



Linchfield Community Primary School

Newsletter

4th December 2020



Dear Families

Well I can't quite believe we only have two weeks until our Christmas break! The children have been busy making decorations, designing cards and rehearsing for their Christmas performances (year 5 have even got their naughty elf to keep under control!) It's certainly starting to feel very festive. Considering the restrictions we are living with, we really have fitted so much into this term. Children, parents and staff have all worked so well together adjusting to our new routines and learning styles. I would like to thank you all once again for your continued understanding and support. It really has made this challenging time so much easier.

Enjoy your weekend!

Mrs S Ratchford and the Staff at Linchfield

School Information

<u>email</u>	<u>Website</u>	<u>Social Media</u>	
enquiries@linchfield.lincs.sch.uk	http://www.linchfield.lincs.sch.uk	 @linchfield_cit	 https://www.facebook.com/Linchfield-Community-Primary-School-103768004798801
If you have any enquiries about school contact us by emailing and add 'For the attention of' The office or staff will endeavour to email back a reply and answer any questions as soon as they can.	The school website will keep you up to date with all relevant school information	We will be using our social media pages to update you on anything exciting your children have been doing in school over the week. Please take a look to see what we have been up to at school.	

Drug Awareness

On Monday next week, Year 6 will be welcoming the Young Persons School Worker into their classrooms to educate the children about drug awareness. This is an important opportunity for the children and forms part of their PHSE curriculum.

Summer Term Assessment

This week the Government has outlined their plans for Primary Assessments in 2021

These measures are to help understand pupils' lost time in education and support those that need it most given the constraints of the pandemic on schools.

In summary:

Year 1 Phonics:

- The Year 1 phonics screening check will remain but it can be administered over a three- week period (not a one -week period with a week for those absent), the dates being **7th - 25th June 2021**

KS1

- KS1 SATs will be suspended for 2021
- Teacher assessment at KS1 for Reading, Writing and Maths will still remain.

KS2

- Teacher assessment for KS2 writing will still remain.
- KS2 SATs will go ahead but over a two- week period (rather than a one- week period), the dates being **11th - 25th May 2021**.
- There will be a flexible approach to testing (details should be in the Assessment and Reporting Arrangements, when published), which is **likely** to mean that the rigidity of timetable for administration will be removed.

As the government wishes to see a picture of how the pandemic is impacting on learning, moderation is still expected to continue.

Christmas Party / Jumper Day



Christmas Party Day is almost here!

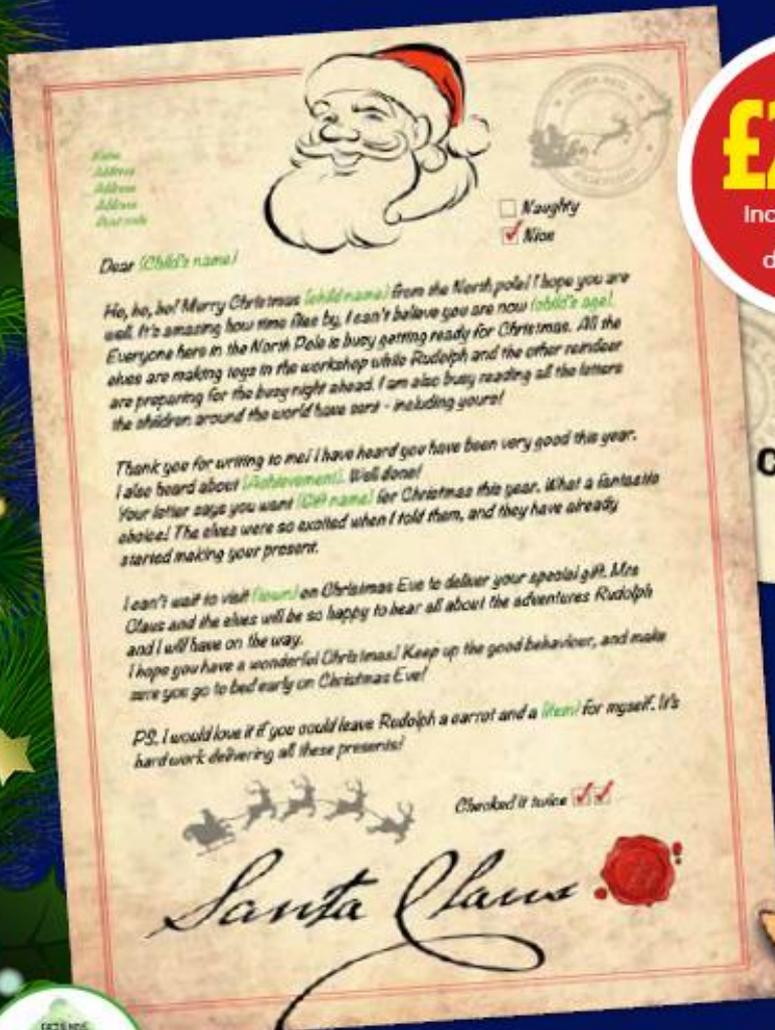
This is a festive reminder that Christmas Party Day will be taking place on **11.12.20** at **Linchfield School**.

