



Kindness, Thankfulness, Perseverance

It's hard to believe we are already in February and the end of the first Spring Term is nearly here.

This week has been Children's Mental Health Week and the children and staff have enjoyed lots of well-being activities throughout the week. We've had yoga, mindfulness colouring, games afternoons, positive thinking and time to talk. It's been lovely hearing the things the children have been getting up to at home, including woodland walks, den building, chatting with friends on the phone and plenty of baking. Thank you for the positive comments we have received about our Well Being Wednesday. We have decided this will be a regular feature each week from now on. The teachers will plan wellbeing activities and suggestions for the children to enjoy including some screen free time for every Wednesday afternoon. To support those parents working from home we will continue to set work for the morning however you do have the option to have a full Well Being Wednesday if you prefer.

We have also been overwhelmed by the number of entries we have received for our St George's Lockdown Bake Off Competition. We received over 50 entries and every single one of them look delicious. It was lovely to hear of families baking together and we are sure you all enjoyed eating what you had made.

We have created a display in school with all the photographs of the bakes entered. Please see the following pages for photos of all the entries. It was an extremely hard job judging and in the end the teachers voted, and chose three winners: Phoebe Smith, Laila and Joey, and The Travers Family. Congratulations we will get your prize sent out to you.

Have a lovely weekend everyone, stay safe.



Half Term: School will be **closed** to all children during the **February Half Term** (15th – 19th) including Key Worker Children.

We have a planned **INSET training day on 22nd February** so school will reopen to Key Worker and Vulnerable children on **Tuesday 23rd February** under the same partial opening system that we are operating at present.

Remote learning will start on Tuesday 23rd February.

Reminder: The Car Park is for Staff Use only.

If you are dropping children off for Key Worker Provision, please **DO NOT** use the car park. At the moment with social distancing lots of people are waiting to pick up in the car park so please help to keep our children safe.

Critical Workers - School Places during Lockdown

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.

A reminder:

- **If you are working from home the children should also be kept at home as per the guidance.**
- **Every child who can be safely cared for at home should be.**

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.

Emergency Closure Information:

With snowy weather forecast for the beginning of next week 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.



Free School Meal Vouchers

During the half-term break, our Free School Meal Children will continue to receive food vouchers. They will be issued by Wonde instead of Edenred—this will be for half term only and Edenred will resume for those children who are at home after half term.

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.

STAFF TESTING

Please be aware that our staff are taking twice weekly Covid-19 tests at home. If they receive a positive result on such a test, it will be necessary for us to take immediate action and may result in the closure of one of our bubbles. Obviously we are hoping this is not the case, but with the increase in testing and the knowledge that 1 in 3 people do not show symptoms, it's best to be well-prepared for such an event.

Daily Live Online lesson Times via TEAMS

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

Happy Birthday

James (6), William (5),

Niamh (5)

Phoebe P (9)



Many Happy Returns

School Twitter

Page:

@StBourton



WELLBEING IDEAS:

WELLBEING DURING LOCKDOWN

We understand how difficult times are at the moment, and thought the following links may be useful for you and your child:

<https://youngminds.org.uk/find-help/for-parents/supportingyour-child-during-the-coronavirus-pandemic/>

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

<https://www.livewelldorset.co.uk/articles/take-care-of-yourmental-wellbeing-during-lockdown/>

Dates for the Diary:

February Half Term:
Monday 15th - Friday
19th February

INSET day Monday
22nd February

Spring Term: Tuesday
23rd February –
Thursday 1st April
(School finishes at
13:15pm on
Thursday 1st April)

Summer Term:
Monday 19th April –
Thursday 27th May

INSET Day Friday
28th May

May Half Term:
Monday 31st May -
Friday 4th June

Dorset Healthcare Coronavirus helpline for families

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

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

The helpline number is: 01258 474036. It is open from Monday to Friday from 9am to 4.45pm. Callers need to ring and make an appointment for a 30 minute phone consultation.

Take time to reflect (celebrating resilience)

Make time each day for your child and the rest of your family to reflect on what went well. It is important to recognise your successes and the things you are grateful for, no matter how small. You can ask your child to start a diary where they write two or three things they have been proud about or are grateful for that day.

Mindful techniques can also help you focus on the present rather than dwelling on negative thoughts. Below are two mindful breathing exercises that you can do with your child:

Fiver Finger Breathing -

<https://www.youtube.com/watch?v=DSgOW879jjA>

Rainbow Breathing -

<https://www.youtube.com/watch?v=O29e4rRMrv4>

Places to go for support and advice:

This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family:

<https://www.nhs.uk/oneyou/every-mindmatters/>



The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website:

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-childrenfamilies-parents>



Young Minds – <https://youngminds.org.uk/>

Bumble Bee Breathing

Breathe in through the nose. Exhale slowly and in a controlled manner while making a deep, steady humming sound like that of the bumble bee. The humming sound should be smooth, even and continuous for the duration of the breath out.



St George's Lockdown Whole School Competition

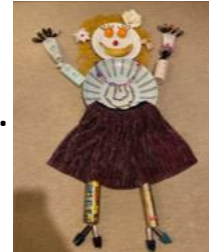
This week the challenge is to make a giant model of a person.

It could be your friend, teacher, or a family member. You need to use as many different items from around your home as you can to make your person.



Pen and paper are NOT needed for this challenge.

