

# 845

## Parent/Carer Newsletter

Key Dates for Parents/Carers

Tuesday 9th February – Safer Internet Day Friday 12th February – Chinese New Year Friday 12th February – Last day of Term

#### Important Information

Dear Parents, Guardians & Carers,

I hope you have all been keeping safe and had a pleasant weekend?

Just to provide an update, I have been joining online sessions this week and they have been really fantastic and it is great to see so many families engaging. In some respects, the learning is better, for instance all children are engaging in the chat function, which means they have to put their thoughts forward which they may not always to do in class. I also think the fitness session with Mr Ensby are very helpful, so well done to you for managing remote learning so well at home!

Finally, as the snow draws ever close, please keep warm but enjoy watching the snow with your children.

We hope you have a great week ahead! Stay safe.

Miss Mehat

#### Awards & Honours







# STARS OF THE WEEK

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Emmanuel	+ England Harjeet	Australia Emaad	eanada <b>Taiba</b>	Ecuador Deetya	Mozambique Arabella	Hungary SaìM	Nepal
Home Learners Emaan,	Zoya	Amaal	🔀 Jamaica William				I I
Layla, Enoch & Evie	X Scotland Adam	Fiji Aarez	Mexico Elizah				Thailand <b>Qadar</b>







#### Key Messages & Reminders

#### **Fitness Club**

A reminder that Mr Ensby will be holding his Fitness Club on zoom today...You will find all the details on how to join on the poster. The Fitness club will run every Monday at 3.30pm after halfterm also.

Exercise is a scientifically proven mood booster, decreasing symptoms of both depression, anxiety and stress. Exercise also helps to improve memory & brain function as well as improving your quality of sleep. Physical activity kicks up endorphin levels, the body's famous "feel good" chemical produced by the brain and spinal cord that produces feelings of happiness. Even just moderate exercise throughout the week can improve depression and anxiety so why not get involved and have some fun!!!

### Family Fitness Club

Every Monday @ 3.30-4pm <u>Mr Ensby is inviting you to a</u> <u>scheduled zoom meeting:</u> https://zoom.us/j/5153968465? pwd=UEd0SFhINENaeWhPbm52SXF OHVmQT09 Meeting ID: 515 396 8465

Passcode: fitness

#### Safer Internet Day

It is Safer Internet Day on Tuesday 9th February and the children will be doing some work on how

to stay safe on the Internet. The theme focusses on exploring and understanding the reliability of the Internet within the online world. This doesn't stop at the people they speak/communicate with but also when researching websites for information.

How do they know the website they are on is accurate with the information it is providing? What is the appropriate way to communicate with one another online? Questioning the validity of the information they read online before using it is vital, as well as being cautious when speaking to people online.

It's very easy to hide behind the computer screen and be a 'keyboard Warrior' by writing offensive messages but this is an act of bullying and can't be tolerated - the same way bullying isn't tolerated in the classroom/playground!

These are the things we will be focusing on this week as we aim to educate children on the importance of sending appropriate messages to each other when communicating online and particularly when using learning apps such as Teams, regardless of whether we are at school, home or on holiday.







#### **Cooking at Wexham Primary**

Join Miss Lewis and Ms Purvis as they teach you how to make yummy pizza bread. Why not follow the steps in the video on our website under the 'Parents'  $\rightarrow$  'Cooking at Wexham Primary' tab and show us your creations making sure to tag us on twitter.

Happy Cooking!

#### **Every Sleep Counts**

The Lullaby Trust have kindly sent an illustration to help any first-time parents with sleeping techniques for their new-borns. There is also a text free video guide...click <u>here</u> to view.

For more information on safe sleep please visit the Lullaby Trust website: www.lullabytrust.org.uk



#### **School Uniform**

Wexham Court Primary school uniform is available to purchase from School Days Direct...just visit their website for more information: <u>http://www.schooldaysdirect.co.uk/</u>



T: 01628 665353 | E: info@schooldaysdirect.co.uk | W: www.schooldaysdirect.co.uk





From all the staff here at Wexham Court Primary School, we wish you a great week ahead!