

# News on the Nineteenth

Wormley C of E Primary School (VC)  
Cozens Lane East, Wormley, Broxbourne, Herts, EN106QA  
Tel: 01992 303331

Have Faith, Show Respect, Take Responsibility and Achieve  
[www.wormleyprimary.co.uk](http://www.wormleyprimary.co.uk)

## May 2020

### CORONAVIRUS UPDATE

The government has stated that, "As a result of the huge efforts everyone has made to adhere to strict social distancing measures, the transmission rate of coronavirus (COVID-19) has decreased. We therefore anticipate, with further progress, that we may be able, from the week commencing 1 June 2020, to welcome back more children to early years, school and further education settings."



For our school, this means children in Pre-school, Nursery, Reception, year 1 and year 6, alongside priority groups (including children of critical workers and children who are vulnerable).

The government has stated that they will only do this provided that the **five key tests** set by government justify the changes at the time, including that the rate of infection is decreasing and the enabling programmes set out in the Roadmap are operating effectively.

Rationale for return to school:

- School is the best place for children to learn,
- It is important for children's mental wellbeing to have social interactions with their peers, carers and teachers.
- Children returning to educational and childcare settings in greater numbers will allow more families to return to work.

As a result, we have been asked to plan on this basis, ahead of confirmation that these tests are met. Any return will be a **gradual** one, so that settings can initially reduce the number of children and young people in classrooms compared to usual and put protective measures\* in place to reduce risks.

Initially, children will be placed in small groups (or bubbles) of about 6-8 and allotted a learning space/class in the school, with a teacher/teaching assistant/EY practitioner. They may be in mixed class groups. They will stay within their new group, wherever possible, for the time that they are in school. If numbers are manageable, children may be able to attend each day however, if numbers are not manageable (due to space and staffing), a group may only be able to attend for 2 days a week.

We will implement a range of **protective measures** including increased cleaning, social distancing (where possible), reduced 'pinch points' (such as parents dropping children off at the start and end of day), and use of outdoor space (weather permitting). We will try hard to encourage social distancing but not at the detriment of a nurturing environment for young children. Having had children of critical workers and vulnerable children in school since the *lock down*, it is clear that it is almost impossible for children to remember to keep a 2m distance from peers and staff. This is particularly true for young children.

If one of the group develops symptoms, the whole group will need to self-isolate for 14 days. I understand that staff and pupils over 5, in all settings, will be eligible for testing if they become ill with coronavirus symptoms, as will members of their households.

Children who are shielding or living in a household which is shielding, should **not** attend school. Clinically vulnerable children, or children living with someone who is clinically vulnerable should follow the DfE's **protective measures guidance\***.

The government has asked schools to prioritise the youngest children in the first phases of wider opening. We will most likely start with Preschool and Reception. Once these children are settled we will extend this to Nursery, then Year 1 and Year 6.

The impact of these changes will be assessed closely. When the most up-to-date assessment of the risk posed by the virus indicates that it is appropriate to do so, more primary year groups will gradually return to school.

We sent out a survey (Google form) to parents/carers of children in Pre-school, Nursery, Reception, year 1 and year 6 to gain an idea of parents'/carers' intentions. Thank you to all those who have responded. You can still respond. I understand parents may be undecided but a **yes** or a **no** helps us to plan more effectively, knowing our numbers. We will plan with the definite yes children first.

**Parents will not be fined if their children do not attend school.**

**The decision and responsibility lies with parents in deciding if they want to send their child to school or not.**

Our intention is to be transparent about how we will manage risk and how your child(ren) will experience life in school. Young children cannot be expected to sit at a desk all day to learn and are likely to mix within their own group whilst playing indoors and outside.

Since some teachers will begin teaching again in school, they will not be available via Tapestry or the Google Classroom to support the learning of children at home, in the same way. They will post a weekly schedule of learning activities, to support parents in structuring learning at home but teachers of children in YN, YR, Y1 and Y6 will not be available on-line every morning because they will be in the classroom. The school will close for a day or an afternoon every week (most likely a Friday) for deep cleaning and for teachers to plan, prepare, assess and check in with children via Tapestry/Google Classrooms - setting up the next week's activities.

