



Loudwater Combined School

Learn, Create, Succeed

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LOUDWATER UPDATE

Friday 3rd March 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

School Closure

As we are now entering the Easter Break, teachers are not setting work for the next two weeks, however we will be sign-posting some websites and ideas on the class pages of e-schools. After the Easter Break we will be reviewing how we set work and enabling the children to submit some of the learning they have completed so teachers can provide feedback. We will let you know more about this soon.

Value of the month

Our value of the month for April is perseverance. Below are some key questions you might want to discuss at home:

- Why is it important to develop perseverance?
- How can you achieve your goals?
- How can you develop your resilience, if things don't go right the first time?
- How could you support someone else to succeed in reaching their goals?

The inspirational person who would have been our focus for this month is Ludwig Van Beethoven. Children could research how Beethoven demonstrated the value of perseverance during his life, they could also listen to some of his music. This video clip brings together some pieces you may have heard but did not realise that it was an example of Beethoven's music:

<https://www.youtube.com/watch?v=dHcm9sS94iE>

Amazon offer

Many thanks to Marke Weekes who brought this Amazon offer to our attention:

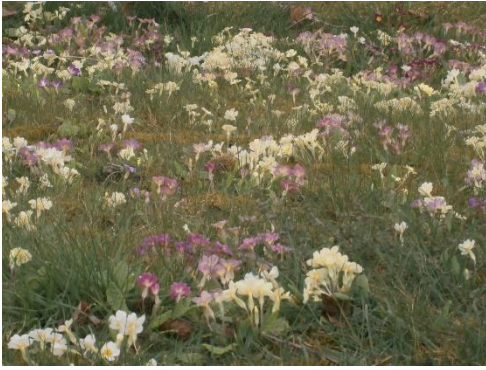
Amazon today cancelled the subscription of books and audio stories for children and students of all ages as long as schools are closed, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.

All stories are free to stream on your desktop, laptop, phone or tablet using the following link <https://stories.audible.com/start-listen>

First News

We subscribe to the First News every week and normally newspapers are delivered to school. Whilst the school is closed this is being delivered electronically so we can share it with everyone. It is attached with the newsletter as a pdf file.

Although we are now at the end of week two of the school closure, it continues to feel very strange to me, and it's far too quiet! That could be something that the ducks are pleased about!



The bank of primulas by the KS1 entrance



The ducks are continuing to enjoy our pond



On Thursday and Friday we planted tomato plants. There were so many!

When we arranged them in two arrays we could quickly calculate that there were 222 plants!



As I said the school did seem rather quiet this week.....

But that was until Mr Green set up his drum kit in the hall! We all had a quick lesson. It was great fun!

E-Safety

With so many children spending more time on line, we have updated the E-safety section of the school website, which can be found at: <http://www.loudwater.bucks.sch.uk/website/e-safety-information/134588>

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 an exercise for you to share with your children when you are out walking encouraging them to take notice of their own body and what is happening around them.

Mr German

Due to relocating to Devon, Mr German will be leaving the staff team in July to take up a post nearer to his new home. He has done a great job whilst he has been here and I think we have been very lucky to have had the benefit of his experience over the past 3 years. I certainly feel that he has done much to update our ways of working in the office. I know that you will all miss him very much, but also wish him all the very best in his new venture.

I hope you are all keeping well and managing to make adjustments to daily routines which is essential at this time if we are to quickly emerge from the Covid-19 pandemic. As government directives have stated, the safest place for children to be is at home. However I would also like to remind you that school is open for the children of key workers, where there is no-one at home to care for the child. If you feel that your child should be coming to school because of your key worker status, please contact us to discuss this. We are remaining open throughout the Easter break, with the exception of Good Friday and Bank Holiday Monday.

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.

A Mindfulness Walk

If you are taking a walk as your daily exercise this can provide a great opportunity to be mindful and connect to ourselves and the world around us. This can help children cultivate a sense of awe and wonder, and get them moving after periods of sitting or inactivity.

Using the five senses to explore will give children plenty to notice. To help engage children, make sure to point out all the curious things you're noticing too, ask lots of questions, and encourage them to engage all their senses as they look around.

Before beginning the walk, you could ask children to take three or more breaths and encourage them to notice how they're feeling.

- Are they excited, calm, or neutral about going on this walk?
- Ask them to feel the bottoms of their feet and to listen to their surroundings.
- Can they hear anything that stands out?

Throughout the walk, ask children to pause, take a couple of breaths, feel their feet and listen for sound.

Sometimes children will want to start running, climbing and exploring. Their natural excitement might get them really energized. To bring their attention back, make sure to ask lots of questions about what they're noticing in the walk and elicit observations from them around the size, colour, shape, texture, smell, or sound of any of the things they're noticing. Point out the natural treasures around them and share in their excitement.

Before ending the walk, ask students, to notice their breathing, notice their feet, and reflect on how their mind and body are feeling after the walk.

Ask children what were some of the things they felt, saw, heard, smelled, or noticed? What stands out the most about today's walk?

Remind children to leave no trace and to leave their surroundings as they found them.

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