

Mablins Lane Community Primary School Newsletter ~ 23rd April 2020

Dear Parents and Children

I hope that you are all keeping safe and well.

Happy St. George's Day



Summer Term!!

Welcome back to the start of the Summer Term. A term usually packed full of all sorts of events from sports days to the summer fair and many trips and visits. We are not giving up hope and have lots of plans to get us through. Maybe by the beginning of May we will have a better idea of the plan for our return to school – fingers crossed.

Home Learning

Whilst the lockdown continues the teachers have



continued to upload activities to the VLE on the school website. At the start of the week I sent a reminder of passwords for the VLE to each year group and how to log on:

VLE (Virtual Learning Environment) Pupil Home Access Login

Go to our website: www.mablinslaneschool.co.uk

Click on "Pupil login"

Select – (choose your year group)

Enter your password – year1_vle (Change year group accordingly)

There are so many great suggestions for activities to suit everybody. Current analysis of statistics shows that approximately one third of each year group is accessing the VLE (30 out of 90 children). This is a good start but

let's see if we can get over half of our school community checking in this week.

It would be great if the children could do at least one focussed activity a day. They should try to do some TT Rockstars and daily writing. Whilst the sun is out, get out in the garden and enjoy the fresh air. See what nature is up to, spring is 'springing'. Do some PE and build up your fitness. Have a sing or make some music. Encourage the children to lead the learning and discovery – this is not about parents teaching their children remember, just providing the prompt for children to get stuck in to something.

Key workers

The school will continue to open for the children of our key workers. If your situation changes for whatever reason and you require this facility then please get in touch. We will be happy to hear from you.

Please contact me head@mablinslane.cheshire.sch.uk admin@mablinslane.cheshire.sch.uk to confirm your requirements for a place.



Trips and Visits

Whilst we still do not know when we are due to return to school we have continued with our planning for the Y6 Lake District visit in September. A letter was sent to all current Y5 children asking for a deposit of £55.00 by the end of March. School closed before this deadline but the payment facility remained open.

Once we have a clearer picture of when school will resume we will confirm with ALL current Y5 families whether they would like to attend the visit. Deposits will be held until this time. Should the trip be unavailable then deposits will be returned.

The scheduled dates for the visit are: Monday 21st September to Friday 25th September 2020.

Year 4 visit to Anglesey – all monies have been returned now in regard to this visit, BUT – this would have been the first visit for this cohort and we are looking at the possibility of going ahead in October. Watch this space!

Free School Meals

The Government promised to support those families where pupils are entitled to a 'free school meal' (FSM). The National voucher scheme was set-up in order to deliver this support.

Just a reminder that if you have not received a voucher that you think you are entitled to then please let us know. We understand that most families are now set up and the system is working.

Children's Check in

During this time, we want to reach out to you and offer our support as much as we can, so this week we have set up another link to help to support our lovely children. See the VLE page for 'Children's Check in information'.

If you are feeling lonely, if someone is being unkind online, or if you would just like to check in with us, please get in touch. Just like in school, you can reach out to talk to us by emailing: mlcps@mablinslane.cheshire.sch.uk

At a time like this, it is so important to look after your mind and body, to pull together and support one another.

So remember:

Reach out to each other

Reach out to us

Look after yourself

Be kind and keep safe

Well-being Support – Mindfulness



This week we focus on mindfulness, here are 10 Mindfulness Tips

1. Breathe - As simple as it sounds, taking the time to focus on nothing but your breathing will help to clear your mind. Try experimenting with breaths (breathe in for 2, exhale for 4) to find your own natural rhythm.
2. Muscle Relaxation - When tensions are running high, lie on the floor and starting from your toes, tense your muscles for 5 seconds – squeezing as tightly as they can – before releasing again
3. Sensing the Senses - Tap into your senses by pausing for a moment and noticing exactly what you can see, hear and smell in that particular moment.
4. Noticing Emotions - Mindfulness teaches you that it's ok not to be ok. Recognising the emotion that you are experiencing is the most important thing, as well as understanding that this emotion will fade over time.
5. Time on your Hands - For those needing some breathing space, a simple yet effective exercise is to hold out your hand in a high five pose, then as slowly as you can, trace round each finger with your other hand.
6. Strike a Pose - When thinking of mindfulness, yoga is the first exercise that springs to most peoples' minds. Look it up and give it a try.
7. Heartbeats - Jog on the spot for 30 seconds to release some much needed endorphins then put your hands on your heart, noticing the speed of the beats. This simple exercise is effective in improving your focus.
8. Practise Gratitude - When a day seems to have been a complete disaster, take the time to have a quick conversation, share one positive thing about your day, and write a list of things you are grateful for or keep a gratitude diary.
9. YouTube Meditation - There are so many fantastic guided meditation channels on YouTube now, such as "Peace out" which lead you through a relaxation sequence and Headspace for Kids.

10. The Sound of Music - Close your eyes and listen to your favourite music or a piece of music that makes you feel positive. Open your eyes when you notice that the sound has completely gone and silence has been restored. Make a playlist of your favourite songs to play when you need a little boost or motivation

Safety Online

Online safety at home is very important and CEOP have a wide range of material which helps to support online safety.



