



Our High Meadow Community 'Thought for the Week'



Charlie Mackesy

Children's Mental Health Week



Thank you to everyone for engaging in the assembly and activities this week, related to Children's Mental Health Week. It is so important we recognise the impact of the lockdowns on all of our children and how we can empower them with strategies to help manage feelings of anxiety and worry. The 'Express Yourself' message is a powerful one and it gives children the ability to choose how to manage their mental health themselves through creative activities, sport, hobbies, singing, choosing what they wear etc, etc. Please



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remember though, if you are finding supporting your child difficult then always reach out to other professionals, the details of which are later on in this newsletter.

As a follow on from this weeks mental health focus, next week we will be sharing a wonderful story called The Invisible String. On Monday, I will send you a link to a video of me reading the story on YouTube and then we will be inviting every family to come to the school gates to collect a small Well-Being Goody Bag. The bag will contain a variety ideas and things to help your child manage their anxieties and worries. The ideas are based on the story I will have shared as well as ideas by Dr Karen Treisman who specialises in early trauma and strategies to help children to self-regulate and feel safe. We hope you and your child enjoy engaging in some of the activities and feel they are a benefit in these challenging times. We would love you to share any photos on your class learning platform or via email to admin2569@welearn365.com



Please collect your child's **Well-Being Goody Bag** from the school gates between 9.15am and 2.45pm on the following days.

Tuesday 9th February – Nursery & Reception

Wednesday 10th February – Years 1 & 2

Thursday 11th February – Years 3 & 4

Please wear a mask and socially distance when you come to the gates. **Please only take ONE.** There are only enough bags for every child who attends High Meadow. Thank you for your understanding with this.

Support for you and your children during these challenging times

Warwickshire School Health and Wellbeing Service

Warwickshire School Health and Wellbeing Service (WSHWBS) is here to support school-age children and young people and parents/carers with any issues relating to health and wellbeing. Parents/carers can get advice from a nurse by texting Parentline, our confidential



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text messaging service, on **07520 619 376**, or by calling **03300 245 204**. We're available **Monday-Thursday 9am-5pm and Friday 9am-4.30pm**.

Family Lives

Family Lives is a service that provides guidance to families with issues including family breakdown, challenging relationships and behaviour, debt, and emotional and mental wellbeing. Their team are now working with WSHWBS to help provide a wider level of support for Warwickshire families. They can be contacted via their helpline on **0808 800 2222** – it's open **Monday-Friday 9am-9pm** and **weekends 10am-3pm**. You can also email askus@familylives.org.uk, start an online chat on their website, or speak to other parents in their online forum community.

The Family Support Line - 01926 412412 is also continuing to operate during the lockdown period offering advice, support and guidance for parents, carers and professionals.

Virtual Author Visits

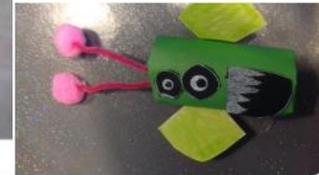
We hope you have all enjoyed the virtual author visits this week. Every year we book authors to come in to school to inspire the children and we couldn't let this term go without finding a way!!! Feedback has been amazing; here are a few photos of the visit and work created as a result of the visit from the early years and KS2 events. KS1 are having their virtual visit after this newsletter is written so I will share their photos next week 😊

Claire Freedman – Aliens Love Underpants



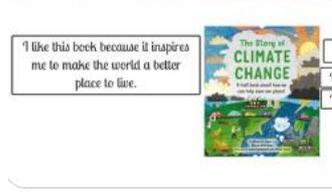
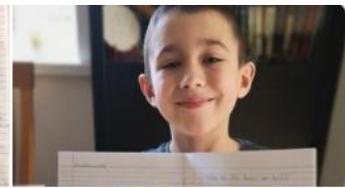
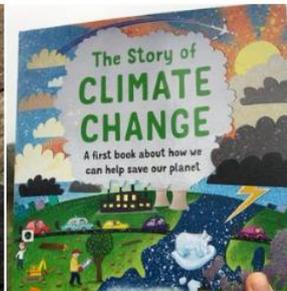
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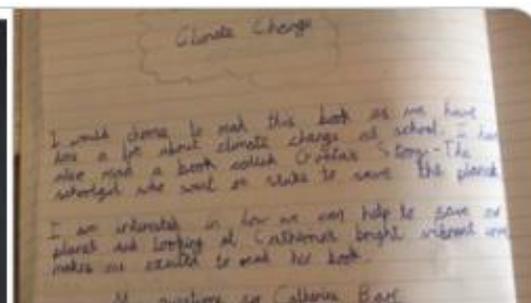
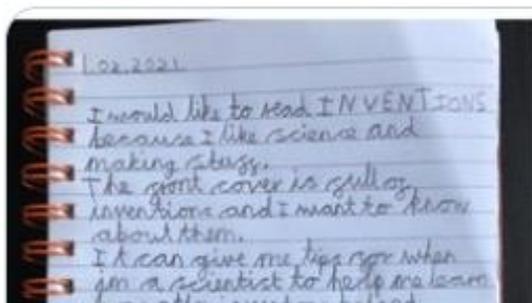


Catherine Barr @catherine_barr · 1 Feb

Can't wait to chat and share stories tomorrow with children and teachers... @HMC_School @Davies_HMCS @MrsHughes_HMCS @Garbett_HMCS @curriculumwow



'I like this book because it inspires me to make the world a better place to live.'



