

Stroud Valley Community School Newsletter



PLEASE LOOK AFTER YOURSELVES

Each week we will be putting a short, simple activity on here that may help you and your children, stop, take a moment and relax. It is important to take a moment each day away from everything to look after yourselves.



Mind Bubbles—blow your worries away!

1. Sit peacefully, with your back straight and body relaxed.
2. Imagine you are holding a bubble wand.
3. Breathe in deeply, then breathe out slowly as if you are blowing a bubble through the wand.
4. Breathe in again and imagine your worry and what it looks like.
5. Breathe out and blow your worry through your bubble wand. Imagine it forming a bubble.
6. Imagine the bubble pops and disappears!
7. Keep blowing out any worries until you feel ready to go on with your day.

Learning at Home



WEBSITE OF THE WEEK

<https://www.bbc.co.uk/bitesize/dailylessons>

The BBC are providing lessons full of videos, quizzes and practice activities to help you keep on track when learning at home. Pick your year and subject to get started!

15th January 2021
School and Governor
Contact
(01453 764400)
Parentline Plus Helpline
(0808 800 2222)
School Nurse Contact
(0300 421 8959)
www.stroudvalleyschool.co.uk

COVID-19

Please help to keep everybody safe by following the government guidelines.

We appreciate that these are difficult times for everyone. The more people that adhere to the Covid safe behaviours the better it will be for everyone.

If your child is in school, please wear a mask when dropping off and collecting.

The medical advice is clear you must self-isolate if you have coronavirus symptoms or live in the same household as somebody who does.



HOME LEARNING

First and most importantly, congratulations on surviving the last ten days of home learning!

We recognise that this is a difficult time and you are juggling many tasks that are easier done when your children are in school.

We are using a variety of resources to support your child's learning, pre-recorded lessons from Oak Academy, teacher YouTube channel input and as of next week 'Purple Mash'. Purple Mash is a creative online space which aims to inspire creative learning both at school and at home.

If you are struggling to understand a concept please visit [Home - Oak National Academy \(thenational.academy\)](https://www.thenational.academy)

There you will find many explanatory lessons for parents and children.

If you are unable to find the explanation you need please let us know through stroud@stroudvalley.gloucs.sch.uk

and we will aim to either:
publish a power point with a voice over
record an explanation which we can upload onto our YouTube channel

These will then be there for you to return to over and over to help.

The skill of teaching is to adapt explanations as children develop their understanding and work at their pace.

MARLING SCHOOL - VIRTUAL OPEN EVENING

On the evening of **Wednesday 20 January 2021**, Marling School is holding a virtual open evening. This is predominately aimed at Year 4 and Year 5 (i.e. those that have not yet sat the grammar schools' entrance test). You will hear a live presentation from the Executive Headteacher, Dr Stuart Wilson and have the opportunity to view a new video of the school in action.

We will be running the event at both **5pm** and **6pm**. In order to register for this event please email SC@marling.school with your preferred time (please also indicate if you are able to do the alternative time if your preferred session is full) and you will receive a zoom link for the evening.