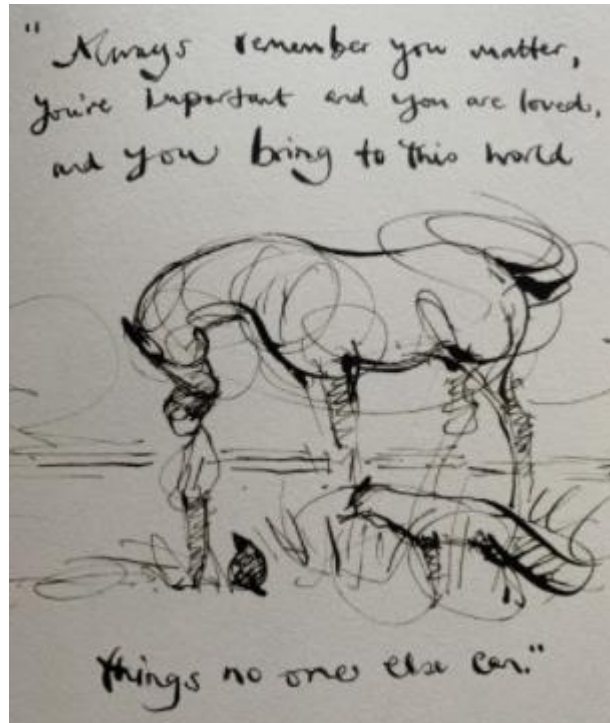




Our High Meadow Community 'Thought for the Week'



Charlie Mackesy

Children's Mental Health Week



We hope you managed to collect your child's **Well-Being Goody Bag** from the school gates this week. We hope you find the contents helpful in supporting your child to develop strategies for managing their own anxieties and mental health. Lots of the strategies suggested are activities that we have already shared with children when they were in school during their JIGSAW circle time so they may be familiar with lots of them already.

Please remember to reach out to professionals if you or your child are finding things tricky at the moment. As always, the details of professional support are at the end of this newsletter.



World Book Day – Thursday 4th March 2021

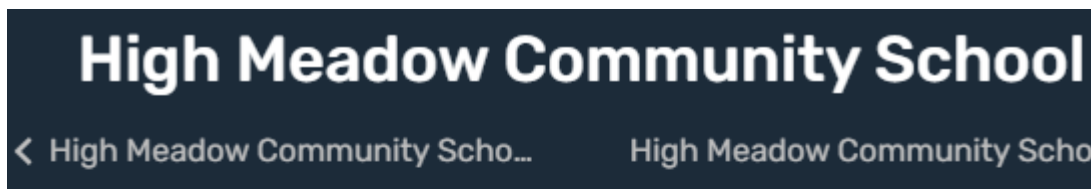


Just a heads up that we will be celebrating World Book day this year albeit remotely! We will be asking everyone to dress up in...their PYJAMAS!!!! More details will follow after the half term break.

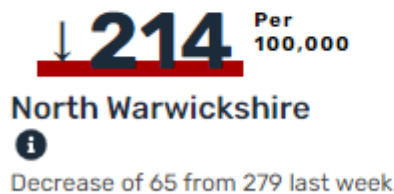
'Well Being Thursdays' Remote Teaching

Please remember that on Thursdays 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 OR afternoons. The required three to four hours of learning will be provided but there will be no LIVE teaching, just on this day. This allows families to plan for a 'screen-free' afternoon and maybe spend an afternoon outdoors, or playing together indoors or even cracking on with learning that may have been missed earlier in the week.

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



COVID rate around school 



Artsmark
Gold Award
Awarded by Arts
Council England





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 are continuing 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.

Positive Tests over half term

If your High Meadow child, shows symptoms between now (Friday) and midnight on Sunday 14th February then you need to take them for a test. If your child tests positive then **they AND their key stage bubble** will need to isolate for 10 days.

To allow us to contact the families in the key stage bubble, you **MUST let us know**. Please let us know by emailing head2569@welearn365.com

If your child tests positive AFTER midnight on Sunday 14th February or shows symptoms, then school does **not** need to know. Thank you for your support with this.

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

Thank you to everyone who engaged in the online parent consultations this year. We hope you found them useful and that your child (where possible) enjoyed being part of the consultation process too.





[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.

NSPCC EVERY CHILDHOOD IS WORTH FIGHTING FOR [Donate](#)

What is child abuse? Keeping children safe Support us About us Coronavirus advice [Helpline](#) [Search](#)

Online safety

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.

UK Safer Internet Centre About Safer Internet Day Blog Research Get Involved Training & Events Translate

Advice Centre Hotline Helpline Pupil powered e-safety [Q](#)

Advice Centre

The latest tips, advice and resources to help children and young people have a safe and positive time online.

[See more](#)

[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 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.

[Warwickshire COVID Advice and Updates](#)

Click on the picture below for more information



And finally, thank you, you are amazing....



Artsmark
Gold Award
Awarded by Arts
Council England





We hope you have a wonderful half term break. 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

