



Loudwater Combined School

Learn, Create, Succeed

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LOUDWATER UPDATE

Friday 27th March 2020

Dear Parents,

School Closure

Work for the coming week

Class teachers will ensure that further home learning opportunities are posted on the class page of the website (e-schools) ready for Monday.

You may already be aware of some of these You-tube opportunities, but worth a look if you have not already visited:

- PE with Joe Wicks – daily live workout at 9.00am although it can be accessed later in the day too.
- Dancing with Oti Mabuse – Oti teaches a dance routine.
- Draw with Rob - <http://www.robiddulph.com/draw-with-rob> Rob Biddulph is an illustrator who shows step by step how to draw some amazing characters.

We know that you have all been working hard; if you would like to email any pictures of you learning at home or staying active and enjoying being in your gardens, please send them in and we will devote a section of the website to help you see what others are doing.

Although it has been a very unusual week in school this week there have been some wonderful moments that we managed to take pictures of:



Ducks in our pond



Fox sunbathing near the out-door classroom

E-Safety

At the current time it is inevitable that children will be spending more time than usual online. We felt that it would be useful to highlight for you some resources which can help to ensure that our children are safe online. Think U Know have produced some activities for children which you might find useful: https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-55372869

We have also updated the E-safety section of the school website.

Red Kite – Homes of the Future

I wanted to let you know that I have had an email from Kara at Red Kite Housing – this is what she had to say:

A BIG thank-you

*I just wanted to say that I have received the drawings from your pupils and I'm absolutely blown away by their work! I can see how much passion they have and the huge amount of hard work they have put into these drawings. Once business is back to normal and I am allowed back into my office with my colleagues I will send a thank you card back. I would love to pass these onto our developers at Mears who are building our new homes on Queensmead Road, I think they would really like to showcase some of them on the hoarding at the front of the development.
Thank- you again Kara*

Mindfulness

During this strange and challenging time we are all facing it is important to find ways to calm our busy and anxious minds. Children may be increasingly aware of the difficulties we are facing and will have their own worry monsters to deal with. Mindfulness is a powerful tool to help us connect with our breath, to notice our emotions, control stress; stay focused, and improve our mental well-being.

At the end of the update is a story for you to share with your children to help them manage their anxieties.

Parents' Forum

The parents' Forum meeting was held on Tuesday 10th March. The minutes are attached with this update.

Green Park Residential for Year 6

At the current time we are unsure of the future of this visit. We would suggest that parents do not make any further payments at this time. We will update you on the situation as soon as we are able.

I hope to see you all soon; we will keep in touch through a weekly newsletter. I wish the very best for all of our families and children; stay safe and well.

Yours faithfully

Clare Cunningham

Mrs C Cunningham
Head teacher

Emails

Please remember to check your emails as this is one of our preferred ways of contacting and informing our parents.

Update

As you are aware we have moved to sending out our update via email. Due to the GDPR, we are only able to continue sending out to those of you who have agreed, by email, for us to do so. If you know of anyone not receiving their weekly newsletter please make them aware of this procedure.

Disclaimer

From time to time we are asked by a range of organisations to give out leaflets. We always agree if we think this could be of interest or benefit to the children. However we do not endorse any of these organisations and parents should always check their credentials carefully to make sure children would be safe and well looked after.

Mindfulness story - Bubble Magic Breath

Close your eyes and take in a very deep breath.

Pretend your tummy is a balloon and as you inhale, make that balloon as big as you can.

Now, exhale and release it all.

Let's do that again now... inhale fully and make the balloon any colour you want.

Now as you do this, allow your arms and legs to get as floppy as a rag doll. Just let them get heavy and loose... all limp and relaxed. They feel so heavy it's as if you don't even want to move them because they are just so very relaxed! Just allow your body to continue relaxing while we use our imaginations to picture something wonderful!

In your mind, pretend you are pulling, a big magical bubble blower out of your pocket. It looks like any bubble blower but this one has real magic in it. It has been small in your pocket, but as you pull it out, you realize it becomes enormous!

It's a lot bigger than any bubble blower you've ever seen.

Now, in your other hand, imagine you have a big bottle of magic bubble soap. Put the blower into the thick magic bubble liquid.... and get it nice and wet.

Now you can start to blow through the bubble blower to make your gigantic bubble. As you do this, I want you to put ANY WORRY or fear you have about anything... into that bubble.

Just put it all in there!

Watch how a very strong friendly wind comes along and carries your worry bubble far, far away.... it carries it so far away that you will never have to worry about that again.

It's leaving now. Watch as it goes.

You can blow up as many bubbles as you need to with your magical bubble blower. Put anything in there that is bothering you and watch as the wind carries the bubbles far, far away.

You can use this magic bubble blower whenever you need to... just by imagining it in your mind. Quietly stretch your body, gently sit up, open your eyes and smile.



Talking to children about the Coronavirus

News of the coronavirus COVID-19 is everywhere, from the front page of all the papers to the playground at school. Are you wondering how to bring up the epidemic in a way that will be reassuring and not make children more worried than they already may be?

Don't be afraid to discuss the coronavirus. Most children will have already heard about the virus or seen people wearing face masks, so parents shouldn't avoid talking about it. Not talking about something can actually make children worry more.

Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.

Be developmentally appropriate; don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters. Be reassuring, children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it. It's helpful to reassure your child that children actually seem to have milder symptoms.

Focus on what you're doing to stay safe, an important way to reassure children is to emphasize the safety precautions that you are taking. Children feel empowered when they know what to do to keep themselves safe such as handwashing and using tissues when they cough or sneeze. Mindheart have produced a colourful child friendly booklet explaining the Coronavirus and how to stay safe this can be downloaded at www.mindheart.co/descargables

LOVE LOUDWATER

COVID 19 SUPPORT

keep this card somewhere handy
the details may be useful



Coordinated by your parish church
St Peter's Kingsmead Road/Treadaway Hill



If you become isolated and need help, contact us
and we will try to help with

Shopping for food and essential items

Collecting medical supplies

Having a chat

Praying with and for you

Call **01628 308 372** or email **love@loudwater.org**

All contact details will be saved electronically in St Peter's Church Office,
will be used only in connection with supporting isolated neighbours during
Covid-19 pandemic, and will be deleted by 1st April 2021