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Learn, Create, Succeed Loudwater, High Wycombe
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LOUDWATER UPDATE

Friday 24th April 2020

Dear Parents,

Thank-you to everyone who has sent in pictures of children working at home, learning new skills or spending time outside. Please keep them coming; those we have already received can be found here:

http://www.loudwater.bucks.sch.uk/website/school_closure_-_learning_at_home/466306

Pictures of the Loudwater Friendship Rainbow can be found here:

http://www.loudwater.bucks.sch.uk/website/the_loudwater_rainbow/471444

School Closure – Home Learning Resources

On Monday teachers will be updating the class page on e-schools to provide more learning opportunities for the coming week. Each class page should include information about the best way to get your child's learning to their teacher. Last week we found that e-schools was particularly busy first thing on a Monday and Tuesday morning and not everyone who wanted to could access the learning opportunities at this time. If this happens to you perhaps there is an alternative activity that could be done at this time – reading or using a different website such as Times Tables Rock stars.

It has been brought to our attention that printing resources for your children from the class pages has been causing an added stress to some of you. This has certainly not been our intention. Therefore, again this week you will be able to collect resources from 12.00pm on Monday. If you require a pack please email the school office before 8.00am on Monday so that this can be prepared for you. The resources will still be on the class pages too. For some of the activities you do not need a printed sheet and can use your exercise book to write your answers or ideas. Timetables have also been made available for each class. These are intended to be supportive so please use them in the best way that fits in with your family and the routines you will have already established.

Some of the learning that took place in school this week was around the theme of St George, Shakespeare and the start of Ramadan.

Jaiden's model dragon.



Carley's model dragon



Our theme for learning in school next week will be based around the fact that Sunday should have seen the running of the London Marathon. We will be looking at the origins of the marathon, what kind of training athletes need to do as well as exploring some of the landmarks around London that are on the route.

E-Safety

There have been further updates to the E-safety section of the school website, which can be found at: http://www.loudwater.bucks.sch.uk/website/e-safety_information/134588

First News

The most recent issue of First News is also attached to the newsletter and can be found on the school website

http://www.loudwater.bucks.sch.uk/website/school_closure_-_learning_at_home/466306

Using the Health Service during COVID

This is a message from Daniel Flecknoe, Consultant in Public Health, Bucks County Council.

Message to parents on using health services during COVID

Please remember, A&E services and your GP practice are still open during the coronavirus outbreak.

GP surgeries are not allowing patients to directly book face to face appointments at the moment, to help stop the spread of the virus. They are, however, more than happy to discuss your case over the phone and to offer advice and guidance. In some cases they may be able to consult by video link, using mobile phones. If clinically appropriate, they can invite you to attend the surgery for an appointment at an arranged time.

It is really important to stay well at this difficult time, so please contact your GP surgery if your child is poorly with any symptoms that cause you concern. With so much attention on coronavirus at the moment, we are aware you may be concerned your child has a different illness or may be living with a worrying condition like asthma or diabetes.

So, if you are worried, please call your surgery to arrange a telephone consultation, or you can use the AskNHS app to book a call-back if you are 16 or over. The [parent information form](#), produced by Barts Health and North-East London STP, gives very useful advice on when to use services like GPs, pharmacists, A&E and 999. This is reproduced at the end of the update.

All your health service staff are still there for you, even though they are having to do things a little differently. Please don't be afraid to use them if you are concerned about your child's health.

Support for you and your children from Jackie Boyce

See the ideas at the end of the update for making a Calm Down Box.

If you would like to speak to Jackie we can arrange for her to contact you later in the week (Thursday or Friday between 9.00am and 3.00pm). Please email the office to ask for a call back – you need give no further detail, although it would help if you could include the best number to call you on.

I sincerely hope that you are all keeping well and managing to keep your spirits up at this challenging time. I know that many of the children are missing their friends and teachers and it is also the case that we are missing them. It is always lovely to receive pictures to show us what you have been doing – and we will always put a selection of these on the website for friends to see too. Let's hope the fine weather continues, as Mr and Mrs Clarke are planning to be out in their garden over the weekend; if you are walking past please give them a wave!

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.

Calm Down Boxes

The idea of a Calm Down Box is that when a child is feeling intense anger, anxiety or frustration, they are encouraged to take some time and use the tools within the box to self-regulate and calm down effectively. Calm Down Boxes can be created inexpensively, often with things you already have at home.

