



# Children's Mental Health Week

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*Newsletter 05/02/2021*

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## **Children's Mental Health Week 2021**

This week is **Children's Mental Health Week**.

This year's theme is ***Express Yourself***.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas.

In this document you will find a number of resources you can use this week as well as at any time to support you and your family with the mental health of your child.

Here are some tips to encourage your child to have the appropriate amount of sleep.



Resources from Children's Mental Health

You can find lots of tips for parents and activities to do with your children which is part of the Children's Mental Health Week website.

[Parents and Carers - Children's Mental Health Week 2021](#)

Super Mood Movers



[BBC Teach](#) > [Super Movers](#)

**This page contains ten new Super Mood Movers videos, created in partnership with Children in Need and the Premier League, to enhance the wellbeing of your class with irresistibly catchy songs and easy-to-follow dance routines.** These are free, fun, curriculum-linked videos featuring famous faces that will encourage your class to get active while they learn. Each video supports either the KS1 or KS2 PSHE curriculum, covering themes such as coping with feelings, respecting ourselves and others, and friends and family.

### **EYFS/KS1- Feeling Better**

A collection of clips presented by Dr Radha Moghil that explore a whole range of feelings and emotions, as well as providing talking points and tools to feel better.

[EYFS / KS1: Feeling Better - BBC Teach](#)

### **The Brain Lab- KS2**

A collection of short films on mindset and mindfulness. Five of the films introduce us to one of the five steps to wellbeing, with the sixth film 'The Brain House' using animation to look at what is happening inside our brain when we feel 'big' emotions.

[PSHE KS2: The Brain Lab - BBC Teach](#)

### **5 Minute Mindfulness**

5 Minute Mindfulness Series 31 Five Minute Mindfulness child friendly segments sharing 31 different strategies to use to explore #mindfulness.

[https://youtube.com/playlist?list=PLp3WNwYP2umKrBYZ9Wn7ViFp9fUazpy\\_f](https://youtube.com/playlist?list=PLp3WNwYP2umKrBYZ9Wn7ViFp9fUazpy_f)

## **Every Mind Matters- Parent Support from the NHS**



There are times when we all feel the strain. As parents and carers, there are ways we can support children and young people to give them the best chance to stay mentally healthy.

Some children and young people have enjoyed being off school, while others will have really struggled – with the coronavirus outbreak keeping them at home and away from friends. Others may be coming to terms with family problems, loss or changes to their living situation.

With nationwide and local restrictions being regularly reviewed, they may also have to deal with self-isolating because of an outbreak in school or another period of school closure, or have worries about getting or passing on the virus. It's still uncertain what further changes we all may face.

Feelings like these will gradually ease for most, but there are always steps you can take to support them emotionally and help them cope with problems they face.

There's support available if you feel you or they need it. (Click the Link)

[Children's mental health](#) | [Every Mind Matters](#) | [One You \(www.nhs.uk\)](#)

## NSPCC Support



[Mental health and parenting](#) | [NSPCC](#)

Coronavirus has changed lots of things about family life. And we know that some parents and carers might be worried about how to manage stress and changes to their daily routines. It's important to remember that everyone copes with change and stress in different ways. We've got some hints and tips you might find helpful.

# YOUNG MiNDS

fighting for young people's mental health

1 - <https://youngminds.org.uk/>

## Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.  
"I am angry."  
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.

Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

## February Half Term



### **Information received from the Department for Education:**

Schools will close as usual over February half-term and are not expected to remain open to vulnerable children and the children of critical workers during that week.

Schools do not need to provide lunch parcels or vouchers during the February half-term. There is wider government support in place to support families and children outside of term-time through the [Covid Winter Grant Scheme](#). The £170 million scheme is being run by local authorities in England, with at least 80% of the funding earmarked to support with food and essential utility costs and will cover the period to the end of March 2021. It will allow local authorities to directly help the hardest-hit families and individuals over the winter period. Local authorities have local ties and knowledge, making them best placed to identify and help those children and families most in need.

Hillingdon council are responsible for providing the Winter Grant Scheme. If you have any queries relating to the Winter Grant Scheme please contact: [wintergrant@hillingdon.gov.uk](mailto:wintergrant@hillingdon.gov.uk).