On the day, don't forget to bring in your favourite party food for your lunch, don your favourite festive jumper (no school uniform) and bring some cash to help spread some cheer for people affected by dementia.

Anything you can spare could change the world for someone affected by dementia. As little as £2 could pay for a DNA replicator used by scientists to investigate the cause of dementia and keep searching for a cure.

More amazing fundraising ideas from FLS

PERSONALISED LETTER FROM SANTA



£2.50

Includes letter
and tree
decoration



Well, it really has been a year like no other but one thing is for certain -
Santa Claus is coming to town!

Our children have coped remarkably well in what has been a very difficult year and they all deserve some fun and to enjoy the upcoming festivities. The icing on the Christmas cake would surely be a letter from the Big Man himself!

You can arrange for a personalised letter from Santa Claus and a Christmas decoration to be delivered to your child/ children whilst also supporting the fundraising efforts of the FLS on behalf of Linchfield School.

To place an order go to <https://www.pta-events.com/fls-linchfield>

Closing date for orders is 9th December

Letters will be hand delivered between 17th-19th December

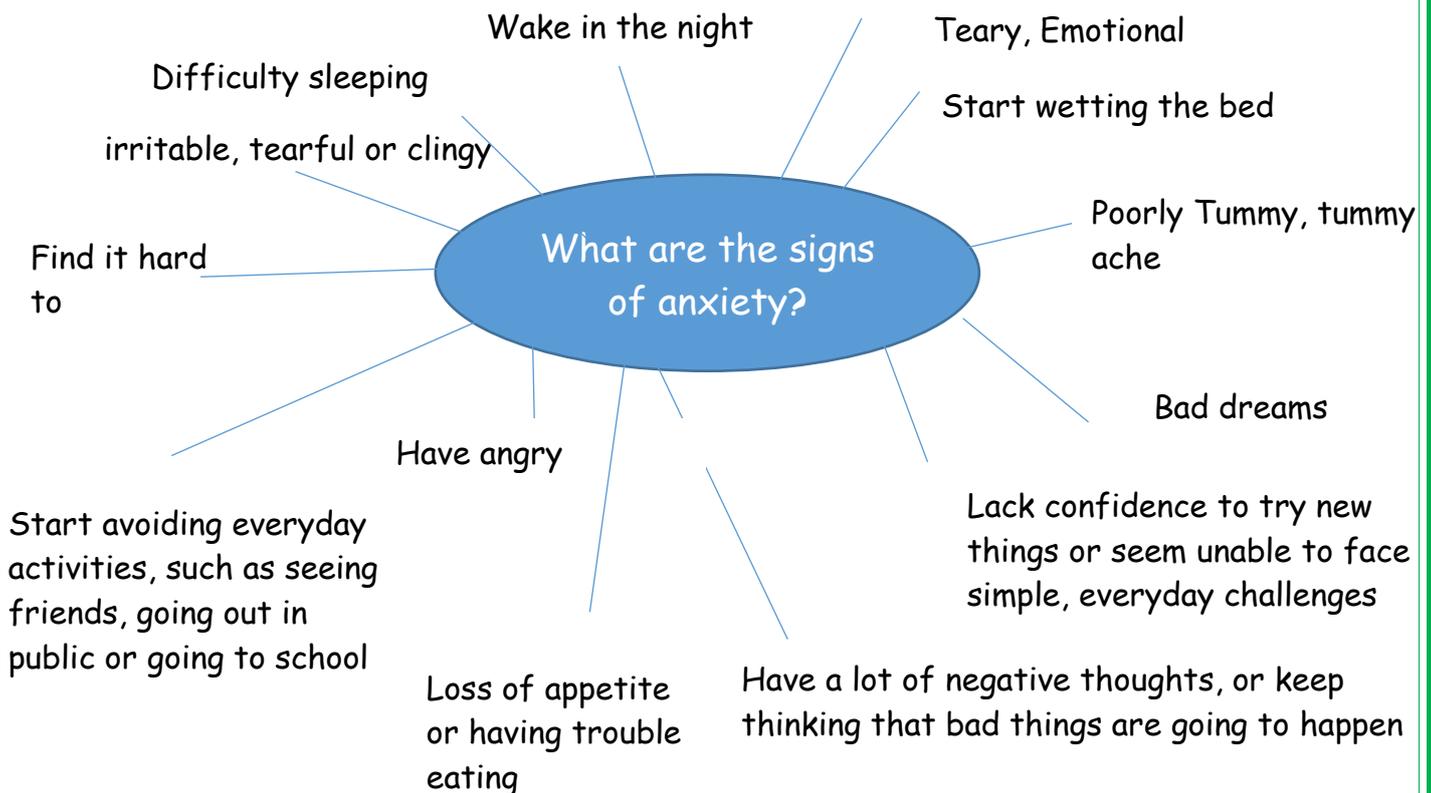


Hello!

Its me Mrs Roberts,

I hope you are finding my weekly information helpful? Please let me know by sending an email to enquiries@linchfield-cit.co.uk if there is anything particular you would like me to cover!

This week I thought it would be good to cover something that I am seeing increasingly happening to children and it can be really tricky to manage. Just like adults, children and young people feel worried and anxious at times.



REMEMBER FEELING WORRIED OR ANXIOUS IS A NORMAL FEELING AND WE WILL ALL EXPERIENCE IT AT DIFFERENT TIMES IN OUR LIVES FOR DIFFERENT REASONS ITS HOW WE MANAGE AND CONTROL IT THAT IS KEY!

So lets have a look at how we can help....
AND REMEMBER WE NEED TO WORK THROUGH IT NOT RUN AWAY FROM IT

1. First and foremost, it's important to talk to your child about their anxiety or worries. Reassure them and show them you understand how they feel.
