



Sandford Hill Primary School Newsletter

Thoughtfulness and Respect



Week 18- Fri 22nd Jan 2021

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Home Learning Thanks and Tips

Today marks the end of the third week since the country went into national lockdown, schools were closed and learning, for children became remote. Whilst some children are flourishing being at home, I think it is fair to say that many children are finding learning at home challenging and so are many parents too. You are working so incredibly hard at the moment and are doing such a fantastic job at juggling your child's school work and Microsoft Teams catch up meetings, in-between your own work, caring for younger children and managing all the other jobs needed to be done during the day (washing, food prep., cleaning, etc.). I therefore wanted to take this opportunity to say thank you for supporting your child's learning, when you can, and not to worry if your child is not able to complete all of the learning set. We do understand the many challenges that remote learning presents.



Also I know that my own children, when working at home, find it hard to concentrate. This is no-one's fault, home is (or should be) a child's sanctuary, a place where they can switch off and relax, but we have now had to change this to a place where they are expected to **work** and relax. However, some of the things that teachers do at school, that help our children to concentrate, can also have a big impact at home too. These include:

- ⇒ **Creating routine** - this can be really helpful, perhaps written as a timetable or visual aid, to help your child see when they are expected to do certain things throughout the day.
- ⇒ **Movement Breaks** - whether it's 10 minutes jumping on the trampoline or doing some Joe Wicks PE, having set breaks before and in-between learning activities is so helpful for concentration. Primary aged children are used to running around at break time and lunchtime.
- ⇒ **Lots of praise** - telling the children how hard they are working, how brilliant their work is, how well they are coping.
- ⇒ **Removing items** – only having out the things that a child needs to complete their work and clearing away other items that might become a distraction.

For further support with this, do have a look at Page 3 of the newsletter which has a really useful chart to help keep track of different activities each day. You may want to use this as an idea for the children to create their own plan ready for next week with headings that suit your family.

Once again many thanks, for your continued support, and if we can be any help with regards to home learning, please do contact us at parent@sandfordhill.org.uk and we will do our very best to help.

Birthdays

A very **Happy Belated Birthday** for these children who had their birthday this week. We hope you had a lovely day.

- Tristan D
- Harry E
- Lettie-Rose B
- Lillia-Grace B
- Keegan A
- Adena P
- Sian S
- Lucy D
- Lottie S



Birthdays

Wishing all these children a very **Happy Birthday** today, this weekend and next week:

- Mathieu R
- Charlotte W
- Liam B
- Oliver B
- Seth H
- Imogen W
- Kyan P
- Kayden S
- Layla C
- Joseph V
- Sereana V
- Archie R



Headteacher's Star Awards

Congratulations to these children who were given this week's Head Teacher's Star Award.

Class	Award Winner	Class	Award Winner
Nursery	Alicja P Dakota A Jack S-G Joshua T	Y3	Isla B Lexi W Poppy T
Reception	Myla H Noah M Madison C	Y4	Dominik W Archie M Isabella J
Y1	William B Woody E Sophie G	Y5	Amelia M Oliver C Isabelle Y
Y2	Martha-Rose L-C Ellie T Shaye K	Y6	Shaun B Thomas K Thomas S

Keep on Reading!

We do hope you are still managing to read with your child during this lockdown period. It is so important to encourage your child to keep reading - especially if they are reluctant readers. Below are further tips for supporting your child with their reading.

Enjoy reading with TRUST

T Take turns to make predictions



R Recap to check ideas & understanding

U Use encouragement and praise



S Share prior knowledge & past experiences

T Tune-in and listen. Be curious with your child



Recently our Y5 children have taken part in the Maths Times Tables 'TT Rockstars' competition. As a school, Sandford Hill Primary came 26th overall with 42,792 points. Congratulations to **Kindra C** who will receive a medal for scoring the most points and **Owen W** who will receive a medal for the 'Best Effort'. Our next TT Rockstars competition will be for Y6 and starts on Wednesday 3rd February. So keep practising everyone, as knowing your tables is such an important thing to learn.



Health and Wellbeing

Health and Hygiene



As we all strive to communicate the importance of personal hygiene to our children, it can often feel as though there is an endless list of things that they need to remember. To help with this, the NHS recommends that we communicate 'hands, teeth and skin' as a way of making personal hygiene more manageable.

Hands – we should wash our hands regularly, particularly after using the bathroom.

Teeth – we should brush our teeth for 2 minutes, twice each day.














Skin – we should wash regularly, whether this be through using a shower or bath.

Supporting home learning routines

Planning the day

Consistent routines are important for behaviour and wellbeing in school and our routines at home have changed significantly. Routines support behaviour and you will be finding a new rhythm with your family. You could share this checklist with your child. Talk to them to help them plan their new routines.

The importance of simple approaches as part of a regular routine is key recommendation 4 of the EEF's guidance report [Improving Behaviour in Schools](#)

	M	T	W	T	F
 I woke up at a good time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I did some exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I had regular meals and drank water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I enjoyed some reading in a quiet space.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I practised a maths skill.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I completed some school work at my work space. I chunked it so I had some breaks too.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I talked to my family about my day and how I am feeling. I asked them about their day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I helped with a household job and talked to my family while I did it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I contacted my friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 I spent some time on my creative hobby.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 My parent/carer told me what I did well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 My goal:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 My goal:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

