

## Friday 26<sup>th</sup> February 2021

Headteacher – Mr Mark Stenton

[www.themead.wilts.sch.uk](http://www.themead.wilts.sch.uk) ☎ 01225 759273 ✉ [office@themead.wilts.sch.uk](mailto:office@themead.wilts.sch.uk)

Dear Mead Families

### Re: Full re-opening of school on Monday 8<sup>th</sup> March 2021.

As you will be aware from the Prime Minister's announcement on Monday, schools are planning for a full re-opening to all pupils on 8<sup>th</sup> March. We are delighted that this is occurring and again thank you for your forbearance and tremendous support during this lockdown and the whole of the Covid pandemic situation. You have been magnificent and we have felt very supported by you.

The Department for Education's statutory guidance for full re-opening in March is almost identical to that which we received for full re-opening in September. This is good, in that it means we all come back into routines that are very familiar and which were successful throughout the autumn, enabling school to feel as normal as possible whilst observing sensible systems of control and protective measures to keep everyone safe. As such, we will continue with:

- The same staggered start and finish times for each year group.
- Socially distanced queuing at the two entrances, with no loitering.
- Children having normal whole class teaching but only mixing with their own year group's 'bubble'.
- Staggered play-times and lunchtimes to prevent bubble mixing.
- Allowing bags and coats but limiting the amount of items travelling between school and home.
- Coming to school in Mead sports kit for PE lessons.
- Frequent hand washing routines throughout the school day.
- All adults wearing protective face masks in communal areas of school, including all parents when entering the school grounds to queue.
- Good ventilation at all times (external doors and windows when warm enough to do so, windows and internal doors on colder days).
- Normal school uniform (with extra layers if needed due to the increased ventilation requirements).
- Before and After School Care will resume but will only be available to those who accessed it in the Autumn Term, as we have to limit bubble mixing.

### Staggered start and finish times:

Arrival time slot	Star Gate	Rainbow Gate	Finish time
8.30am – 8.40am	Year 2	The Forest	2.55pm
8.40am – 8.50am	Year 3	Year R	3.05pm
8.50am – 9.00am	Year 4	Year 1	3.15pm
9.00am – 9.10am	Year 5	Year 6	3.25pm

We very much look forward to having all of the children back. Please contact us if you have any urgent questions or concerns.

Warm regards  
Mark Stenton  
Headteacher

INSET DAYS: 7<sup>TH</sup> JUNE 2021

Please send comments or feedback [feedback@themead.wilts.sch.uk](mailto:feedback@themead.wilts.sch.uk)  
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### Calm bottles

Calm bottles provide an effective way to help children regulate themselves, when experiencing big emotions. The calm bottle can help to calm, soothe and slow down deep breathing, as they work through their emotions. It's a great addition to a 'calm place box' too!

### How to make a Calm bottle

You will need:

- A plastic bottle
- Mixing bowl
- Hot water - not boiling
- Whisk
- Glitter glue/or glycerine/extra glitter
- Food colouring

Mix the glitter glue or glycerine with warm water and add some food colouring and extra glitter if required.

Whisk together vigorously. Pour carefully into the bottle. Leave your bottle to cool, before putting the lid on. Once it has cooled, put the lid on and shake away and watch the glitter swirl around and then start to float!

Let your child explore the calm bottle, when they are feeling big emotions, encouraging them to take deep breaths in and out, as they watch the glitter swirl around and settle.

To make your bottles more sensory you could add, loom bands, beads, Orbeez, buttons or pebbles.

Try making a sensory bottle without using water. You could incorporate a theme, around your child's interests such as:

- Dinosaurs
- Beach/ocean
- Star wars/space
- Lego









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### Reporting Covid-19 symptoms to the school

If you or anyone in your family is being tested or has received a positive Covid-19 test please inform the school as soon as possible by emailing [covidreporting@themead.wilts.sch.uk](mailto:covidreporting@themead.wilts.sch.uk) (including over the weekend and during school holidays).

For all other communication, (Covid or otherwise), please email [office@themead.wilts.sch.uk](mailto:office@themead.wilts.sch.uk)

Thank you for your assistance in helping us keep everyone safe.

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### Fun breathing exercises for children

Breathing exercises are an effective calming strategy, for children who are dealing with big emotions. Breathing calms children, by physically slowing them down. Here are some fun breathing exercises to try:

#### The Bunny breath



Just like a little bunny, take 3 quick sniffs in through the nose and one long exhale out through the mouth.

#### Smelling flowers



Imagine you are smelling a flower, breathing in deeply through the nose and out through the mouth.

#### Blow out the candle



Blow out the candles on an imaginary birthday cake. Draw a deep breath in through your mouth and blow out through your mouth.

#### Blowing bubbles



Remember how soft you need to blow to get a nice big bubble. Take a deep breath in and blow it out soft and long.

#### Bear breathing



Lie on the floor. Take a teddy bear and place it on your tummy. Inhale slowly and exhale slowly. Focus on the bear; see how it goes up and down with the breath.

#### Bumblebee breath



Inhale through your nose, keeping your mouth closed. With your mouth closed make a humming/buzzing noise (like a bumblebee) as you exhale.

#### Balloon breath



Cup your hands around your mouth. Inhale deeply, and on the exhale (through the mouth) expand your hands outward, as if you are blowing up a giant balloon.

#### Hoberman sphere breathing



Take a deep breath in deeply and expand the ball. Pause for moment, with your lungs full. Breathe out and let the ball contract. Repeat a few times.