2. Teach your child to recognise signs of anxiety in themselves, is it their tummy that's hurting? Reassure them its not because they are poorly it's a worried tummy and it will go away.
3. Encourage your child to manage their anxiety and ask for help when they need it, this is key! The worst thing to do is avoid what is making them anxious as it doesn't teach them to manage the feeling it teaches them to run away from it.
4. Come up with a plan, small steps towards achieving what it making them anxious.
5. Children find routines reassuring, so try to stick to regular daily routines where possible or create a new routine to help them manage.
6. If your child is anxious because of distressing events, such as a bereavement or separation, look for books or films that will help them to understand their feelings
7. If you know a change, such as a house move, is coming up, prepare your child by talking to them about what is going to happen and why it is happening (find the positives).
8. Try not to become overprotective or anxious yourself but don't ignore how they feel, it's a fine line!
9. Practice simple relaxation techniques with your child, such as taking 3 deep, slow breaths, breathing in for a count of 3 and out for 3. You'll find more guidance for helping children with anxiety at the end of this page.
10. Distraction can be helpful for young children. For example, if they are anxious about going to nursery, play games on the way there, such as seeing who can spot the most red cars.
11. Turn an empty tissue box into a "worry" box. Get your child to write about or draw their worries and "post" them into the box. Then you can sort through the box together at the end of the day or week. You'll find sometimes they are no longer a worry once they have been written down!

When should you get help?

If your child's anxiety is severe, persists, and interferes with their everyday life, it's a good idea to get some help.

It's a good idea to talk to their school for advice and support also contact your GP.

Parents and carers can get help and advice about children's mental health from Young Minds' free parent helpline on 0808 802 5544, from Monday to Friday, 9.30am to 4pm. <https://youngminds.org.uk/find-help/conditions/anxiety/>

Further support can be found through accessing

https://lincolnshire.fsd.org.uk/kb5/lincs/fsd/family.page?familychannel=2_9_9