org.uk/">https://www.saferinternet.org.uk/</a>  <a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a> <a href="https://educateagainsthate.com/">https://educateagainsthate.com/</a>  <a href="https://www.internetmatters.org/">https://www.internetmatters.org/</a>  <a href="https://www.lgfl.net/default.aspx">https://www.lgfl.net/default.aspx</a> <a href="https://parentinfo.org/">https://parentinfo.org/</a> <a href="https://www.thinkuknow.co.uk/">https://www.thinkuknow.co.uk/</a> <a href="https://www.saferinternet.org.uk/advice-centre/parents-and-carers">https://www.saferinternet.org.uk/advice-centre/parents-and-carers</a>  <a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a> <a href="https://www.jigsawsoutheast.org.uk/">https://www.jigsawsoutheast.org.uk/</a> <a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a> <a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a> <a href="https://www.amazon.co.uk/Lifetimes-Bryan-Mellonie/dp/0553344021">https://www.amazon.co.uk/Lifetimes-Bryan-Mellonie/dp/0553344021</a> <a href="http://www.childhoodbereavementnetwork.org.uk/">http://www.childhoodbereavementnetwork.org.uk/</a>
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# Term Dates 2020/2021

## Autumn Term 2020

Wednesday 9<sup>th</sup> September – Thursday 10<sup>th</sup> December at 12 noon  
Half Term: Monday 26<sup>th</sup> October - Friday 6<sup>th</sup> November  
Staff Development Days: Monday 7<sup>th</sup> and Tuesday 8<sup>th</sup> September

## Spring Term 2021

Tuesday 5<sup>th</sup> January – Friday 26<sup>th</sup> March at 12 noon  
Half Term: Monday 15<sup>th</sup> February – Friday 19<sup>th</sup> February  
Staff Development Days: Monday 4<sup>th</sup> January

## Summer Term 2021

Tuesday 20<sup>th</sup> April – Thursday 8<sup>th</sup> July at 12 noon  
Half Term: Monday 31<sup>st</sup> May - Friday 4<sup>th</sup> June  
Staff Development Days: Monday 19<sup>th</sup> April and Monday 7<sup>th</sup> June



Secure Attachments – Robust Learners - Building Futures

## **Your Space Therapies are pleased to present an online Therapeutic Parenting Course**

We are a counselling and play therapy service that work holistically with schools, parents and professionals supporting vulnerable children. We help children and their communities to have good mental health, resilience to learn and be the best they can be

## **Boosting the Bond**

*For the BEST relationship with your child*

**Thursday 9th July, 6-8pm**

Training online via Zoom (details to follow on booking)

***Ticket price: £20***

**To book your place, please email: [bookings@yourspacetherapies.org](mailto:bookings@yourspacetherapies.org)**

Your Space Therapies are offering a unique and down-to-earth course for parents and carers providing practical ways to have the best relationship with their children. The course will offer an overview of children's emotional brain development and offers practical strategies and theraplay games to develop strong emotional bonds and help parents therapeutically manage children's anxiety or challenging behaviours. Strategies will be tailored to think about particular responses that are needed during COVID-19 and lockdown.

**About the trainer:** Emma Connor is a Child Psychotherapist, MA, UKCP, Director, Consultant and Trainer for Your Space Therapies. Emma is a senior lecturer at the Institute for Arts and Therapy in Education as well as working in various schools providing therapy for children and therapeutic support for families.

**For more information regarding Your Space Therapies counselling services, consultancy and training please visit: [www.yourspacetherapies.org](http://www.yourspacetherapies.org)**

***Disclaimer - Roxeth Mead School cannot vouch for the quality of any services included in this newsletter***