## Moments of Triumph TV



*2 - An example from earlier this year.*

During the first national lockdown, the school broadcast a weekly video titled 'Moments of Triumph TV'. The video was a collection of clips and photos of any learning, school or otherwise, that your child was proud of and wanted to share with the school community. The regular films were well received and commended by the local authority as an example of excellence.

We have decided to bring it back for Season 2!

Please send any photos or videos, along with a brief explanation, to [ryefield.enquiries@ryefieldprimary.org.uk](mailto:ryefield.enquiries@ryefieldprimary.org.uk)

**Make sure that MOTV is clearly displayed in the title of your email.**

## Remote Learning Section



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*Ryefield's daily schedule includes three live lessons, with follow up/finishing off tasks to be done after the lesson. Furthermore, we expect pupils to independently do the following:*

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- *Independent reading (20 minutes a day)*
- *Times Tables practice (20 minutes a day) via [TT Rockstars](#)*



- Spelling practice (20 minutes a day) via [Spelling Shed](#)
- Memorising, researching and mind-mapping the facts on their topic Knowledge Organisers (10 minutes a day)

*The school's offer exceeds government recommendations for primaries, in truth it is closer to that of secondary schools!*

## Protocols for learning



We realise that we are venturing into new and uncharted waters. In order to make this a smooth transition we have some protocols that we would like parents and pupils to follow. We hope that this will iron out potential disruptions to lessons and intrusions to teachers evenings and weekends with their own families.

### Parent protocol

- Encourage their child to complete assigned work.
- If your child is absent due to sickness, then parents need to call the attendance line and report your student's absence.
- Within school opening hours, communicate concerns with teachers, related service staff, and/or support staff. **It is unacceptable to contact staff at the weekend or after 16.30.** Staff will respond to email enquiries within 48 hours and within office hours. Persistent offenders will have their accounts suspended. No member of staff is to be contacted via social media.

- Consider appropriate working conditions for your child(ren) to find success throughout the entire school closure period.5. Support your child(ren)'s participation and engagement in Remote Learning each day.
- Supervise younger siblings so that they do not disturb with the live lesson.
- We ask that parents refrain from recording or taking pictures of their children working online or our teachers delivering lessons. We understand and appreciate that parents want to celebrate and highlight their children's accomplishments and those of their teacher(s). Unfortunately, this may result in the unintended consequence of discouraging our staff from participating in synchronous learning due to the level of exposure and, at times, inappropriate comments that are often posted online. Parents who are found to use their child's account to misuse the remote learning platform will find themselves (and their child) being suspended from Google Classroom.

### **Pupil protocol**

- Pupils must log on each day and complete the work set. When they have finished the work, it should be submitted via Google Classroom or the learning platform being used for the lesson.
- Pupils must complete their designated independent tasks within the specified timescale.
- If a pupil needs support, they should contact their teacher through Google Classroom or via email. [48 office hour window for response]
- All communication with teachers and classmates must be polite and respectful.
- Pupils must not comment and access the message board during anti-social hours, e.g. posting comments and sending messages at 23:30, persistent offenders will be muted and may have their account suspended.
- Pupils must be dressed appropriately; pyjamas, dressing gowns and fancy dress are not acceptable. You will be asked to leave the lesson and instructed to change before re-joining.
- Pupils are allowed to drink during live lessons; however they are not permitted to eat.
- **Pupils will behave in the live lessons as they do in class, failure to behave will mean that they will be removed from the lesson.**

## How to upload work to Google Classroom

## How to upload photos to Google Classroom

When your child has completed the task set by the class teacher. Please take a photo and upload the photo by following these steps. This will 'hand in' the work to the class teacher.

