



## Bug Club

Since the government announced the delay to return back to school, we have decided to use some of our Catch-up Premium (funding provided by the Government due to the Coronavirus) to pay for access to the 'pro' independent reading books on Bug Club.

This essentially doubles the number of books available at each reading band available for the children to read. We hope this is welcomed by parents as a useful resource whilst remaining at home.



## Free Children Society sessions for children and families

Essex County Council have shared with schools today details of free online sessions for children aged 8 and over, and their families. For details of the sessions available, together with details of how to book a place, please take a look on page 3 of this newsletter.



## Half-term

The Government announced this week that they expect schools to close over the half-term week (w/c 15<sup>th</sup> February). Therefore, parents whose children who have been attending school since January, will be expected to remain home for that week, returning from Monday 22<sup>nd</sup> February.

Pupils who are entitled to Free School Meals due to their financial status, should receive a Wonde voucher during the half-term, that can be spent in major supermarkets.



## Guardian photograph competition

Some children in Class 2 have been involved in a project with the Guardian newspaper. The children had to take photos of different aspects of 'life in lockdown'. Our contact at the newspaper has informed us that Ashdon should feature in Saturday February 6<sup>th</sup>'s supplement, but we don't know which children's photos may have been selected.



## Physical Activity ideas

The Uttlesford School Sport Partnership continues to support schools by providing ideas for parents to use with their children that promote physical activity. Their latest competition, together with a scavenger hunt that can be used on a walk, can be found on pages 4 and 5 of this newsletter.



## Mental health & emotional well-being

Essex have shared with schools some resources for parents and their mental health, recognising that the home learning you have been undertaking since January is likely to be putting you under additional pressure, particularly since the Government has extend the length of the current lockdown.

Firstly, they want parents to know where to get help in Essex. Use <https://www.essex-gethelp.uk/> to find support groups, local services and resources to help you cope during the coronavirus (COVID-19) pandemic.

There is also a new resource hub located created by the Essex Family Wellbeing Service at : <https://essexfamilywellbeing.co.uk/covid-19-pandemic-resource-hub/>

The app by Action for Happiness is like having a little personal action coach in your pocket who; Gives you friendly 'nudges' with an action idea each day; sends you inspiring messages to give you a boost and; helps you connect & share ideas with like-minded people:

<https://www.actionforhappiness.org/app>

Finally, they have produced their top tips for staying emotionally healthy:

### 5 ways of wellness:



- **Stick to a active daily routine** (e.g. creating your own daily programme including three meals a day, activity time slots, self-care opportunities and bedtime routine)
- **Do light activity** - stretch and home workouts (e.g. yoga, dance, spring cleaning the house)
- **Keep up hobbies that keep you moving** (e.g. baking, reading, writing, making music, gardening etc)
- **Engage in creative activities** (e.g. art, scrap book making, junk modelling, restoring furniture, create music, redecorating)
- **Keep connected to others** (e.g. phones, email, skype, websites, helplines & online counselling)
- **Keep an active mind** (e.g. learning a new skill, research, brain training games, home learning using such free websites)
- **Try Meditation and relaxation** (e.g. Apps and free YouTube videos such as headspace)
- **Hot desk at home with planned short brain breaks**
- **Plan meals in advance**
- **Do things you enjoy doing** (e.g. watch a boxset, paint your nails, listen to podcasts, reading etc)
- **Keeping hydrated**
- **Self-care opportunities** (Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety)

## Online Activities

1<sup>st</sup> to 26<sup>th</sup> February 2021 via Microsoft Teams  
You can access Microsoft Teams via the internet or download the app



FOR  
AGES 8-12, 13-  
19 and families

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<u>10 AM</u>	Mindfulness and Relaxation Families 	Self-Care For You Mixed ages CYP 	Staying Active Families 	Self-Care For You Parents 	Yoga Families 
<u>12 PM</u>	Conflict resolution and managing anger 13-19 	Staying Safe in a Virtual World Mixed ages CYP 	Strong Resilience and emotional wellbeing 13-19 	Boot camp Mixed ages CYP 	Let's get Art'y Mixed Ages CYP 
<u>2 PM</u>	Creative Creations Mixed Ages CYP 	Strong Resilience and emotional wellbeing 8-12 	Conflict resolution and managing anger 8-12 	One Community 13-19 	
<u>4 PM</u>	Coping through Covid Families 	Yoga Families 	Family Fun Families 	Staying Active Families 	

**Note:** By booking a place, you are giving your consent to share any interactions you use during the online session with other participants, eg. Video streaming and audio content.  
Participants are required to use their camera and use headphones during the cyp virtual session.

