

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.



Shake to wake!

1. Stand still like a statue. Breathe in and hold your breath.
 2. Breathe out slowly, as you breathe out shake your arms. Shake them high, shake them low.
 3. Shake out your legs, shake them this way, shake them that way—the sillier you look the better!
 4. Shake your body until it's loose. Shake it all about! You should be refreshed and ready to start your day.
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Learning at Home



WEBSITE OF THE WEEK:



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



THE GOOD ENERGY MOVEMENT!

GoNoodle engages and inspires millions of children every month to channel their boundless energy-getting them up, moving and having fun! You can click on the website link above or search for them on YouTube to join in.

5th February 2021
School and Governor
Contact
(01453 764400)
Parentline Plus Helpline
(0808 800 2222)
School Nurse Contact
(0300 421 8959)
www.stroudvalleyschool.co.uk

Dates for your diary

	February
22nd	INSET DAY
	June
9th	Y6 Visits to Archway

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.



SVCS ORCHARD & ALLOTTMENT

Mr Ward has been busy preparing for us to have an allotment and small orchard. We have planted 8 trees (2 kindly donated by Tesco) including apple trees, pear trees, plum and cherry trees.

To help us set up our small allotment we are asking if people are able to donate any of the following items:

- 2 water butts
- Round drainpipe water butt connector kits
- Border forks, spades, trowels, hoes and rakes
- Small flexi trugs/tubs

Seeds: potato, leek, sweetcorn, broad beans, peas and runner beans.

We are excited about this project and hope all the children will enjoy looking after it once we are all allowed back in.

If you are able to donate, please call or email the office and we can arrange a suitable time to drop off.

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.

PARKING PERMITS

We are aware that the current parking permits for Parliament Street car park are out of date. We are awaiting new ones to be sent from the council. Parents that have children in school can continue to use the current permits with out being fined until we are issued with the new ones.

TEAMS UPDATE

As you are aware, we are experiencing some login issues with Teams. We are currently working hard with RM Unify to rectify the problems. Please check our website for updates over the weekend.

A FREE ONLINE SAFETY GUIDE ON SUPPORTING CHILDREN TO EXPRESS THEMSELVES SAFELY ONLINE

The past year has left many children feeling uncertain and worried. So this year's Children's Mental Health Week has adopted the theme of 'express yourself'. It's not necessarily about being the best - but encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama, or dance, this [link](#) gives you top tips for helping your child to express themselves safely online. While you are on our online safety page please have a read of other useful guides.