



Our High Meadow Community 'Thought for the Week'



@ Charlie Mackesy

Wonderful Acts of Kindness

Thank you to these lovely, kind children for sending this in as a response to last week's kindness assembly...

After watching your assembly about kindness last week, Leo, Oscar and Cara demonstrated that today with our next-door neighbour. Today was our neighbour, Pauline's 80th birthday, together with our other neighbours, we had brought her flowers, balloons and a cake. We all gathered outside to sing happy birthday to her, which made her feel very happy.





[Thank you for YOUR kindness!](#)

We have been absolutely overwhelmed (actually we've been blubbering wrecks) by the beautiful thank you videos sent in by parents from some of the classes. Thank you too for the Twitter footage as well! Seeing each of your children saying thank you, blowing kisses and telling us how much they missed us has been so uplifting! You have all made lockdown a tiny bit more bearable by sending such joy and sunshine through the messages. Thank you for all of the hard work and beautiful messages that has gone into each and every video.

Thank you also for recognising all of the hard work that the teachers and staff have been doing; so many of you know that they are going way above what many other schools are doing, but we are doing it because we want to and we miss you all so much!

We are hoping to share links to all of the videos here for everyone to enjoy but just need to organise the links and consent before we do, but once again, thank you, thank you, thank you.

[Keeping YOU safe from Abuse](#)

As we progress through lockdown, we also recognise that life may sometimes be very difficult for some of our families, indeed some of you may be feeling very vulnerable and unsafe. Please remember that there are professionals out there who can help. If you need to, please reach out...



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Schools Reopening

The Government may be due to make further announcements regarding the relaxing of some of the lockdown rules and this may include some changes to school openings, however, at this moment (Thursday afternoon) we have no more information than you do.

As soon as we know if the likelihood of re-opening is going to happen, we will put a plan in place and share it with you but until then we must all be patient and wait for directives. As you are aware, all things need to be considered when re-opening any schools such as maintaining social distancing, PPE eqpt and virus testing. The children and staff safety will always be the number one driving factor in any decisions made.

Class Newsletters

We hope you are all enjoying the weekly snapshots (attached) of each of the classes learning during lockdown. I can really see just how much you are all doing in supporting your children every single day with all of the activities and LIVE teaching. Both the teachers and I would like to say a huge THANK YOU for this! We recognise that life can still be very busy in a 'lock-down' home and we recognise the extra mile you are all going in helping us make learning fun and engaging during these tricky times. Thank you, thank you, thank you!

And finally...

The key message for all of us is that by continuing to strictly follow the guidelines below, we can reduce the spread of infection, serious illness and deaths:

- Stay at home, except for certain essential activities (shopping for necessities, such as food or medicine), one form of exercise per day, any medical need, or providing care to a vulnerable person, travel to and from work (but only when this is essential). DO NOT go out visiting people, this is not essential!
- If you are going out for essential purposes stay at least 2m away from anyone else. This requirement is even more critical for people with long term conditions, pregnant women and people over the age of 70.
- Support people who are extremely vulnerable to follow the new guidance to protect them from infection.
- Self-isolate with those in your household if you develop COVID-19 symptoms (however mild). It is critical that you also access medical help you need for other reasons also, when you need it - by phoning your GP, or 999 in an emergency.
- Wash your hands regularly with soap and water and clean surfaces that are regularly touched with detergents and chlorine-based disinfectants (1000 ppm chlorine).





- Check in on friends/neighbours/family who may be more vulnerable - stay in touch by phone or other digital media. Make sure they are able to keep in touch, and can access help if they need it.



And again, a HUGE thank you to all of families who have **key workers** living with them. Every week, the Clapping for the Carers/NHS event moves me to tears and certainly does not go far enough in showing our appreciation for the work you are all doing. We thank you all from the bottom of our hearts and applaud the risks you take on a daily basis too; thank you, thank you, thank you!

Please stay home, please stay safe,

Kindest regards

Mrs Debby Hughes – Head teacher head2569@welearn365.com

Mr Jonathan Smith – Chair of Governors governors2569@welearn365.com

