



# Newsletter 8

Newsletter Date  
Friday 5th Mar 2021



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*Quality, excellence and passion*

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# We can't wait to welcome you all back on Monday!

We understand coming back to school may be a little worrying for you, please be assured we have many things in place to keep you safe.

## **Break & Lunchtimes**

These are all staggered, each year group has their own section of the playground to use during break and lunchtimes and no year groups mix.

In the dining hall we may have more than one year group in there at a time, but:

- Each year group has their allocated time slot
- ALL chairs and tables are cleared, and each surface wiped down thoroughly. This includes cleaning under every chair and table as well as the seats and backs of the chairs and tops and legs of the tables.
- Children will not be allowed into the dining hall until each area has been cleaned thoroughly.
- Each year group bubble will be more than 2 metres away from another year group bubble.
- Before children use the hall, all doors and windows are opened.



Covid-19 has not gone away, we are going to have to learn to live with it.  
 We still require parents/carers and any visitors to wear a mask on school grounds.  
 Please keep yourselves safe, by maintaining the two metre distance when waiting to drop or collect your child.  
 If you or any of your household have symptoms, you must get yourself tested.  
 The three main symptoms to look for are:  
 A high temperature  
 A new continuous cough  
 Loss of smell or taste  
 You can book a test through [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) or by phoning 119

# PE DAY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY  | FRIDAY  |
|--------|---------|-----------|---|---|
| Year 3 | RAT     | RCD       | Year 6  | Year 1  |
| Year 2 | Year 4  | Year 5    | <b>PE Kit should include</b><br> Plain Black sweatshirt<br> Plain Black Jogging bottoms or leggings<br> Plimsoles/plain trainers | <b>PE Kit should include</b><br> Plain White T-Shirt<br> Plain Black shorts |

Children should come dressed in their PE kits on their allocated PE day.

Please do not bring a PE bag into school.

PE kit can be bought in any supermarket or direct from our uniform supplier: [www.superstich86.co.uk](http://www.superstich86.co.uk)

## Diary Dates:

Monday 8th March - ALL CHILDREN RETURN TO SCHOOL.

Thursday 1st April - Last day of term four. School finishes at 1:30pm for all children

Friday 2nd April - Bank Holiday

Monday 19th April - First day of term five

Monday 3rd May - Bank Holiday

Friday 28th May - last day of term five

Monday 7th June - First day of term six

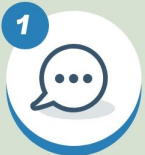
Friday 18th June - INSET DAY

Friday 23rd July - Last day of term six. School finishes at 1:30pm for all children

Calendar dates are subject to change, we will endeavour to give parents/carers as much notice as possible.

# HOW TO SUPPORT YOUR CHILD WITH SCHOOL ANXIETY

 @BELIEVEPHQ



**1** Listen to what your child has to say. Be patient and understanding with them



**2** Talk to the school. Don't be afraid to express your concerns to teachers



**3** Get some extra support. Speak to your GP or local mental health charity



**4** Help them to challenge negative thoughts in a thought diary



**5** If your child is worried help them to problem solve and come up with rational solutions



**6** Let your child know that you are there to support them. Show them love and affection



**7** Make sure your child is looking after their physical wellbeing (Sleep, exercise, food)



**8** Work through some relaxation skills with your child. Why not try some deep breathing together?



**9** Encourage your child to think realistically about a situation



**10** Encourage healthy and helpful thinking



**12** Allow your child to make mistakes and to be creative. Help them to learn from mistakes



**11** Encourage autonomy and independence. Develop their resilience



**13** Try and limit the amount of reassurance that you are giving your child

