



# Newsletter

## Issue 7 Spring 2021

### Message from Mrs Toplis, Head of School

A huge well done for getting to the end of week 3 of remote learning. You are half way through this half term already and you are all doing brilliantly.



The situation we find ourselves in at the moment is tough for everyone and this lockdown seems so much harder than all the others. I know for many of you this will be down to the fact that the government made the necessary decision to close schools to most pupils to stop the transmission of the virus. We know what a tough job teaching is (that's why we always look so tired by half term!) and now you are being asked to do this for your children whilst at the same time juggling work, the household and often multiple children too. The teachers are all working tirelessly both in school and at home to try and support you and the children to be able to access their learning so that they do not fall behind. We had worked so hard across the Autumn term to catch up lost learning from last time and this situation is so frustrating to us as a school.

However, you can only do your best and know that your best is good enough. The Department for Education have set legal directives upon us as to what is expected of us as a school and we then need to pass these on to you. Primary aged children are expected to be provided with at least 3 hours of home school work a day. This is less than they would do in school and so we are trying to provide that and also some extra bits to dip in to if you wish.

If the children were at school they would do their phonics between 9am and 9.45am, then English until 10.30am. Playtime for 20 minutes and then an hour of Maths before lunch. After lunch they would do their maths meeting and then some topic work and finish with either a story or an assembly. Some of you will be able to replicate this at home but for some this will be too much and you need to find what works best for you, your family and your children. The last thing we want is for anyone's well-being to be affected and if you feel you are struggling then stop, take a break and do something else. Learn to make a sandwich, follow instructions to build some Lego, read a book, play a game or go out for your daily walk. If you have to choose, and at some point you will, prioritise the Phonics, Reading and Maths. If you feel yourself getting stressed, lower your expectations where you can and ask for help. We are all in this together to stay well.

The teachers are trying to provide you with lots of videos of both themselves and others so that we take the pressure off you as parents to be the teacher. We know that our young children unlike older children need support to access their learning at home. When teachers have provided videos, take the time to make a cup of tea or coffee, sit back and let the teachers do the talking!

What is really great for the teachers is to see the work children are doing at home so if possible, rather than just clicking handed in we would love to see photos of the children's work. It means we can check whether they are on the right track and support where they are not or adapt our teaching as necessary.

We know lots of you are doing this already but thought that maybe we hadn't told everyone. Take a snap on your phone and then upload it. There really is nothing better than seeing their work it makes us all smile.

Please also, do not stress about trying to catch up. If you have missed an activity because normal life got in the way, don't worry. If you want to do it on another day then fine but you will quickly feel overwhelmed if you put that pressure on yourselves.

Every week we are trying to add something new to our remote offer and so keep an eye out for extra bits each week but remember there is no pressure, they are there to help and support. Mrs Farmer is trialling spoken rather than written comments so watch out for this if it works!

Next week we are introducing 'Whatever Wednesday afternoon'. On a Wednesday afternoon the teachers will not set any specific task but set an assignment called 'Whatever Wednesday afternoon'. It is as the name suggests a chance to do whatever. It could be baking, going for a walk, making Lego, drawing a picture, washing the dog!, washing the car!, doing some gardening. You choose. What we would love to see is photos of what you have done and these can then either be uploaded on to Tapestry or onto the 'Whatever Wednesday' assignment. It's a chance midweek to just go Ahhh and breathe.

If anyone is still struggling with technology, please let me know and I will do my best to help and support in anyway I can.

Please know, that we are all in this together and that whilst we want to ensure that the children continue with their learning there is no pressure coming from our direction, we just want to help and support you. Any phone calls made will be supportive ones and not judging ones. Everyone's circumstances are different and you are all doing your best and your best is good enough.

*CE Toplis*





## Parent Support Advisor

Parenting isn't easy and sometimes things can get tough. As a parent/carer you want what is best for your child.



Our Parent Support Advisor is available to listen and support your family with any issues or concerns from home or school you may be facing.

Carol Flatters is our TACT (Families) Parent Support Advisor.

If you would like to speak to Carol she can be contacted by text or e-mail

[cfatters@aylshamhigh.norfolk.sch.uk](mailto:cfatters@aylshamhigh.norfolk.sch.uk)

text/telephone on 07780 922545.

(term time only)

She may not have all of the answers, but she can offer:

- A confidential listening ear
- Help to enable you to express your concerns about your child to the school and act as a link between school and home
- Support and advice if you have concerns about your child's social, emotional or behavioural development, helping you to nip things in the bud before they get serious.
- Support with transition - as they start or move between schools
- Give hints and tips about general parenting issues
- Help to find services and other agencies who are available to help you and your family including financial signposting.



THE AVLSHAM COMMUNITY TRUST (FAMILIES)

## It takes a Whole Community to Educate a Child

We are delighted to offer parents/carers the opportunity of joining a free online session delivered via Zoom. The session will be led by our Social, Emotional and Mental Health Officer, Sara Dale.

*Zoom can be accessed on a computer, smart phone or tablet.*

## Managing Anxiety

This FREE online session is specifically designed to offer support to those who struggle with a variety of anxiety related concerns and symptoms. During the session you will learn a variety of coping strategies.

**Wednesday 27th January 1.30pm - 2.30pm**



Please book your place by contacting Monica Harding our Family Learning Co-ordinator: [mharding@aylshamhigh.norfolk.sch.uk](mailto:mharding@aylshamhigh.norfolk.sch.uk) or telephone/text 07780 887348.



## Finding this winter even harder because of Coronavirus?

## We are here to help.

Norfolk County Council's Covid Winter Support scheme can help with:

- Day to day living costs including food & energy bills
- Daily essentials such as toiletries & nappies
- Food vouchers for school holidays

Find out more online or call us now

[www.norfolk.gov.uk/covidwintersupport](http://www.norfolk.gov.uk/covidwintersupport)

**0344 800 8020**

Or visit your local library for help with applying



Contact us today



THE AVLSHAM COMMUNITY TRUST (FAMILIES)

## It takes a Whole Community to Educate a Child

*Coping strategies for those challenging moments of day-to-day life as a parent.*

**Tuesday 2nd February**

**10am - 11am**

Free online session delivered via Zoom.

*Zoom can be accessed on a computer, smart phone or tablet.*

Being a parent is a wonderful experience however, it is not always easy. Charlotte Collison from our family learning team will share ideas and strategies to offer support for those challenging moments of the day-to-day behaviour of your child.



Please book your place by contacting Monica Harding our Family Learning Co-ordinator: [mharding@aylshamhigh.norfolk.sch.uk](mailto:mharding@aylshamhigh.norfolk.sch.uk) or telephone/text 07780 887348.