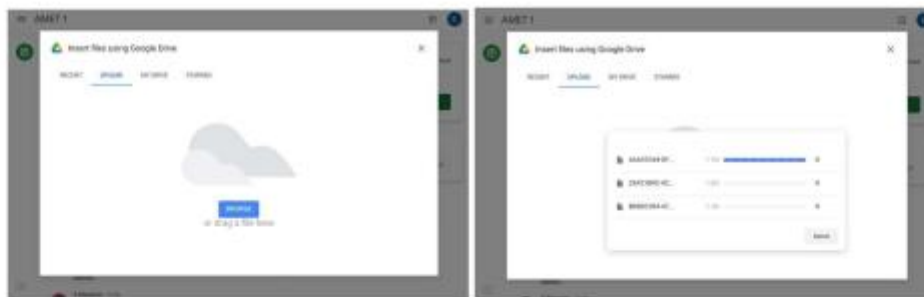
### Step 1 – Click Create / Add



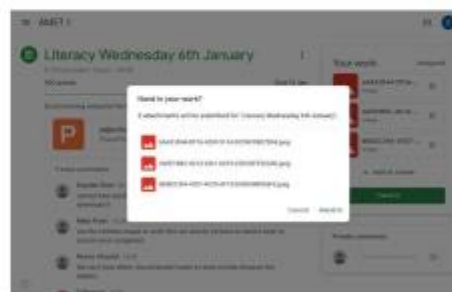
### Step 2 – Click attach file



### Step 3 - Select the file(s) you wish to upload



### Step 4 – Hand in the work



And you are done! 😊

## [Oak National Academy](#)



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*Our class teachers use the resources on the Oak National Academy website to support the delivery of our topics. Should you wish to supplement the literacy and numeracy sessions, parents are welcome to follow their published schedule. The sites hosts almost 10,000 free lessons and resources. Made by teachers, for every teacher and every pupil. Your teacher may direct your child to this site for independent learning task.*

*[Click on the link above to visit the site.](#)*

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Access Google Classroom with a £29 Amazon Fire Stick

**fire tv stick**  
Basic Edition



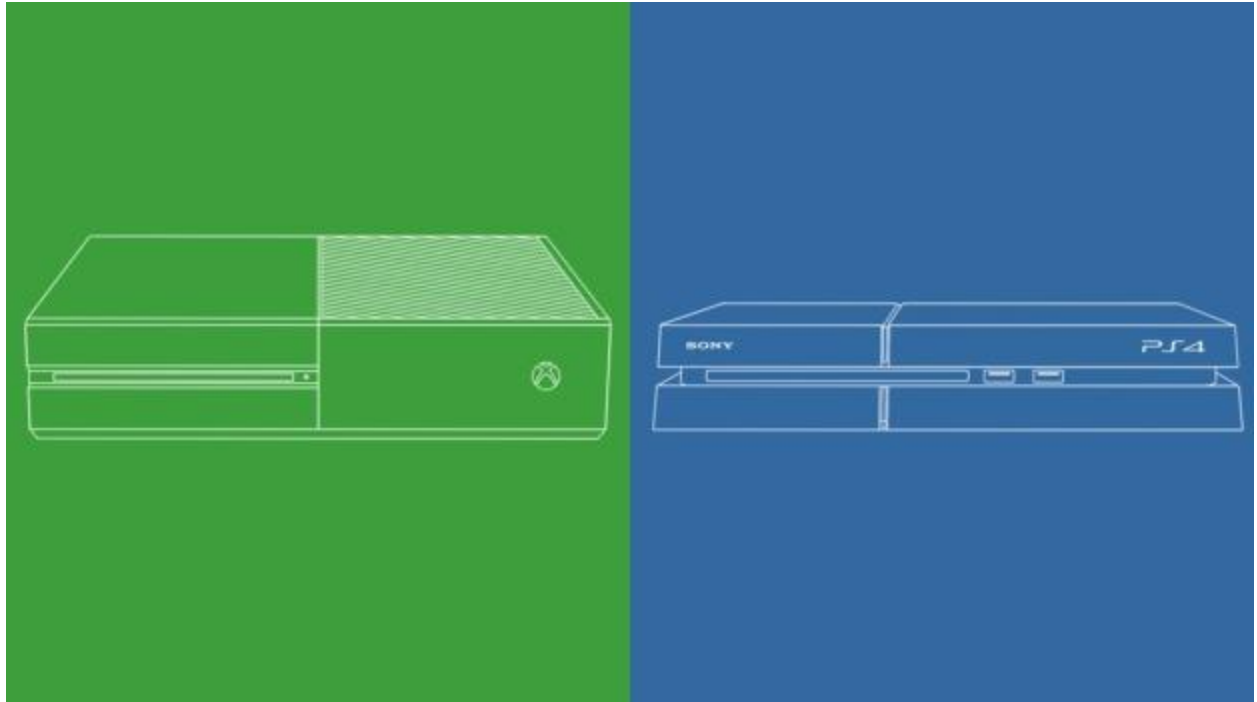
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[Click here to learn how to access the resources on a Fire Stick.](#)

