

Highfield Update May 1st 2020



Good morning everybody... (Good morning Mrs. Colley)

Hello Children,

I hope you are all well and keeping busy at home. I am proud of everything you are doing and learning whilst you are at home. I love looking at your pictures on Seesaw. Next week all the key worker children are going to take part in a "Time Capsule" project. Does anyone know what a time capsule is? A time capsule is a container storing a selection of objects chosen as being typical of the present time. The capsules are then buried for discovery in the future. You are living through a very special time at the moment children, a time that children in **a hundred years** will learn about at school. Just imagine that for a minute. Time capsules are often buried in the ground. If you bury a capsule now then in twenty years' time when you are grown up you will be able to dig it up and look at all the things you put in it. You don't have to bury the capsule you can also seal it up and keep it hidden in a special place in your house. The children coming to school are going to do lots of activities which they can then take home in special time capsules. These time capsule activities will all be available for you to do to at home too. They will be posted on SEESAW on Monday morning so you can have a look at them and choose which ones you want to do (some of you may even do all of them!). Then you can have a think of how to make your own time capsule. You could use an old container or box and decorate it. Maybe you could make your own time capsule out of materials you can find around the house (ask your parents' permission first). You could then post your time capsule pictures on SEESAW and I will be able to see them. I might put some of the time capsule pictures in my newsletter.

Now let's get ready for the weekend by singing our Friday Magic Celebration Assembly song...

(Drum roll.....) "One More Step Along The World I Go" <https://www.youtube.com/watch?v=7PXV3dwaenu>

Hello Parents,

I hope you are all well and keeping safe. Thank you so much for all you are doing to support your child and keep them safe and happy at home. Lots of you have been helping your children to use our SEESAW learning platform. In fact over 85% of children have used the resources. Please make sure your children understand how to keep safe whenever they are using online platforms or social media. The teachers have had to delete a few photographs because of what the children were wearing. Please remind them not to post any photographs that you haven't approved and that we only want to see them in clothes that they would wear if they were coming to school on a free dress day. (No night wear underwear or swim wear please). There is always a teacher at the end of a phone in school if you need any help or have a question to ask and Miss Thackrah will answer any questions you might have to do with SEESAW Rebecca.thackrah@highfield.leeds.sch.uk

We are all probably feeling many different emotions at the moment and sometimes our emotions can change within the space of a few minutes. The children will also quite possibly feel up and down too, especially the older children who perhaps have more of an understanding about what is happening. We've always talked a lot about emotions with the children at school in our PSHE lessons and assemblies and we've always said how emotions are natural and happen to us all. Mrs. Calvert our learning mentor does lots of extra work with children helping them with emotions and I just saw this poster in her office which I thought you could share with your children.



A to Z of Mindfulness

Coping Skills For Kids

How To Help Your Child Deal With Anger and Frustration

- **Be Sympathetic**
Listen non-judgementally as you encourage your child to talk about their feelings.
- **Let Your Child Know That What They Are Feeling Is Okay!**
It is healthy to experience a range of emotions. However, how you teach your child to deal with them is the most important part.
- **Use Mindfulness**
There has been increasing research showing the benefits of mindfulness. Find the right activity which can help your child calm down and de-stress.
- **Model Your Behaviour**
It is essential that you are modelling healthy coping strategies to your child. They will look to you as an example of how to deal with emotionally difficult situations.

Let's feel proud of what we are all doing to keep our children safe and let's continue to feel connected as a school community. Please stay safe and take care everyone.

Mrs. Colley