Think about including items that stimulate all the senses:

Sight - photos of happy memories and favourite people, print pictures of places you would like to visit, make a collage of favourite colours using paper cut from a magazine.

Hearing - music, instruments, nature sounds app on your phone.

Smell - make some playdough and add herb or spices.

Taste - try stimulating the taste buds with sweet, sharp, bitter, salty foods.

Touch -add a variety of materials, smooth, rough, hand lotion, pom-poms.

Other items you could add:

A colouring in book and pens

Colouring in is proven to be effective at soothing stress due to its meditative and mindful quality. A colouring in book and some pens provides children with a quiet activity they can focus their control on, enabling them to chill out and re-centre.

A stress ball

Encourage your child to squeeze all their frustration into the stress ball by tensing their hand over the ball and then slowly releasing it. This [channels their challenging emotions productively](#) and teaches them how to release it in a healthy way.

Bubbles

It sounds too good to be true, but blowing bubbles actually encourages deep-breathing in children - which then effectively calms them down. The breath is actually the best tool there is, because it's wherever we go. By encouraging children to slow down their breathing themselves, we can teach them to effectively self-regulate their emotions.

Skipping rope

Physical exercise can be a great way to positively channel big emotions in a healthy way. Sometimes just by encouraging our children to "jump/skip" we provide them with a pathway to let out the pent-up stress and then they're more able to effectively communicate their emotions afterwards.

Playdough

Something as simple as a little tub of playdough can provide a soothing outlet for an angry or anxious child. Sparking their creativity or just the therapeutic tactile quality it offers, playdough is an affective sensory play tool for children who need a little bit of grounding.

Why let the children have all the fun, how about making a calm down box for yourself. What would you add!

FOR PARENTS

A SPECIAL COVID MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111 or go the Accident and Emergency Department (A&E). During the current situation and while the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance:



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT WWW.NHS.UK

Designed by primary and secondary care clinicians from Barts Health & North-East London STP

YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

APPEARANCE

- ▶ Pale/mottled/ashen/blue colour
- ▶ Collapsed/unresponsive/loss of consciousness
- ▶ No obvious pulse or heartbeat
- ▶ Severe allergic reaction

BEHAVIOUR

- ▶ Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- ▶ Seizure/jerking movements/fit

BREATHING

- ▶ Sucking in and out between ribs
- ▶ Flaring nostrils
- ▶ Extremely fast breathing
- ▶ Noisy breathing

OTHER

- ▶ Bleeding from an injury, that doesn't stop after 10 minutes of pressure

YOU SHOULD GO TO A&E IF

APPEARANCE

- ▶ Dizziness/feeling faint
- ▶ Rash that does not fade when you press it

BEHAVIOUR

- ▶ Severe constant tummy pain

OTHER

- ▶ Burn
- ▶ Possible broken bone

OTHER

- ▶ Swallowed foreign objects (especially magnets/batteries)
- ▶ Temperature higher than 38°C in a baby younger than three months old
- ▶ Your child has special health care needs and you have a plan that tells you to go to A&E
- ▶ Feels abnormally cold to touch
- ▶ Expressing suicidal/significant selfharm thoughts

YOU SHOULD CALL YOUR GP IF

APPEARANCE

- ▶ Mild/mod allergic reaction (known or suspected)
- ▶ New rash that fades when you press on it

BEHAVIOUR

- ▶ Mild irritability/sleepier than normal
- ▶ Severe tummy pain that comes and goes
- ▶ Vomiting and diarrhoea
- ▶ Not passed urine for more than 12 hours

BREATHING

- ▶ Wheezing/fast breathing

OTHER

- ▶ Temperature >39°C (age 3-12 months)
- ▶ Temperature over 38°C for more than 7 days
- ▶ Accidental overdose of medication or other substances
- ▶ Ear pain for more than 2 days
- ▶ Emotional distress, that can't be reassured

YOU SHOULD CHECK WITH 111 OR YOUR COMMUNITY PHARMACIST IF

APPEARANCE

- ▶ Pink eyes/red eyes

BEHAVIOUR

- ▶ Ear pain for less than 2 days
- ▶ Mild tummy pain that comes and goes

BREATHING

- ▶ Cough
- ▶ Runny nose

OTHER

- ▶ Temperature over 38°C for less than 7 days

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