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Access Google Classroom with a PS4 or Xbox One. **11,000 people have accessed our guide!**



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[Click here for a link to a guide on how to access all of the resources on a games console.](#)

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Nursery

## Remote Learning

Nursery W/C 04/01/2021

Here is an outline of the Remote Learning for this week:

Learning Platform	Activity	Done?
Education City	Literacy - How to Build a Snowman	
	Maths - Ten by ten - Count to 10	
	Maths - Count the objects on the Snowman	
	Science - Rain or Shine	
Google Classroom - Where's My Teddy?	Literacy - 'Where's my Teddy?' by Jez Alborough	
	Maths - Counting using 1:1 correspondence	
	Communication & Language - Rhyming Basket	
	Communication & Language - Positional Language Game	
	Expressive Arts & Design - Teddy craft	
Google Classroom - Phonics: Sound Discrimination	Select a different activity each day	
Google Classroom - Additional Materials	Colouring/ Tracing/ design a teddy	
Google Classroom - Daily Story Time	Daily Story Time with Mrs McGee/ Miss Sheppard	

**Please upload any photos of activities and work that you complete with your children to google classroom. I would love to see what your children have been learning at home.**

These are challenging times for everyone, remember the 'little and often' approach when working with young children. Don't expect children to be able to concentrate for long periods of time and I can't remind you enough that children LEARN THROUGH PLAY. Quality play is so important, make all of the activities as play based as possible, this will engage and excite your child, this way they'll have fun and won't even realise they're learning.

I have included a range of activities, some require more adult involvement than others. It is important to give your child a range of learning experiences throughout the day, some adult directed, some supported and some independent. This variety helps your child's development. You will find things that need lots of direction initially will shift to become more independent activities over time, as this happens, you can increase the challenge and expectations.

**These will be posted on Google Classroom at the beginning of each week:**

- Recorded Powerpoint of directed tasks - includes Literacy, Maths, CL & EAD activities
- Daily phonics activities - focussing on listening skills/ rhythm/ rhyme/ alliteration
- Activities set on Education City - Literacy, Maths, Science (dependent on theme of the week)
- Colouring Sheets & counting Sheets
- Fine Motor / pencil control sheets (linked to weekly theme)
- Daily Story Time Videos - from Mrs McGee/Miss Sheppard will be posted and a PE activity on a Thursday

## Reception

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Learning Platform	Activity	Done?
Education City	Literacy - Going Spare (matching letters and sounds)	
	Maths - Jack in the Box (recognising numbers to 20)	
	Science- The final snowdown	
Google Classroom	Monday - Literacy - Polar Regions	
	Tuesday - Maths - Ordering Numbers	
	Wednesday - C&L - Environments	
	Thursday - Literacy - Penguins	
	Friday - Maths - Missing Number	
Google Classroom - Phonics: RWI	Daily phonics videos	
Google Classroom - Daily Story Time	Daily Story Time with Miss Cullum, Mrs Simmons, Mrs Drinkwater and Miss Lount	

Please upload any photos of activities and work that you complete with your children to google classroom. We would love to see what your children have been learning at home. These are challenging times for everyone, remember the 'little and often' approach when working with young children.

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If you have any questions or concerns please email us directly:

- [hsimmons@ryefieldprimary.org.uk](mailto:hsimmons@ryefieldprimary.org.uk)
- [adrinkwater@ryefieldprimary.org.uk](mailto:adrinkwater@ryefieldprimary.org.uk)
- [scullum@ryefieldprimary.org.uk](mailto:scullum@ryefieldprimary.org.uk)

Stay Safe and see you all soon!

