



Kindness, Thankfulness, Perseverance

The snow last weekend certainly bought a welcome distraction during this lockdown and the children were excited to share their news of sledging and snowman building during the live calls on Monday.

Well done to everyone who has managed to log onto our live calls. They are an important part of each school day where the children can be part of a whole class again; seeing friends and staff as well as sharing news and learning. I have certainly enjoyed seeing lots of the children and parents over the live lessons I've led this week.

Next week, it is Children's Mental Health Week and on Thursday 4th February it is a national 'Time to Talk' day encouraging dialogue as part of all of our well-being. Throughout the week the teachers will be setting challenges and activities to promote well-being. During tough times it is important to take time to talk – the mental health and well-being of our whole community is our priority. On Wednesday we will be having our first "Well-being Wednesday" - a day to take time out from the demands of the home learning curriculum, limiting screen time.

Following the questions about school reopening last week, we now have a date. The earliest date school will reopen is 8th March. As yet we have no further details to share about what this reopening plan will look like. We appreciate that this news may have come as a shock to some of you. We understand how challenging this time is for everyone in so many different ways. We want to say WELL DONE! You are all doing a fabulous job home educating your children. Please don't be hard on yourself – if your child has had a few late nights, played too much on the Xbox and not finished all their school work...that is OK! This has been life in the "Farndale" house this week! The main thing is that the children are feeling safe, loved and cared for. We know we have high expectations here at St George's and a great deal of work is being set by the staff each week. All we ask is that you do your best and keep in touch with us. Please do not let schoolwork put any extra pressure on you when you are trying to hold down jobs, earn a living and keep your child safe. If you are finding things particularly tricky or home is becoming a battleground about work, please don't suffer in silence. Get in touch with us in school, your child's class teacher is the best person to start with, and we will help in any way we can.

Please remember if you need any support....a chat and a virtual cuppa..... or even a cry we are here!

Critical Workers - School Places during Lockdown

I know from speaking to parents that you are becoming aware that schools are struggling to cope with the number of key worker children wanting to attend. We are so grateful to those parents who have adjusted their work schedules to keep their child at home whenever possible, which then results in a safer school community.

We ask you to consider the following:

- Can the parents' specific key worker role be carried out at home? If so, children should be kept at home.
- Every child who can be safely cared for at home should be.
- Although only one parent needs to be a key worker to be considered for a place at school, if a child can stay at home, they should.

If you no longer need the place allocated to you next week, please email office@bourton.dorset.sch.uk. to let us know that your child/children will not be attending. We do understand the challenges working at home presents.

Story telling Competition results

We were all so impressed with the entries to our Storytelling Competition. It was lovely to see so many families getting involved together.

After a long and very difficult debate, we are delighted to announce that the winners of the competition are: Ruby and Dexter Doolan for their fabulous retelling of Oliver Twist and The Wizard of Oz which included the whole family and pet dog. We will get your prizes sent out to you.

Thank you to everyone who entered you have all earned extra House points for your House.

Sandways: 230

Queen Oak: 50

Chaffeymoor: 30

Weekly challenge



St George's School Virtual Bake Off Competition



As part of our Wellbeing week next week we are challenging you all to take part in our St George's Bake Off Competition.

The challenge if you choose to accept it is to bake the most delicious bake you can which represents St George's School.

You could think about our school emblem, our class names or things you would find in school- the choice is yours.

It is up to you what you choose to bake: cakes, biscuits, or bread.

Then send us a photo of your finished bake before you enjoy the best part of the Bake off competition – eating your entry!

We are offering 10 house points to every child who enters and an additional 10 points for every family member who bakes along too. Staff will also get 10 house points.



There will be a prize for the winning entry.

Upload your entries onto your class



Teams account or email office@bourton.dorset.sch.uk

Photo Entries need to be in by Thursday lunchtime

Winners will be announced in the Friday Newsletter

published on Friday 5th February



CORONAVIRUS ADVICE STAY AT HOME, STAY SAFE AND HELP THE NHS

Following the Government's announcement, the school will be closed until at least the 8th March. The single most important action we can all take, in fighting coronavirus, is to stay at home in order to protect the NHS and save lives. This means you should **NOT GO OUT AT ALL** except for essential reasons which are below.

