

Friday 5th March 2021

Headteacher – Mr Mark Stenton

www.themead.wilts.sch.uk ☎ 01225 759273 ✉ office@themead.wilts.sch.uk

Dear Mead Families,

It goes without saying that the warmest of welcomes awaits every single child on Monday morning – we can't wait to have everyone back in school. We know that some children and families will be a little bit anxious, which is totally understandable, but all will be ok. The same procedures that worked so well from September to Christmas will keep us safe as we return to normality via careful steps and stages. The most important thing will be amazing teaching and learning, in synergy as always with excellent care and support for all. We can certainly guarantee this moving forwards in what are hopefully more predictable times ahead.

I have been talking to Team Mead Staff this week about our expectations for the future. We will keep 'the main thing, the main thing' – ***curriculum led school improvement, leading to excellent progress and attainment for every child at a happy school in which they thrive.*** We have set the highest targets for all classes and we will work relentlessly as a team to deliver an outstanding education for your children. We had a superb autumn term, with excellent progress being made – and we will ensure that continues every school day. One thing we're obsessing about when the children return is **reading**. A love of reading must be at the heart of any school – and you can expect to hear the children talking so much about their love of books and the great reading experiences they're having in school. Miss Davies and Mrs O'Leary are our reading leads, and their excellent plans, coaching and challenges will underpin the eternal truth that reading for pleasure and children's educational process go hand in hand. Outstanding schools must have an outstanding culture of reading. Please help us in any little way you can by always encouraging daily reading for pleasure 😊

As I mentioned in my letter to the children earlier this week, we have much to look forward to alongside wonderful lessons in the remaining half of this school year. Auditions will begin for our summer show, and we hope to have a real 'whole school' feel to our performance of 'Alice in Wonderland' (more to follow from our amazing Performing Arts team). In addition, Sports Day will return and, if the roadmap out of the pandemic is working, both events will see families back on site celebrating the children's achievements. Finally, the 19th March is Comic Relief's 'Red Nose Day'; a chance for us all to both contribute to the charity and dress up as super-heroes for the day!

Can't wait to see you all next week.



Warm regards
Mark Stenton
Headteacher

INSET DAYS: 7TH JUNE 2021

Please send comments or feedback feedback@themead.wilts.sch.uk
Paper copies of this newsletter are available from the school office.

IF YOU REQUIRE THIS IN LARGE TEXT OR ANOTHER LANGUAGE PLEASE CONTACT THE OFFICE



Re-Opening Monday 8th March 2021

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 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

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 (including over the weekend and during school holidays).

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

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

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How to create a 'calm place' for your child

A 'calm place' represents an area where your child can go to help regulate their emotions. It is a place your child can feel calm, safe, cosy and where their feelings are validated.

Find a spot in your house that is quiet and not too busy. This could be a corner in a room or an area in your child's bedroom.

Here are a few ideas of things you can use to create your child's calm space:

- A child's tent
- Attach a canopy
- Lay out a blanket or a mat



Next, focus on making the space cosy! Add some cushions, pillows or extra blankets and some soft toys.

When you have created the space, it's good to have a calm place basket or box. This has lots of things to help your child regulate their emotions. The basket/box could include:

- Paper/colouring pencils/mindfulness colouring sheets
- Bubble wrap to pop
- Squidgy ball/fidget cube
- Feathers
- Bubbles to blow
- Favourite cuddly toy
- Paper for ripping
- Lego bricks
- Playdough/pot of slime
- Puzzles
- Dot to Dot
- A way to listen to music
- Books



Your child will need some support with understanding when to use their calm place to start with. Useful phrases you might use to encourage this would be:

"I am wondering if you are feeling; sad, angry, scared, worried" etc.... "Do you need to take a break and go to your calm place?"

Name and validate the feeling, so your child can start to recognise the feelings/emotions they are experiencing.





Looking after yourself...

In order to care effectively for our children, our number one priority is to care for ourselves first.

To help you with this during the Covid-19 lockdown, read these ideas for getting started:

- Remind yourself that you are a parent and not a superhero. You don't have to do extraordinary or exciting things for your child to feel safe and happy. Find some simple ways you can enjoy being together, without the pressure of leading activities or 'entertaining' your child.
- If you're sharing the care of your child with another adult, create your own space in the house that you can withdraw to in order to rest and recharge. Let your child know where you will be, how long you will be away and when you will be back. Use your own special space daily. Allow yourself to do this without feeling guilty.
- If you're sharing the care of your child with another adult, and you are working from home, try to limit interruptions. Be clear with your child about when you are available and when you are unavailable. Setting boundaries around your work time will make it easier for you to be more present with, and emotionally available to your child when you do spend time with them.
- Make a plan for each day with your child. Keep some key parts of each day the same – for example begin the day with a fun exercise and end the day with a familiar bedtime ritual. At the end of each day, reflect on one good thing that you and your child shared during the day.
- Use time with friends and family (in person and/or online) as a source of support, reassurance and as a resource for new ideas
- Manage demands by being clear about what you can realistically do, rather than thinking about what you 'should' or 'ought' to do. Don't compare yourself with what you see other people doing on social media. If when looking at this, you end up feeling inadequate or unhappy...then don't look.
- Sometimes it is difficult to say 'no' to your child and keep to it. When you don't this can be confusing for your child and harder for you. Be open about when you feel you cannot do anything more than you are doing. Trust yourself that you are doing your best. You are good enough.
- Make sure you have some fun!

"When you do an activity with a child you fill their time. When you are connected with your child, you fill their heart" Viv Trask-Hall, Thrive Principal Trainer.

Remember to be kind to yourself.

Find out more about... Becoming a Teaching Assistant

A one hour workshop that will tell you:

- ➔ What qualifications you need to be a Teaching Assistant
- ➔ The role and responsibilities of a Teaching Assistant
- ➔ The working hours of Teaching Assistants
- ➔ How to get experience of working in a school

Our workshops are completely free and open to everyone – all you need to do is book a place in advance

Join us online

- ➔ Tuesday 11 May 2021
10am – 11am
- ➔ Wednesday 12 May 2021
3.30pm – 4.30pm

Book a place

www.facebook.com/themeadtrust

<https://becomeata.eventbrite.co.uk>

teachingschool@themead.wilts.sch.uk



Family and Community Learning Online Courses

- March 2021
- All 10:00-12:00 (except Boost)
- Single 2hr courses
- 5 weeks of 2hr courses (see courses marked with 5)



Helping My Child Build Concentration and Resilience

08 March



Manage Your Maths Courses

Pre Functional Skills Maths

11 March



Discovering Confidence

11 March



Discover Safety Net

26 March



Helping My Child to Learn Maths 1

08 March

123

Family Wellbeing

22 March



Terrific Times Tables

11 March



Money Smart

18 March



17 March

Helping My Child to Learn Maths 2

Helping My Child to Prepare Positively for Change

15 March

Various Dates in March (10:00- 13:00)

Boost Courses – Employability skills



Email: Familyandcommunitylearning@wiltshire.gov.uk
Website: Workwiltshire.co.uk/family-learning/
Call: 01225 770478 (Voicemail Service)

Courses are funded by the Education and Skills Funding Agency. Learners must be 19+, have been resident in the EU/UK for three or more years or be a service family member, have less than 5 GCSE's A-C and or be in receipt of benefits or be unemployed. If you do not feel you fit within the criteria, we still may be able to help so please call if you have any questions.

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