

Be Kind to Yourself

For any parents who missed my email at the end of last week, please take care of yourselves. We are in the midst of a global pandemic and you are not going to be able to juggle everything perfectly at present when trying to home school, work from home and look after your families. All you can do is your best effort to manage this situation. If something is not working leave it, try something else. Go for a walk, come and pick up a skipping rope, find something to laugh about together! Tomorrow is another day! When things aren't so good out there... make inside feel better. The NHS' Every Mind Matters website includes a COVID-19 hub, as well as practical tips and videos from experts on dealing with stress and anxiety, boosting your mood, sleeping better and what you can do to help others – including advice for parents and for children and young people.

Children's Mental Health Week

Next week is Children's Mental Health Week and the theme this year is Express Yourself. Self-expression is about communicating our individuality. This can be through words, clothing and hairstyle, or through art forms such as writing, drawing, music and dance. More information about this will be shared through your child's Google Classroom so keep an eye out. On Friday 5th February we will be having a Dress to Express Day in school so if your child is attending school on that day they can wear their home clothes.

Skipping Rope Challenge

The #DevonVirtualGames has an exciting opportunity for all the family to get involved in a skipping challenge. There will be a choice of a Gold, Silver or Bronze challenge that consist of different elements like Single Bounce, Double Bounce, Run, Slalom skip and Speed Skipping to complete in sequence. If you are not sure what these are, head over to #DevonVirtualGames Skipping Tutorials at https://www.youtube.com/channel/UCc2o9VYIBVkWtI-2_QMdlZg/videos with Dan the Skipping Man to see more. He makes it simple and super easy to follow.

If you don't have a skipping rope at home, don't worry we have put some different sized ropes out for KS1 and KS2 just inside the park gate and you can collect one to take home. Alternatively you can click on the link below to receive a maximum of 2 free skipping ropes per family delivered direct to your door.

Skipping Challenge Rope Incentive Form

<https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.surveymonkey.co.uk%2f%2fDVGSkippingRopes&c=E,1,bBN1y2enNVwKsOHW3hBpPPrmekrg9qL3G02TyS5qpke7K6MY1g3eYssuzGRtIdW476xHLO7knWTX6yzhSurDde9XZi-e57PRQ6K-aw0DsfdJrEznIjwnEOEZA,,&typo=1>

The challenge opens on Monday 1st February and closes on Friday 26th March 2021. If you want to apply for ropes I would do it sooner rather than later because demand is high, and they may well run out! You will also receive an email with the full challenge details and how to record your results on our quick and easy survey monkey link to receive a certificate.

Additional Activities and Helpful Resources

A parent has asked me for ideas of any additional places to look for ideas to support learning at home. Here are a few that we have found so far.

CBeebies including Radio

Games, puzzles and radio

<https://www.bbc.co.uk/cbeebies>

PhonicsPlay

Lots of information for parents about phonics including: what exactly phonics is, how it is taught in UK schools and suggestions for helping pre-schoolers prepare for learning phonics. The subscription service is currently free.

<https://new.phonicsplay.co.uk/>

Boromi

While schools are closed, parents can sign up for free #dailyplay emails and receive a home based play activity each morning, using just bits and bobs from around the house.

<http://eepurl.com/gWfuJz>

Contact us: Telephone: 01884 820367 / 829463 **Website:** www.willand.devon.sch.uk **Email:** admin@willand.devon.sch.uk
governors@willand.devon.sch.uk lunches@willand.devon.sch.uk absence@willand.devon.sch.uk

Online Payments: <https://login.schoolgateway.com>

Book of Beasties

You can now download phase one of Book of Beasties FREE Home Learning Kit for teachers and parents stuck at home! Developed by fully qualified UK teachers, this pack covers a range of curriculum-based lessons including mental wellness based PSHE, English Literacy, Mathematics, Practical Science, Art and Physical Education. Sign up for free and download everything you need.

<https://www.bookofbeasties.com/for-parents>

BBC Primary live lessons

The BBC has put together a fantastic selection of programmes and videos to support your children, covering everything from literacy to fitness.

<https://www.bbc.co.uk/teach/live-lessons/primary-live-lessons/zmc9jhv>

The School Run

Information and worksheets and an email with daily tips. Free 14 day trial available.

<https://www.theschoolrun.com/>

P J Masks

PJ Masks have upload extra activity sheets and their apps are now free to access including Hero Academy which is a coding app for pre-schoolers.

https://www.pj_masks.co.uk/activities/

https://www.pj_masks.co.uk/apps/

DK Find Out

Fun activities, quizzes and interactive information across many different topics.

<https://www.dkfindout.com/uk>

National Geographic Kids

Fun free downloadable activities and online games and quizzes for kids.

<https://www.natgeokids.com/uk/>

Learning Resources

Learning Resources specialise in high-quality educational toys for children. Their educational team of experts have been working tirelessly to create these fun and engaging activity sheets for kids to keep them entertained and informed during lockdown.

<https://www.learningresources.co.uk/free-activity-sheets-for-kids>

Brain Pop

Animated videos on topics in maths, science and English

<https://www.brainpop.com/>

British Museum

It has created an interactive learning tool to allow you to visually explore history across the five continents through its artefacts; Asia, Africa, Americas, Europe and Oceania which goes from modern day all the way back to 2000 BC. Suitable for KS2 and above.

<https://britishmuseum.withgoogle.com/>

Lunch Menu for week commencing 1st February 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
West Country Sausages	Italian Bolognese	Roast Pork Apple Sauce Gravy	Chicken Curry Naan Bread Rice	Harry Ramsden Fish
Vegetarian Sausage	Vegetarian Omelette	Cheese & Onion Pasty	Macaroni Cheese	Vegetarian Bites
Creamed Potato or Pasta Baked Beans or Peas	Pasta Garlic bread Sweetcorn	Roast/Creamed Potatoes Fresh Carrots Gravy	Green Beans	Golden Fries or Pasta Seasonal Vegetables Tomato Sauce
Syrup Sponge & Custard	Lime Jelly & Pineapple	Ice Cream & Mandarins	Meringue Nest with Fruit and Cream	Iced Sponge

PASTA POTS with Italian tomato sauce or cheese every day except Wednesday

Keep safe and keep well



Headteacher

Contact us: Telephone: 01884 820367 / 829463 Website: www.willand.devon.sch.uk Email: admin@willand.devon.sch.uk
governors@willand.devon.sch.uk lunches@willand.devon.sch.uk absence@willand.devon.sch.uk

Online Payments: <https://login.schoolgateway.com>