As this week continues, we will share more information about entrances and exits to school and start and collection times for each group as this will reduce the numbers of families arriving on the school site at the same time. Only 1 adult is allowed to bring their child(ren) to school. No adults other than school staff and essential workers will be allowed in the school building. All communication with staff should be via email or telephone.

If a child appears unwell at any time, they will be kept away from their peers until a parent comes to collect them. Staff will not attend if unwell.

I will keep in touch with you, as risk assessments and plans are completed.

\*Link to DfE guidance <https://www.gov.uk/government/publications/coronavirus-covid-19-implementing-protective-measures-in-education-and-childcare-settings/coronavirus-covid-19-implementing-protective-measures-in-education-and-childcare-settings>

## A HUGE THANK YOU

Please may I take this opportunity to thank all of you who have been supporting your children's learning at home. You have been **AMAZING!** It is no easy feat to motivate children to learn at home - the place where they typically relax and chill. In addition, many of you are working from home and juggling working and teaching.

I hope we have managed to convey the message that whatever you are able to manage, we are happy with.

A **HUGE** appreciation too for all of our critical workers who have had to face some fears and go out to work each day. Many have been front line workers: ambulance drivers, nurses, shop workers, bus drivers, social workers, delivery drivers, teaching staff etc. etc.

Finally a **HUGE** well done to our children. We have been so impressed with your commitment to learning and some very impressive learning too, including cooking, a class Talk for Writing book, raps, mapwork, VE day decorations, videos and powerpoint presentations ... to mention a few!

We know the technology has been difficult for some families and we are looking at ways we can help a few families until the end of term if their children will be continuing to work from home.



### HALF TERM

We break up for half term on **Friday 22<sup>nd</sup> May**.  
The school will be closed for half term.

### END OF SUMMER TERM

The last day of the summer term is **17<sup>th</sup> July**.  
The school is due to return on  
**Thursday 3<sup>rd</sup> September**

### MESSY CHURCH

Dear Messy Church community

We are missing you all and hope you are keeping safe and well.

While we're unable to meet up we're continuing to post regular activities and children's services on our Messy Church Facebook Page:

[https://www.facebook.com/bwmessychurch/?modal=admin\\_todo\\_tour](https://www.facebook.com/bwmessychurch/?modal=admin_todo_tour)

Please check out our latest service to enjoy a Bible story, a couple of action songs and a prayer activity.

Every blessing, Anne

**Messy Church is a joint venture between Wormley School and the Parish of Broxbourne and Wormley.**



### VIRTUAL SPORTS DAY

This years' Sports Day will be held on **Friday 22<sup>nd</sup> May**. Since we are unable to have a traditional Sports Day, Miss Dunn has planned a Sports Day that families can take part in instead. This includes many different activities that children can do indoors or outside.

They will have 'Bingo Cards' to record the activities they complete and they will be able to win points for their Houses.

All this information will be posted in the children's Google Classroom.

We hope you enjoy the offline day of activities.



Fingers crossed as always for good weather!

## MENTAL HEALTH WEEEK

This week is national Mental Health Awareness Week

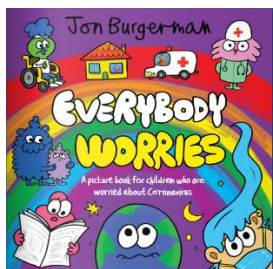
We would like to signpost you to the following:

<https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/>

and for adults

<https://www.nhs.uk/oneyou/every-mind-matters>

We know how much this pandemic can either cause or accentuate any mental health and well-being concerns. HABS website signposts support for families throughout the year <http://habsfamily.co.uk/>



## VALUE OF THE MONTH IS KINDNESS

"She opens her mouth with wisdom, and the teaching of kindness is on her tongue." Proverbs 21:36

Kindness is the theme for Mental Health Awareness Week 2020 so we have made Kindness our value of the month.

### Why kindness?

"Kindness has the ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive."

