

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, relax and focus. It is important to take a moment each day away from everything to look after yourselves.



Focus—Boost your brain power!

1. Stand or sit with your feet touching the floor. Hold your hands close in front of your chest palms facing each other.
2. Try to tap one foot up and down and count to five. While you are tapping, try to wiggle the fingers of your hand on the opposite side.
3. Switch sides. Tap your other foot and count to five. Wiggle the fingers of your hand on the other side.
4. Switch back and forth as many times as you can. If you make a mistake, laugh out loud and start again.

This wakes up your brain because you are doing two different things at once, on opposite sides of your body. To make it a bit harder, add a wink and try and do it all getting faster and faster!

Learning at Home



WEBSITE OF THE WEEK:

9 FUN IDEAS FOR FAMILY WINTER WALKS

<https://www.woodlandtrust.org.uk/blog/2020/12/fun-ideas-for-family-winter-walks/>

Getting out in the fresh air on a crisp winter's day is so invigorating. But we know it's not always easy to convince youngsters to embrace the cold weather. So, here are some of our favourite winter activities to liven up your family walks and help you enjoy some quality time together.

22nd 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.



REGULAR COVID TESTING FOR PRIMARY SCHOOL STAFF

From next week the government are introducing regular home testing (lateral flow tests) for all primary school staff.

The aim is to detect asymptomatic cases and therefore reduce transmission of the virus.

Staff will be testing twice weekly.

If any member of our staff tests positive for the virus, the class group will have to close and all members self-isolate for 10 days.

We will inform you by text if this happens as soon as the test result proves positive.

We understand that this may cause even more challenges for you and we are working to keep the virus out of school through keeping numbers of children in school to a minimum and the number of each group low. We are also being careful about the close contact we have between adults in school and masks are worn at all times in communal areas.

MICROSOFT TEAMS UPDATE

Our teaching staff have now taken part in the Microsoft Teams training that has been organised by the DFE. We are still awaiting the final transfer of information from our management information system which will enable us to set up classes and groups. We are as I'm sure you are, very keen to start to use Teams as one of the ways we are interacting with your children during lockdown. Our next steps will involve a staff meeting next week on Wednesday 27th January as to how we as a team will rollout live interaction with your children - fingers crossed the technical team will have our school up and running as soon as possible.