

# The Mead at Wingfield

## Week beginning – 1<sup>st</sup> March 2021



Headteacher – Mr Mark Stenton  
Head of Site – Miss Emma Holton

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### 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:

- Socially distanced queuing at the entrance and a one-way system with no loitering.
- Children having normal whole class teaching but mixing within the wider school 'bubble' at playtime and lunchtime.
- 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 (Y1-6).
- 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 still be in the restricted format we had in the autumn term as we have to limit bubble mixing.

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

Yours sincerely  
Mark Stenton

### 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 [wingfieldoffice@themead.wilts.sch.uk](mailto:wingfieldoffice@themead.wilts.sch.uk)  
Thank you for your assistance in helping us keep everyone safe.

INSET DAYS 2020 - 2021: 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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### Wingfield Updates

#### Celebrations:

The children who have been chosen to be Stars of the Week are Arthur from Mice, Theo from Pine Martens, William from Fireflies and Anna C-G from Hedgehogs.

This week's Hot Chocolate Friday winners are Oliver from Mice, Dilys from Pine Martens, Toby from Fireflies and Finley from Hedgehogs. Hot chocolate sachets will be sent out to children at home.

Huge congratulations to all of these children – we are so proud of them.

#### Returning to school from 8<sup>th</sup> March

We have seen the first signs of Spring in the last week and it has been so wonderful to have the sun shining after such a dark and cold winter. The weather will continue to be changeable over the coming weeks, so please ensure that your child still brings a coat to school every day. They will also need to bring their wellies or field shoes if you have had these at home.

Please bring reading books back to school on Monday 8<sup>th</sup> March. Current reading books can be kept in your child's bag to read at home and at school. Copies of class texts also need to be returned so that they can be used for lessons in school from 8<sup>th</sup> March. Thank you.

Please contact us via [wingfieldoffice@themead.wilts.sch.uk](mailto:wingfieldoffice@themead.wilts.sch.uk) if you have any queries.

#### Digital Free Friday – Friday 5<sup>th</sup> March

On Friday 5<sup>th</sup> March there will be screen free activities provided for families to complete together at home and for children to complete with adults in school. All current Seesaw work will be archived on Thursday evening (4<sup>th</sup> March). This is to ensure that everyone has a break from their screens before we come back together the following week. There will be more information to follow about this in coming days.

Please note that there is no expectation to upload anything to Seesaw and staff will not be checking or approving anything on this day.

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As we come to the end of this period of Lockdown and we can fully reopen our wonderful school again soon, the staff and I wanted to send our thanks and appreciation for all you have done to support your children with their learning during this time. You have all been incredible and the dialogue between staff, children and families has been personalised and purposeful. We feel extremely grateful to be working with such a supportive parent community. Take care and we look forward to welcoming you back soon.

Best wishes,

Miss Emma Holton  
Head of Site

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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.



### 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