(Marc Rowland - Mental Health Organisation)

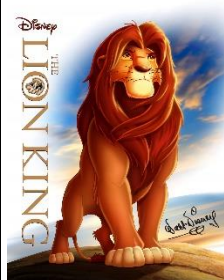
It is very worthwhile to focus on the power and potential of Kindness - we have seen so much of it over the past few months whether it be the thousands of volunteers preparing and delivering food to NHS workers and vulnerable people, care workers living away from family to keep patients and family members safe, machinists making 'scrubs' for nurses, paintings of rainbows by children displayed in windows, Uncle Tom walking with his Zimmer frame to raise funds for the NHS, the 8 o'clock clap for critical workers, the staff of supermarkets handing out ice creams/umbrellas to queuing customers, neighbours shopping for one another, HABS team shopping for essential baby items, Mrs Harris delivering packed lunches and food boxes to families in crisis ...and so much more.

Research shows that protecting our mental health is going to be central to us coping with and recovering from the coronavirus pandemic - with the psychological and social impacts likely to outlast the physical symptoms of the virus.

We are asking that everyone commits to one act of Kindness this week.

"A man who is kind benefits himself, but a cruel man hurts himself."

Proverbs 11:17



## Y5 THEATRE TRIP TO LION KING

Unfortunately, we have had to postpone our trip to the Lion King - sorry year 5.

We will find a trip for you next year.



## FREE SCHOOL MEALS

There will be no free meals or vouchers during half term but this support will resume after the break.

Please continue to phone in your orders as usual.

## GEOGRAPHY TERM

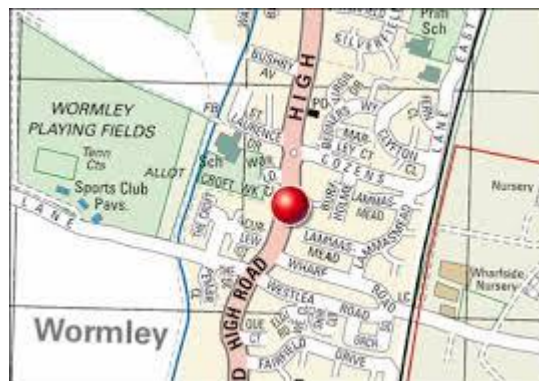
The half term has been our school's geography focus. Thanks to our Geography Leads, we have been able to suggest lots of geography learning activities for World Geography and local geography. The national curriculum aims to develop children's geographical skills and experiences of fieldwork.

KS1 children should be able to:

- Use simple compass directions (North, South, East and West) and locational and directional language, eg. near and far/left and right to describe the location of features and routes on a map
- Use simple fieldwork and observational skills to study the geography of their school and its grounds and the key human and physical features of its surrounding environment.

KS2 children should be able to:

- Use the eight points of a compass, four and six-figure grid references, symbols and key (including the use of Ordnance Survey maps)
- Use fieldwork to observe, measure, record and present the human and physical features in the local area using a range of methods, including sketch maps, plans and graphs, and digital technologies.



We know lots of families have been going on daily walks around their local area and it is easy to spot all the different features such as the river, the railway line, shops, woods, parks, housing areas etc.

Compass apps can be downloaded on phones and treasure hunt apps too which can be fun for all the family.



### Huntzz - Treasure Hunts

Huntzz Ltd Travel & Local Education

PEGI 3 Family Friendly

Offers in-app purchases

You don't have any devices.

Add to wishlist

### OFFICE POST BOX



Please note, there will be a post box located just inside the school gates for your convenience. You may drop off forms, letters and money as the box is securely locked.

### DT WEEK AFTER HALF TERM

In our last half term of the year, we have planned a DT Week with lots of choices including a *Bake Off Challenge*.

There will be something for everyone - with some challenges

needing only basic resources.