10 House Points for every entry.



Send your entries into the school office or upload onto TEAMS.

New School Hoodie

As the weather is getting colder and with Covid restrictions meaning classroom doors and windows are open we have added a school sports hoodie to the uniform list. The hoodie is part of our PE uniform and can also be worn during Covid in the classroom.

CRANBORNE CHASE AONB DARK SKIES FESTIVAL
STARFEST
15TH-20TH FEBRUARY 2021

ASTROTOURISM WORKSHOPS
KIDS ACTIVITIES
STORYTELLING
ASK AN ASTRONOMER
MAKE ME AN ASTRONAUT!
STARGAZING

For more information or to book onto an event, see the Cranborne Chase AONB Facebook page visit www.cranbornechase.org.uk or contact the office on: 01725 517417 | info@cranbornechase.org.uk

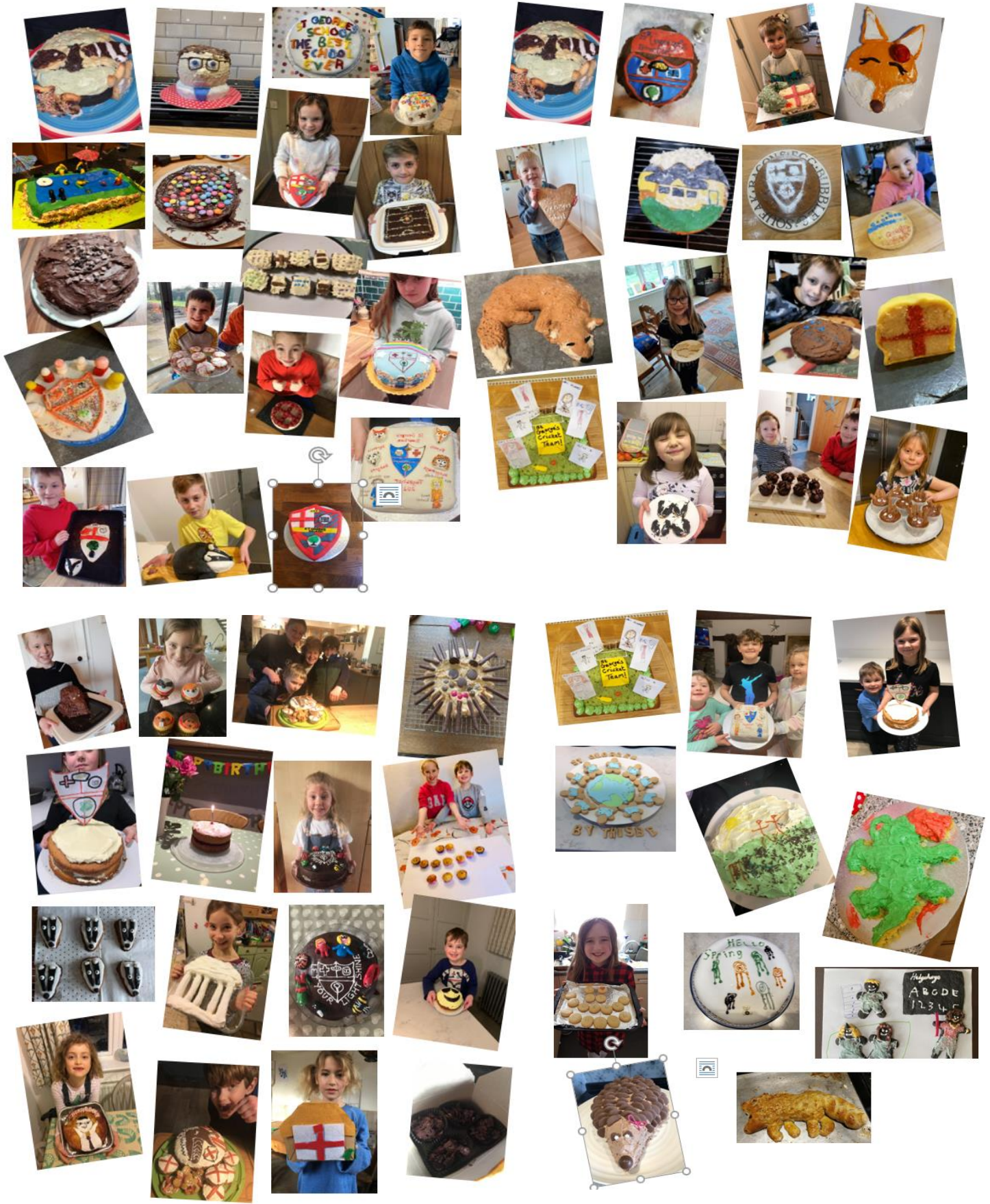
Well done to our Year 5/6 children who finished 2nd in the Sports Lockdown Challenge last week

KOBOCA

Year 5/6

#	School	Points	Verified
1	All Saints Primary School	500	✓
2	St. Georges School	496	✓
3	Stalbridge Primary School	494	✓
4	Gillingham Primary School	486	✓
5	St Mary's Catholic Primary School	466	✓
6	Motcombe CE Primary School	458	✓
7	St Mary the Virgin CE Primary School	434	✓
8	Stower Provost Community School	434	✓
9	Pimperne Primary CE VC School	330	✓

St George's Lockdown Bake Off Competition Entries



Bake off House points

Sandways: 230

Queen Oak: 250

Chaffeymoor: 220