



Grange Primary School Weekly Bulletin Friday 5th February 2021



Quote for the week:

'Be gentle with yourself, you're doing the best you can.' - Unknown

Dear Grange families,

We extend our best wishes to you and hope that you and your families are healthy and safe during this continued period of lockdown.

Full Re-Opening of Schools

With regard to the full re-opening of schools, the Prime Minister announced last week that the **earliest** date which schools could expect to return to 'normal' operation and opening would be **08th March 2021** and **not** straight after the half-term holiday as originally proposed. He also made clear that this plan was dependent upon a number of other factors relating to the control of the pandemic and that the full re-opening of schools could be delayed even further. In addition, it is likely that some type of phased or gradual re-opening will be recommended, but we await further details of this. As soon as any updated information is released we will communicate it to you.

Support for Mental Health & Well-Being

While children remain (for the most part) perplexingly immune to the health consequences of Covid-19, their lives and daily routines have been turned upside down. We know that they are anxious, isolated and bored, and we see only the tip of this iceberg at the moment. We are currently living through extremely challenging times, and now perhaps more than ever looking after our Mental Health and Well-being is of paramount importance to us all.

Happy students make for happy learners and happy children often make happy parents and carers. Our Mental Health and Well-being link on the school's website will signpost you to lots of resources that can offer you and your families the best support and guidance. Over the last few weeks our Staff have been contacting children to check in on their welfare, celebrate some of the excellent work being produced at home and support them with any concerns with their home learning. Our Staff will continue to be available for you and your child should you need to contact us.

Mental Health Resource for School

Thank you once again for the way in which you are supporting your child's education via our current remote learning arrangements. We fully appreciate the challenges posed by the current lockdown restrictions and we all look forward to a time when we can return to some semblance of normality.

Have a restful weekend!

The Grange Team

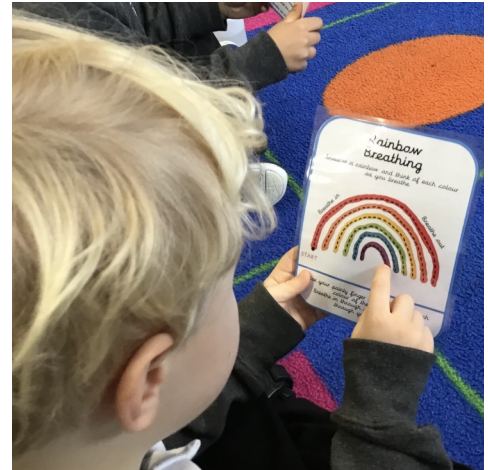
THE STRESS RELIEF GIRAFFE

OUT OF CONTROL	WHAT YOUR CHILD CAN DO: <ul style="list-style-type: none">• Calm breathing exercises• Use visualisation meditation techniques• Body tightening exercises (progressive muscle relaxation)• Sigh to become fully present in the moment• Practice music therapy• Change location / surroundings• Use a stress ball / fidget toy• Give themselves a 10-second hug to boost their mood• Colour, draw, write, craft, etc.• Practice positive self-talk / words of affirmation• Exercise• Go outside• Play• Hydrate with water
SCARED OF LOSING CONTROL	
NERVOUS	
UNSURE	
CALM	

Mental Health Awareness Week



YR Bubble practising Tai Chi to calming music.



YR Bubble—checking out different breathing techniques with breathing cards.



Y2 Bubble—putting cards together about The Great Fire Of London.

First name	Class	New Age
Rubie	Sun	4
Alina	Venus	6
Isla	Mars	7
Huda	Planet Earth	7
Muhammad	Galaxy	9
Nissi	Sky	11
Makayla	Neptune	10

Dates for your Diary:

Day and Time:	Event:
Half Term	Monday, 15 th to Friday, 19 th February 2021
Monday, 22 nd February 2021	First day of Spring Term2
22 nd to 26 th February	Parent Meetings
Easter Holiday	Thursday, 01 st to Friday, 16 th April 2020