Reception Team

## Year 1

Year 1 - Live lesson timetable

	9.00 - 9.10am	9.10 - 10.10am	10.10 - 10.30am	10.35 - 10.45am	10.45 - 11.45am	12.00 - 1.00pm	1.00 - 1.15pm	1.15pm onwards
Monday	Log in/ Register	Literacy	Break	Log in/ Register	Maths	Break/Lunchtime	Log in/ Register	Story & directed tasks
Tuesday	Log in/ Register	Literacy		Log in/ Register	Maths		PE - see links on Google Classroom No 'Live lessons'	
Wednesday	Log in/ Register	Literacy		Log in/ Register	Maths		Log in/ Register	Story & directed tasks
Thursday	Log in/ Register	Literacy		Log in/ Register	Maths		Log in/ Register	Story & directed tasks
Friday	Log in/ Register	Literacy		Log in/ Register	Maths		Log in/ Register	Story & directed tasks

**Directed tasks** - The class teacher will instruct your child to complete an independent task based on either - Science, Geography, History, Art, PSHE etc and this time should also be used to watch the Read Write Inc. (RWI) lesson. The work should then be uploaded to Google Classroom.

\* Also available via Google Classroom:- Information for parents. In this area we will add any useful information e.g. 'How to upload photos to Google Classroom' - Useful Resources. This area contains

additional resources to support your child's learning e.g. 'Word mat', 'Number-lines', 'Lined/Squared paper printables'. We will add any extra resources we may think are useful as time progresses.

\* Each week there will also be a new Education City task and a new set of spellings on Spelling Shed for your child to learn. This is continuation of the work set each week as homework - before Christmas.

\* PE lesson activities can be found under each 'Lockdown week'. They are dated and information is attached within that sub-heading.

Please ensure your child logs in on time and if you are having issues please let us know and we will do our best to assist you. The afternoon sessions will be live for the first half hour or so when the class teacher will read a story and introduce the directed tasks. After they have introduced the task, your child will be required to carry out the tasks themselves.

## Year 2

Year 2 - Live lesson timetable

	9.00 - 9.10am	9.10 - 10.10am	10.10 - 10.30am	10.35 - 10.45am	10.45 - 11.45am	12.00 - 1.00pm	1.00 - 1.15pm	1.15pm - 3.00
Monday	Log in/ Register	Literacy	Break	Log in/ Register	Maths	Break/Lunchtime	PE - see links on Google Classroom No 'Live lessons'	
Tuesday	Log in/ Register	Literacy		Log in/ Register	Maths		Log in/ Register	Story & directed tasks
Wednesday	Log in/ Register	Literacy		Log in/ Register	Maths		Log in/ Register	Story & directed tasks
Thursday	Log in/ Register	Literacy		Log in/ Register	Maths		Log in/ Register	Story & directed tasks
Friday	Log in/ Register	Literacy		Log in/ Register	Maths		Log in/ Register	Story & directed tasks

**Directed tasks** – The class teacher will instruct your child to complete an independent task based on either – Science, Geography, History, Art, PSHE etc and this time should also be used to watch the Read Write Inc. (RWI) phonic lesson. The work should then be uploaded to Google Classroom.



## Year 3

Year 3 - Online lesson delivery.

Year 3	9-9.10	9.10 -10.10	Break	10:35	10.45 - 11.45	Lunch	1-1.10	1.10 - 1.35
Mon	Log on and reg	LITERACY		Log on and Reg	Numeracy		Log on and Reg	SCIENCE Story @2.30
Tues		LITERACY			Numeracy			SCIENCE Story @2.30
Wed		LITERACY			Numeracy			PPA - PSHE + P.E via Joe Wicks
Thur		LITERACY			Numeracy			GUIDED READING SPaG Story @2.30
Fri		LITERACY			Numeracy			ART Story @2.30

Please upload photos of any of the work you complete on google classroom.

**We will be starting with our Science topic which is Rocks and Soils before moving onto our Geography topic.** This should give you time to do any extra research you may wish to do. We will continue to add a few extra resources onto google classroom for you to use and complete if you feel you would like some extra activities to do. There will also be activities on Education City and don't forget keep on top of your tables on TTRS.

## Year 4

K52	9-9.10	9.10 -10.10		10:50	11.00 - 12.00		1-1.10	1.10 - 1.35	
Mon	Log on And reg	Mr White delivers LITERACY		Log on And reg	Mr Brill delivers Numeracy		Log on And reg	Mr White reads to Year group And directs pm task. <b>GEOGRAPHY</b>	
Tues	Log on And reg	Mr White delivers LITERACY		Log on And reg	Mr Brill delivers Numeracy		Log on And reg	Mr Brill reads to Year group And directs pm task. <b>SCIENCE</b>	
Wed	Log on And reg	Mr White delivers LITERACY			Mr Brill delivers Numeracy		Log on And reg	Offline learning -Computing Via Education city + P.E via Focus-Fit	
Thur	Log on And reg	Mr White delivers LITERACY			Mr Brill delivers Numeracy		Log on And reg	Mr White reads to Year group And directs pm task. <b>R.E</b>	
Fri	Log on And reg	Mr White delivers LITERACY			Mr Brill delivers Numeracy		Log on And reg	Mr Brill reads to Year group And directs pm task. <b>ART</b>	

