



Yealmpton Primary School

www.yealmpton-primary.devon.sch.uk

A partner school in the Westcountry Schools Trust (WeST)
Friday 23rd April 2021



WESTCOUNTRY
SCHOOLS TRUST

Dear Parents/Carers,

It has been lovely to make such a strong start to the Summer Term with a full school return. It is not something we take for granted anymore so it was a relief to welcome everyone back. Like all aspects of life, Covid-19 is still present and despite a more positive picture, we do need to still follow the guidance issued to school both nationally and locally. We will continue to keep you informed as things do change but we do ask that in order to keep all our children, families, friends and staff safe that you continue to observe safe distancing and the wearing of face coverings on the school site.

Safety Plea

Over time, we have reiterated our message to all parents to do all they can to keep our children safe on their journeys to and from school. This has included many messages asking that cars avoid coming into the school site at the start and end of the day. We like to encourage as many of our children and families to walk or cycle to school as possible and working together to ensure the fewest vehicles on the school site makes the outside area the safest it can be. We thank you in anticipation of your fullest support.

Healthy Snacks

The children in EYFS, Year 1 and 2 have fruit or a healthy snack provided for them by the government. This is a gentle reminder that we promote that all children bring fruit or a healthy alternative for a snack at break times. Please help us to develop an understanding of the variety of healthy snack choices and refrain from providing snacks that maybe high in sugar or any crisps.

Bed Time Routines

Again we need your help! Health wise, possibly the biggest health boosting event of our day is sleep, especially in children. We are noticing that some of our children are very tired in school. When we talk to them, we often find out that they are going to bed late, playing electronic games or watching TV in their rooms late at night. So our message is - think healthy and positive, let's shake off the lockdown bad habits.

All the health professionals we talk to about bed time routines say the same things:

- Children need a routine and a set sensible time to go to sleep. For primary age children this should be before 8.30pm or earlier depending on the age of the child.
- NO TECH an hour before they go to sleep. Tech, especially computer games are not supportive to a calm end to the day.
- Possible a warm drink half an hour before they go to bed helps the body has to work to reduce the temperature of the drink and this makes the body sleepy. A warm bath has the same effect.

Values Curriculum

Our **Values-based education** philosophy underpins our work to actively promote fundamental British values of democracy, individual liberty, mutual respect and tolerance of those from all faiths, backgrounds and cultures. A rounded programme of assemblies and events promote children's spiritual, moral, social and cultural development, enabling them to develop their own moral and ethical compass to guide what is right and what is wrong. This week the children have been exploring different values.

Mutual Respect

We have used our sketching skills to develop an understanding of this important British Value, exploring what Bluebells and Butterflies symbolize.

Developing an understanding:

- We might not always agree with other people, but we try to show respect for their thoughts and feelings.
- We can give respect to others and can expect other people to show respect.

Bluebells - Thankful

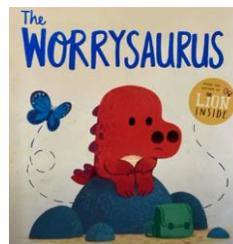
Be Proud we are all unique and respect our differences.



Butterfly- Hope

Be respectful to others thoughts and feelings.

Children's Mental Health and Well being



Worrysaurus is a fun and reassuring tale about dealing with worries. The children explored strategies we can use when we overthink things and worry a lot.

It's a beautiful day and Worrysaurus has planned a special picnic. But it isn't long before a small butterfly of worry starts fluttering in his tummy . . .

What if he hasn't brought enough to eat?

What if he gets lost in the jungle?

What if he trips and falls?

What if it rains?!

We are looking to planning and delivering an enriched curriculum this summer to inspire and encourage all the children to thrive in their learning.



Best wishes,
Louise Young
Head teacher