To book your place, please check out our website: [www.childrensociety.org.uk/east/services/safe-in-essex](http://www.childrensociety.org.uk/east/services/safe-in-essex)  
or contact [Essexreferrals@childrensociety.org.uk](mailto:Essexreferrals@childrensociety.org.uk)

Safe in Essex Advice Line 10am – 2pm: 07725 639571 (if unanswered, leave a message and someone will contact you)



## Uttlesford School Sports Partnership Challenge

Date: Monday 1<sup>st</sup> February – Sunday 14<sup>th</sup> February 2021

# 'Around the World' Challenge

For this week's challenge you will need two pairs of socks rolled up together into a ball, and someone to time you for 30 seconds.

Keep your feet on the ground all the time. Hold the sock ball in one hand and take it:

1. Around one leg
2. Around the other leg
3. Around your waist

This counts as ONE 'around the world'. You will need to switch hands as you change legs and take it around your waist – you can switch hands whenever you want to.

How many times can you take the sock ball 'around the world' (around one leg, the other leg and your waist) in 30 seconds?

Please watch the video before attempting the challenge!

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

Send through the following details to [jcoleman@swchs.net](mailto:jcoleman@swchs.net) to enter:

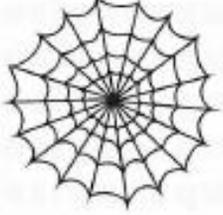
1. Name
2. School
3. Gender
4. Year Group |
5. Score (number of times you've completed it in 30 seconds)



Best of luck!

# SIGNS OF SPRING SCAVENGER HUNT

How many of these things can you find whilst out walking?

<p>Someone wearing a red jacket</p>  <input data-bbox="392 584 464 658" type="checkbox"/>	<p>Clouds</p>  <input data-bbox="821 584 892 658" type="checkbox"/>	<p>A big muddy puddle</p>  <input data-bbox="1263 584 1335 658" type="checkbox"/>
<p>A bird's nest</p>  <input data-bbox="392 907 464 982" type="checkbox"/>	<p>Animal paw prints</p>  <input data-bbox="821 907 892 982" type="checkbox"/>	<p>Flower buds showing through the ground</p>  <input data-bbox="1263 907 1335 982" type="checkbox"/>
<p>3 different coloured dogs</p>  <input data-bbox="392 1123 464 1197" type="checkbox"/> <input data-bbox="302 1226 374 1301" type="checkbox"/> <input data-bbox="392 1226 464 1301" type="checkbox"/>	<p>A spider's web</p>  <input data-bbox="821 1226 892 1301" type="checkbox"/>	<p>2 different types of bird</p>  <input data-bbox="1263 1135 1335 1210" type="checkbox"/> <input data-bbox="1263 1226 1335 1301" type="checkbox"/>
<p>A blue door</p>  <input data-bbox="392 1537 464 1612" type="checkbox"/>	<p>A bicycle</p>  <input data-bbox="821 1537 892 1612" type="checkbox"/>	<p>Someone wearing colourful boots</p>  <input data-bbox="1263 1537 1335 1612" type="checkbox"/>
<p>Two plant pots</p>  <input data-bbox="392 1777 464 1852" type="checkbox"/> <input data-bbox="392 1868 464 1943" type="checkbox"/>	<p>Something that tells you spring is on the way</p>  <input data-bbox="821 1868 892 1943" type="checkbox"/>	<p>A scooter</p>  <input data-bbox="1263 1868 1335 1943" type="checkbox"/>