You must not meet in groups of more than 2 people and should not let your children go and play in playgrounds or be out by themselves.

If you do go out, always stay at least 2 metres away from others.

The **ONLY** reason you should go out is for one of the following reasons:

1. Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible.
2. One form of exercise a day, for example a run, walk, or cycle - alone or with members of your household.
3. Any medical need, or to provide care or to help a vulnerable person.
4. Travelling to and from work, but only where this absolutely necessary and cannot be done from home.

Home Learning Resources:

Remember weekly paper home learning packs are available for collection if you need them. The teachers are also putting out boxes for reading book exchanges. The books are heading into quarantine before being loaned out to families. If the children have used up their home learning books and you would like a new one, please just let us know. If you are picking up your pack, and feeling a little low, let us know and we can come out to say hello - it will be a nice excuse to see you - we miss you!

Daily Live Online lesson Times via TEAMS

Class	Time
Hedgehogs	10:30am
Squirrels	9:30am
Badgers	1:30pm
Foxes	11:30am

Happy Birthday

Billy (10), Alex (9),
Charlotte (9)



Many Happy Returns

School Twitter

Page:

@StBourton



Emergency Closure Information:

As the weather is turning colder I thought I'd take this opportunity to share a reminder regarding our school closure procedure. Whilst we always try to avoid closing the school; in the event of heavy snow this may be unavoidable. A message will be put on the **HOME** page of our website and an email will be sent out to all parents.

Following Government Guidance School will **NOT** be open during February Half Term.

Coronavirus helpline for families

Helpline available for families worried about how their child is coping with the coronavirus crisis and lockdown.

Our Educational Psychology Service has set-up a helpline to support those who are worried about their child or teenager during the lockdown.

[Coronavirus helpline for parents and carers - Dorset Council news](#)

<https://news.dorsetcouncil.gov.uk/2021/01/12/coronavirus-helpline-for-parents-and-carers-2/>

Next week see's the start of Children's Mental Health Week. As a school we firmly believe in the importance of children and young people's mental health. Now more than ever when we are all apart it is crucial to help support our children in finding ways to express their emotions and feelings.

This year the theme is "Express yourself". The teachers will be giving suggestions and setting work linked to wellbeing activities throughout the week.

On Wednesday as a whole school whether at home or in school we are going to have our first **Well Being Wednesday!** This is an opportunity to step away from online remote learning, take a break from the screen and the demands of schoolwork – go for a walk, play in the garden, bake a cake, doodle, draw a picture, watch a movie, call a friend for a chat, make a den or snuggle up with your favourite book.

Send photos to you class teachers as we'd love to see photos of the things you choose to do on Wednesday to improve your well-being.

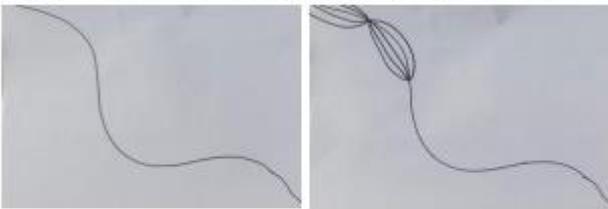


The benefits of Doodling

There is so much more to doodling than making marks on a piece of paper when you feel a bit bored. Did you know that doodling can make you feel less stressed, help with creativity, improve your memory and your concentration – Amazing!!

I have a fantastic technique to get you started. You don't have to be good at art. Anyone can do this.

1. Draw a line across your paper. Place a few dots wherever you want, then draw slightly curved lines joining the dots.



Work on staying calm – Spaghetti Breathing!

I want to tell you about a really great way to feel calm. First I want you lie on the floor and pretend you are stiff like uncooked spaghetti

Slowly take a deep breath in, holding your body all tight. As you slowly breathe out, start to go floppy like cooked spaghetti

Soft and relaxed!

Glitter Jars:

These are great for promoting calm, coping with worries, and are beautiful to look at! Watching the glitter fall to the bottom can give children time to calm down and relax when they are feeling anxious or overwhelmed. Why not have a go at making one at home.



Cosmic Yoga on YouTube has some great Yoga videos to watch and join in with.



Look at some of our amazing Lockdown Learning from this week: Fun in the Snow, making a model Parthenon, Shape finding, making rain makers and African inspired art.