I would like to read



The Story of INVENTIONS
A first book about how we can help save our planet

1. Infrared radiation is a type of electromagnetic radiation. Infrared light is used by electrical heaters.

2. I think the theme of her books are: fact books but made into a like a little story like there's the story of inventions, the story of people and stuff more.

3. Electromagnetism is the study of the electromagnetic. 2. Its one of the four fundamental forces of nature.

4. Electromagnets are used for devices like motors and many more.

5. Microwaves have a range of uses including communication, radar and cooking.

6. Ultraviolet (UV) is a form of electromagnetic radiation with wavelength from 10.

7. UV radiation is which used in industrial processes and biomedical purposes for a variety of purposes, such as killing bacteria.

8. Microwaves are widely used in modern technology for example in communication links and wifi.

The meaning of these words are:
-microwaves - we use these to heat our food and satellite communication
-ultra violet - can be used to detect forged documents or bank notes, in and to treat some cancers
-infra red - can be used in cameras to show heat and night vision,
-electromagnetism - can be used in electricity and in some tools for heat

All of Catherine Barr's books are educational and about science and the

I would like to ask her if she always wanted to be an author and what her be about?

Well done everyone 😊



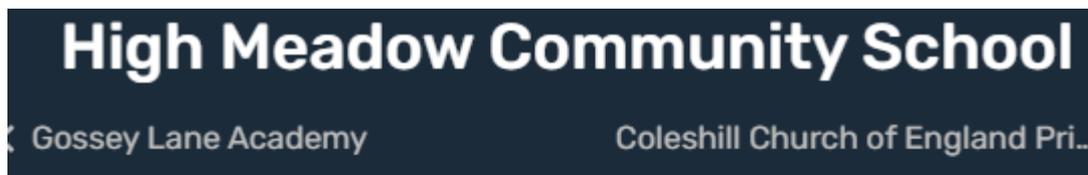


Thursdays Remote Teaching

As you are aware, Thursday afternoons are 'no screen' days for all of our children. There is no requirement for LIVE registration on Thursdays at 1.00pm and there will be no LIVE teaching then either. This allows families to plan for an afternoon outdoors, or playing together indoors or even cracking on with learning that may have been missed earlier in the week.

From next Thursday we are also going to tweak Thursday mornings for teaching staff. We will still expect children to be online to register at 9.00am and to 'connect' with their class teacher however, there will be no LIVE teaching on Thursday mornings AND afternoons. The required three to four hours of learning will be provided but there will be no LIVE teaching, just on this day. The teachers will use this time to continue planning, marking and preparing lessons and activities for remote learning.

Local infection rates are dropping but still higher than North Warwickshire!



COVID rate around school



It's great to see the infection rates in Coleshill and the surrounding areas continuing to drop however, we are still far higher than North Warwickshire (This is Thursdays data)
Please continue to follow National Guidance as the more we ALL take responsibility for following the rules, the quicker this lockdown will finish and the quicker we can have all of the children back in school.





Please remember we are STILL in full lockdown which means we CANNOT visit other people. We must stay home and only go out for shopping or a daily walk. Please do not take your child to visit their best friend in their home; this simply is not safe and is against what is stipulated in the guidelines. If your child is coming into school after visiting other friends, you are simply putting my staff and the other children in their key stage bubble, at risk!

Lateral Flow Testing for all Staff

We have now started Lateral Flow testing twice a week in school for staff. This regular testing may pick up positive results even if a member of staff is not showing symptoms. This could mean there is **a higher risk of bubbles bursting** as if any staff member in the key stage bubble tests positive, then the WHOLE BUBBLE has to isolate for 10 days. This means that your child will not be allowed in school and they will need to isolate at home. They will still need to engage in remote learning during the 10 day isolation period so please ensure you have plans in place if this happens.

Parent consultations – Wednesday 10th February – 9.30am – 4.00pm

Thank you to everyone who has signed up for the mid year parent consultations. There are however, still **20 parents who have not signed up**. There will be no other opportunity for these consultations, so please sign up today if you have not already done so. The booking in portal will close on Monday 8th February at 9.00am.

Keeping Your Child Safe Online

A gentle reminder to please help your child keep safe online. Please click below to find information on how to set up parental safety controls etc and guidance on age appropriate games for your children to engage in too.

The screenshot shows the NSPCC website header with the logo and tagline 'EVERY CHILDHOOD IS WORTH FIGHTING FOR'. A navigation bar includes links for 'What is child abuse?', 'Keeping children safe', 'Support us', 'About us', 'Coronavirus advice', 'Helpline', and 'Search'. The main content area is titled 'Online safety' and contains the text: 'It can be hard to know how to talk to your child about online safety. From setting up parental controls to advice on sexting, online games and video apps, we can help you to understand the risks and keep your child safe.'





[Warwickshire COVID Advice and Updates](#)

Click on the picture below for more information



Thank you for all of your continued support,

Please stay safe, please stay home.

Kindest regards

Mrs Debby Hughes – Head teacher head2569@welearn365.com

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



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