A third #OnlineSafetyAtHome pack is now available with new activities for parents and carers to use at home. Access them here:

For Early Years and Primary:

[Click here for home activity packs for children aged 4-5](#)

[Click here for home activity packs for children aged 5-7](#)

[Click here for home activity packs for children aged 8-10](#)

For Secondary:

[Click here for home activity packs for children aged 11-13](#)

[Click here for home activity packs for children aged 14+](#)

You can still find all of the previous home activity packs on the [parents and carers website](#). These can be downloaded at any time you choose.

Video Chat during isolation – parent and carer guide

Professionals and parents and carers have told us that children are using video-chatting apps and sites to access learning and keep in touch with friends and family.

Two new [Parent Info](#) articles look at some of the things parents and carers should think about to make sure their child's experience of video chat is safe and fun:

- [Video chatting: a guide for parents and carers of primary school-age children](#)
- [Video chatting: a guide for parents and carers of secondary school-age children](#)

Clapping for the Key Workers



Don't forget to get out and get clapping tonight. Disaster struck last week when Mrs. Wagstaffe's best saucepan was broken!!! Please show your appreciation carefully and don't forget that we would love to see more photos of you all clapping for the key workers. Please share via:

mlcps@mablinslane.cheshire.sch.uk

Chloe-Rose's picture was chosen to go on one of the large signs that have been put up around Crewe and Nantwich supporting and thanking all keyworkers. The board is on Middlewich Road just past Leighton Hospital. Thank you Chloe-Rose for your lovely picture, we are very proud of you.



Celebration of home learning work

Thank you so much for the work that has been shared again this week! It is so lovely to see this work and that our Mablins children are enjoying their home activities. If you would like to share your learning too, then log in to the VLE pages on the website or email:-

deputy@mablinslane.cheshire.sch.uk

We share as many photos as we can of home learning on our 'Twitter' page, please take a look!



Blessings!

We continue to be touched by the countless blessings posted on our website. Please keep sending them in to:



mlcps@mablinslane.cheshire.sch.uk with the subject 'Blessings' – no need to write a message. You could simply write; 'We made a kite and tried to fly it in the garden' and hit send!

Reading Challenge

Can you take the daily reading challenge and read for at least 15 minutes every day? Where can you read? In bed, in the bath, in the garden, up a tree, in your tent? Send your pictures to:-



mlcps@mablinslane.cheshire.sch.uk and we will post on Twitter.

Be creative and 'get reading!!!'

Mrs. Joule's Challenge

Last week's science challenge

Science Challenge!

How many bones make up our skeleton?

Answer – 270 at birth, but some fuse as the body grows so as an adult only 206!

Which is the largest and which is the smallest bone?

Answer – largest 'femur' (thigh bone) and smallest 'stapes' in the inner ear

How many other bones did you manage to name?

This week we are going MUSICAL!



Benjamin Britten was an English composer who wrote the piece of music 'Young Persons Guide to the Orchestra'. It is a piece of music that does what the title says and introduces young people to the orchestra.

- Can you name the 4 sections of the orchestra?
- The player of which instrument traditionally leads the orchestra?
- What is the person called who stands at the front and keeps everyone in time?

Have a listen here:

<https://www.youtube.com/watch?v=4vbmU22uAM>

ENJOY!

School Place Allocation EYFS September 2020

Children expecting to start school in September 2020 will have received notification of their school place last week.

Families have until 30th April to accept or decline the place. We would encourage families to do this as soon as possible. If you know of families with children due to start school then please remind them of this deadline.

Transition for us this year will be more challenging in terms of contacting nursery settings as many of these are closed. Also whilst the school is open only to the children of key workers, it will also be difficult to timetable visits.

As soon as we have the contact details for those families who have accepted a place I will be writing to welcome them to our school family, and we will endeavour to set up a meeting as soon as possible.

Priorities for coming weeks

Our priorities over the next few weeks include:

- Continue providing vouchers to families in receipt of Free School Meals
- Monitoring and reviewing the arrangements we have made to care for the children of parents working in the critical services
- Planning transition arrangements for our new EYFS pupils
- Liaising with the DfE, Regional Schools' Commissioner, Cheshire East and local headteachers

Plant Delivery

We ordered plants and flowers this week from Crewe Road Nurseries and they were delivered the next day! They delivered a fantastic service, great prices and super delivery. Our key worker children, who are still in school, will plant all the plants and flowers. Thank you so much Crewe Road Nurseries, we really appreciate all your help and support.



Stay Safe

At the current time, we still don't know when we will return as a school – in the meantime we will endeavour to carry on communicating with you and ensuring that you are well informed. Remember that Class Dojo is currently suspended and all communication should be via:

head@mablinslane.cheshire.sch.uk or
admin@cheshireeast.gov.uk

Take care, look after yourselves and remember, some of us are still in school if you need any support, help or advice.



Please see twitter or the school website to view a video message from Mablins Lane Staff x

Website: www.mablinslaneschol.co.uk

With Kind Regards

Justine Joule
Headteacher

FINAL WORD



Don't stress about schoolwork. In September, I will get your children back on track. I am a teacher and that's my superpower. What I can't fix is social-emotional trauma that prevents the brain from learning. So right now, I just need you to share your calm, share your strength, and share your laughter with your children. No kids are ahead. No kids are behind. Your children are exactly where they need to be.

With love,
All the teachers on planet Earth