### GUIDE TO TAX DEBT AND MENTAL HEALTH

Please find this signpost <https://www.riftrfunds.co.uk/tax-refunds/uk-tax-refund-advice/tax-debt-and-mental-health/> to helpful information such as:

- Understanding the impact of debt to mental health - the different kinds of debt (e.g. tax debt) and how they can be a key source of stress, depression, and anxiety if not planned and managed properly.
- Advice for dealing with debt such as setting up a Debt Management Plan or an Individual Voluntary Arrangement (IVA), qualifying for a Debt Relief Order (DRO), or even filing bankruptcy to get some protection and keep life essentials like pension savings safe from creditors.
- What to do if debt problems begin affecting your mental health. This includes recognising the symptoms and early warning signs of mental health problems associated with debt as well as advice on where to turn to for help and support.
- Other useful information and resources, including debt charities and organisations that are dedicated to helping people conquer their debt problems.

## Keep Calm and Carry on Tips for Surviving Lockdown!



- Take one day at a time!
- Try to keep some structure and routine - you could design/ develop a timetable of school work and leisure time
- Spend some time outside if you can (if you live in a flat with a shared communal space then try to make a rota with other residents so you can follow the social distancing advice)
- Go for a walk - remember to stay at least 2 meters away from others
- Try to exercise daily - use online exercise workouts
- Listen to music/ radio
- Do something creative - draw, act, sing, design, cook, etc
- Talk to someone/ stay connected - friends, family, professionals, helplines
- Use all the wonders of technology to communicate - Facetime, Skype, Zoom, Text, Email, Whats app, Facebook, Instagram, Twitter etc
- Build networks of support in your local community - start What's App groups so support can be offered to neighbours when needed
- Practice breathing to reduce stress and anxiety - breathe in through your nose and out through your mouth (it's helpful to do it to a count of 5/7)
- Try Mindfulness - there are numerous apps - Calm, Headspace, Breathe etc. Mindfulness helps you to stay present/ in the moment and gives your brain a break from the stresses of everyday life
- Practice self-care - do things that help you to feel calm and nurtured e.g. have a bath or shower, have a treat, watch your favourite TV programme, read a magazine etc
- Write a journal - this can help to get your thoughts and feelings down on paper but also how amazing would it be in the future to have these weeks/ months documented?!
- If emotions/ behaviours escalate use the STOP system - **Stop**, **T**ake a step back (or remove yourself), **O**bserve (think about) what is happening and why, **P**roblem solve and positive actions - teach this to your kids too!
- Use problem solving skills e.g. what could we do next time, how can we make things better? Stay calm and talk things through
- Focus on the things you can control (e.g. we can't control whether the virus exists but we can lessen the risk of contracting it by following the government guidelines)
- Try to practice positive thinking - the way you think about a situation has an effect on your feelings and behaviour so try to focus on the positives e.g. spending time with the people you love, enjoying the sunshine, slowing down the pace of life etc
- Use praise and rewards with kids rather than punishment
- Designate areas of the flat/ house that each person can go to when they need space/ time out
- Share the load - get the kids to help with easy jobs e.g. recycling, washing up/ emptying the dishwasher, polishing, vacuuming etc
- Plan meals to utilise the food you have most effectively
- Have regular family meetings to see how everyone is doing and to discuss any issues
- Choose your battles - the next few weeks are going to be challenging at times so try to stay relaxed and don't put too many rules in place
- Allow time to watch TV/ Films or play on PS/ Xbox etc
- Make a list of all the activities you can do individually and as a family so the children can choose from the list each day
- Have a spring clean and declutter the house
- Try to distance yourself and your children from the endless media coverage of Covid 19 - it can be overwhelming to hear constant updates/ statistics etc
- Keep things in perspective - this is a serious and stressful situation but the vast majority of people will stay well or recover fully
- Plan something special to look forward to once life is back to normal - you could write a family bucket list?

- Most importantly, take care of yourself and the people around you and keep as positive as you can - focus on what you have/ can do and not on what you have lost/ can't do. We will get through this and we might even come out of it with a different and better perspective on life! Keep well and stay safe!

### **A PRAYER FOR ALL OUR FAMILIES**

We miss our community but please know that you are all in our daily prayers.

Keep us, good Lord,  
under the shadow of your mercy.  
Sustain and support the anxious,  
be with those who care for the sick,  
and lift up all who are brought low;  
that we may find comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord.  
Amen.



**TAKE CARE - 'TIL WE MEET AGAIN**