



Parent Newsletter Friday 9th October 2020



Principal's Update

Our thoughts and plans continue to be heavily influenced by the Covid crisis. A number of local schools have been hit by part closure. We are Covid free, but for how long is impossible to say.

There are systems in school that are necessary to limit the spread, but these are also limiting what we can offer the children - what remains amazing though is the children's resilience.

We are looking to help any children who need it with additional counselling or well being support. Please let us know if your child has any concerns about going to, or being at school. As ever, thank you for your support and have a great weekend.

Year 5 WOW Day

On Monday 12th October Year 5 are having a Harry Potter WOW day. The children are invited to get dressed up if they wish and they can bring an extra item with them as long as it is part of their costume.

The children will also need to bring in a small clear disposable water bottle with the label removed.

SIMS Parent App

This week we have sent out activation letters for the SIMS Parent App. We are using the App as a way of updating pupil's addresses and telephone numbers so only one member of the household should need to access it.

If you experience any difficulties please email office@johnwheeldon.staffs.sch.uk

Parking

It has been reported that there has been several cars parking illegally on School Place each day.

While we continue to have the staggered start and finish times we do have a higher number of children and parents outside of the gates for longer periods of time. For the safety of all the children and parents can we please ask that you park safely and legally around the school.

Do One Thing



October 10th is World Mental Health day, North Staffs Mind are asking you to do one thing differently for better mental health - some great ideas are on page 2 of the Newsletter.

PE Days

Each year group now attends school in their PE kit on the day they are scheduled to have PE.

Early Years - Thursday

Year 1 - Monday

Year 2 - Friday

Year 3 - Wednesday

Year 4 - Thursday

Year 5 - Tuesday

Year 6 - Monday



Year 2 Bikeability

Our Year 2 Children have been avoiding the COVID blues by getting outdoors and enjoying learning a vital life skill this October - how to ride a bike.

Each Thursday, small groups of Year 2 children are taking it in turns to practise on balance bikes developing their practical skills ready to take on cycling on today's roads. The children are handling their bikes in an off-road environment which includes balancing and gliding before moving into using pedals.

Children have really enjoyed developing their riding competence and dexterity.

We asked some children what they thought of the programme. "I have learned some turn and balance skills" and "Bikeability has made me a safer and more confident rider".

Bikeability helps children develop the skills needed to ride a bike safely. The instructors are friendly and knowledgeable and the children have gained such a lot from the programme as well as increased confidence.

All bikes and equipment are professionally sanitised whilst maintaining social distancing.

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Do one thing

for better mental health
this World Mental Health Day

Our monthly calendar is packed with actions you can take for better mental health. Use each week to try and focus on the 'Five ways to wellbeing'. The following ideas have been researched and developed by the New Economics Foundation.

[Write Month here]

Mon [00]	Tue [00]	Wed [00]	Thu [00]	Fri [00]	Sat [00]	Sun [00]
Talk to someone instead of sending an email	[Write your own ideas in these spaces]	Speak to someone new		Put five minutes aside to find out how someone really is		Have a tea with someone

Do something different today and make a connection

Mon [00]	Tue [00]	Wed [00]	Thu [00]	Fri [00]	Sat [00]	Sun [00]
Take the stairs not the lift		Do some 'easy exercise', like stretching		Have a kick-about in a local park		Go for a walk at lunchtime

This week, why not get active?

Mon [00]	Tue [00]	Wed [00]	Thu [00]	Fri [00]	Sat [00]	Sun [00]
Take some time to enjoy the moment and the environment around you		Notice the changing seasons		Get a plant		Have a 'clear the clutter' day

Take notice and be in the present

Mon [00]	Tue [00]	Wed [00]	Thu [00]	Fri [00]	Sat [00]	Sun [00]
Find out something about your friends, families or colleagues		Do a crossword or Sudoku		Research something you've always wondered about		Start a new book

Focus on learning

Mon [00]	Tue [00]	Wed [00]	Thu [00]	Fri [00]	Sat [00]	Sun [00]
Do something nice for a friend, or a stranger		Thank someone		Smile		Look out, as well as in

Give

You can get information and support from Mind:





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Dates to Remember

Summer Holidays	Monday 20th July 2020 to Monday 31st August 2020
Inset Days	Tuesday 1st and Wednesday 2nd September 2020 (children are not in school)
Autumn Term starts	Thursday 3rd September (Year groups 1 to 6) Monday 7th September (Early Years transition begins)
Half Term	Monday 26th October 2020 to Friday 30th October 2020
Inset Day	Monday 2nd November 2020
Pupils Return	Tuesday 3rd November 2020
Term ends	Friday 18th December 2020
Christmas Holiday	Monday 21st December 2020 to Friday 1st January 2021
Inset Day	Monday 4th January 2021
Spring term starts	Tuesday 5th January 2021
Half term	Monday 15th February 2021 to Friday 19th February 2021
Term ends	Thursday 1st April 2021
Easter Holiday	Friday 2nd April 2021 to Friday 16th April 2021
Easter Sunday	Sunday 4th April 2021
Inset Day	Friday 2nd July 2021
Half Term	Friday 31st May 2021 to Friday 4th June 2021
Summer Holidays	Monday 19th July 2021