Year 4 will teach remotely via Google meet. The links will be posted daily before each lesson starts. We will be using a mix of live flip-charts, PowerPoint, mymaths, Oak academy and education city to facilitate a weekly timetable that closely reflects the one Year 4 undertook whilst at school.

We will post the necessary worksheets for each lesson the day before giving you ample time to find and print. (If you are able). The worksheets we post are to be completed in the 'live' lesson and not prior. The set tasks can be completed on sheets of plain or lined paper and the online sheets used for reference.

## Year 5

**Year 5 Remote learning timetable – January 2021**

Day	9am – 9.10am	9.10am – 10.10am	10.10am – 10.30am	10.35am – 10.45am	10.45am – 11.45am	12pm – 1pm	1pm – 1.15pm	1.15pm	1.30pm Topic – science/History/Geography
Monday	Log on to Google classroom/google meet & registration	Maths P – Mrs Thornhill F – Mrs Mander	Break	Log on to Google classroom/google meet & registration	Literacy/PoR P – Mrs Thornhill F – Mrs Mander Mrs Hope's group	Lunch	Log on to Google classroom/google meet & registration	Story session & directed task	Topic & directed independent task
Tuesday	Log on to Google classroom/google meet & registration	Maths P – Mrs Thornhill F – Mrs Mander	Break	Log on to Google classroom/google meet & registration	Literacy/PoR P – Mrs Thornhill F – Mrs Mander Mrs Hope's group	Lunch	Log on to Google classroom/google meet & registration	Story session & directed task	Topic & directed independent task
Wednesday	Log on to Google classroom/google meet & registration	Maths P – Mrs Thornhill F – Mrs Mander	Break	Log on to Google classroom/google meet & registration	Literacy/PoR P – Mrs Thornhill F – Mrs Mander Mrs Hope's group	Lunch	Log on to Google classroom/google meet & registration	Story session & directed task	Topic & directed independent task
Thursday	Log on to Google classroom/google meet & registration	Maths P – Mrs Thornhill F – Mrs Mander	Break	Log on to Google classroom/google meet & registration	Literacy/PoR P – Mrs Thornhill F – Mrs Mander Mrs Hope's group	Lunch	Log on to Google classroom/google meet & registration	Story session & directed task	Topic & directed independent task
Friday	Log on to Google classroom/google meet & registration	Maths P – Mrs Thornhill F – Mrs Mander	Break	Log on to Google classroom/google meet & registration	Literacy/PoR P – Mrs Thornhill F – Mrs Mander Mrs Hope's group	Lunch	Log on to Google classroom/google meet & registration	Story session & directed task	Independent work – Joe Wicks (You Tube/PE) Ed City – (Science Content)

Year 5 teachers will be using 'Google Meet' and sending individual classes invites to join for each session, all work will be uploaded on to 'Google classroom'. Children will also be expected to use sites such as My Maths and Education City.

## Year 6

Year 6 2020/2021

	9.00 – 10.10	Break	10.45 – 11.55am	Lunch 12.00 – 1.00	1.00- 1.25	1.30
Monday	Literacy		Mathematics		Class Book	Topic/Science
Tuesday	Literacy		Mathematics		Class Book	Topic/Science
Wednesday	Literacy		Mathematics		Class Book	Topic/Science
Thursday	Literacy		Mathematics		Class Book	Topic/Science
Friday	Literacy Vocabulary Spelling Test		Mathematics		Class Book	Topic/Science

Your child will join the English and Maths group that they were set in school. Each group has its own classroom. At the designated time they need to click the link at the top of the classroom and join their teacher and their classmates.

The afternoon session will be based in their registration classes; they should click the link at the top for their class: Curie or Churchill.

[Further learning resources are available from Ryefield Primary School](#)



Click [here](#) to access the online learning resources available on the school's website.