

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.



Set up your day—rooted like a tree

1. Stand with your feet together and your arms by your sides. Keep your eyes open.
2. Imagine tree roots growing from the bottoms of your feet down into the earth. Feel connected to the ground.
3. Slowly lift one foot and press the bottom of it against the ankle of your other leg.
4. Clasp your hands together in front of you. Lift your clasped hands over your head.
5. Balance and relax into the position and smile. You are rooted like a tree.
6. Lower your arms and try balancing on the other foot.

If you wobble, that's okay—trees sway in the wind, but roots keep them balanced and steady all day.

Learning at Home



WEBSITE OF THE WEEK:

<https://www.bbc.co.uk/teach/supermovers>



Fun curriculum linked resources to get your child moving while they learn!

29th 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.



CONGRATULATIONS!

Congratulations to Miss Kelly from Aventurine class who will be expecting her first baby—a little girl—in June.

FEBRUARY HALF TERM

February **half term** will be from Monday 15th -Friday 19th February. The school will be closed to everyone—we will not be open for Key workers or vulnerable children.

Please also note that Monday 22nd is an **Inset day** and therefore no children will be attending until Tuesday 23rd February.

TEAMS/LIVE SOCIAL MEETINGS

The teaching staff have had their initial training from RM Unify and are now working hard to finalise the set up for live interactions to begin. As developments occur updates will appear on the front page of the website. If we have not got an email for you on the system we will be texting you to ask you to email office@stroudvalley.gloucs.sch.uk with your current working email address. If you don't receive a text or a 'test' email from office@stroudvalley.gloucs.sch.uk please email the office by Monday 1st February so that we can add you.

REGULAR COVID TESTING FOR PRIMARY SCHOOL STAFF

This week, our staff have started to use the lateral flow tests. Staff will be testing twice weekly. The aim is to detect asymptomatic cases and therefore reduce transmission of the virus.

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.