



OXFORDSHIRE COUNTY COUNCIL
Fringford C.E. Primary School
Headteacher Mr F Pastore

NEWSLETTER APRIL 2020

Message from the Headteacher

Dear Families,

I'd like to welcome you back to the Summer Term. I hope you all had a restful Easter break and were able to spend some quality time with your loved ones.

Life has changed for us all but I am holding onto the hope that this is just a pause to our normal way of life. I am so proud of how our whole community is coming together in these difficult times. The work you have shared with us continues to inspire and uplift us all – well done everyone!

We bring you this newsletter as a sign that we are very much still here for you. If there is anything we can do to help you through this difficult time, please do not hesitate to contact the school. ~~schools and this Easter break continues. Please~~

As you know, home learning is up and running again. We hope to start sharing weekly videos with you soon. I hope that the tasks we are setting are proving useful. If you are struggling to access any of the learning, please do let us know.

I know there has been plenty of discussion in the press about when schools will be opening again. At the moment this is all conjecture as nothing has officially been communicated with schools. As soon as I know anything concrete I will let you know. In the meantime, please follow the lockdown rules – Stay Home, Save Lives and don't forget to be kind to yourselves and to one another.

Take Care

Mr Pastore

Value of the Month

Our value this month is 'Resourcefulness'.



Here are some useful ways to encourage your child to be resourceful at home:

Resourcefulness

- Use different methods to find the answer
- Try puzzles and lateral thinking games
- Leave them to work it out
- Ask questions to lead them to the answer
- Embrace technology!
- Remember that it's a mindset
- Reflect on success and failures
- Ask them for their help and suggestions

"An intelligent heart acquires knowledge."

Proverbs 18:15

VE Day 75

Turn your windows red, white and blue on Friday 8th May to commemorate the 75th anniversary of the end of World War II.

The British Legion has prepared a pack with additional information and some craft ideas. We will share it with you along with this newsletter.



"You're braver than you believe,
stronger than you seem,
and smarter
than you think."



Well-being Resources

We know how important physical and mental well-being is going to be to our families in the coming months but it is not our intention to overwhelm you with advice or strategies. There is a lot out there! We will share some of these with you but don't feel that you are not on top of things if you are not following every single bit of information that comes your way. We suggest you find what works best for you and your family and don't overcomplicate things!

Coping Calendar

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Talking to Your Child About Coronavirus

Everybody is feeling anxious at the moment. Your children will be absorbing anxiety and worry from the world around them. They will need their families to help sort out these worries so that they are better able to manage them. They need to feel safe and cared for.

Children will naturally be curious about Coronavirus. They will know a little bit and will probably be confused. It will be important that you allow them to ask questions and help them to filter the information. Find opportunities to talk about it if they want to. Follow their lead, allow them to ask questions and give factual answers. Don't push to talk more if they have stopped.

They are likely to have questions about social isolation. They will probably be missing their friends. Use the facts to explain to them why we have to do things as we do. Encourage them to keep in touch with their friends. A quick catch up on a video call / phone call may help them feel less isolated. Remember to stick to the facts and avoid being too dramatic.

- Stick to basic expectations; getting dressed, maintaining a bedtime routine; this is important for feeling in control and less anxious.
- Stick to completing some learning activities, this may be work set by school, reading a book, writing a letter to a relative.
- Keep contact with friends via phone or video call.
- Try and get outside every day.
- Children thrive on routine, so remember to bear this in mind when planning the day.
- Don't allow them to think that this is a great big long summer holiday; they need to keep their brains active.
- Be open to discussing their concerns/ worries or questions, it will help them to manage their worries at this time.

S

Stay Safe

Don't give out your personal information to people / places you don't know.



M

Don't Meet Up

Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.



A

Accepting Files

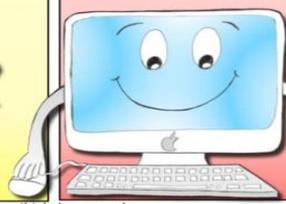
Accepting emails, files, pictures or texts from people you don't know can cause problems.



R

Reliable?

Check information before you believe it. Is the person or website telling the truth?



T

Tell Someone

Tell an adult if someone or something makes you feel worried or uncomfortable.

Follow these SMART tips to keep yourself safe online!

© Teaching Ideas
www.teachingideas.co.uk

SMART tips based on resources from www.thinkuknow.co.uk