



**Stone**  
Church of England Combined School

**Building stepping stones to success**



## Weekly Newsletter – Friday, 1st May 2020



### Department for Education coronavirus helpline

The Department for Education coronavirus helpline is available to answer questions about COVID-19 relating to education and children’s social care. Staff, parents and young people can contact this helpline as follows:

Phone: 0800 046 8687

Opening hours:

8am to 6pm – Monday to Friday

10am to 4pm – Saturday and Sunday

<https://e-bug.eu/>

### Hello Class 3!

I hope you are having a lovely time at home. I have really enjoyed reading your letters telling me all about what you've been getting up to, and I know you are working hard. I miss you very much and can't wait to have you back in Class 3 - it's very quiet without you all!

Take care of yourselves.

Miss Andrews



### Updated Handwashing advice

It is essential that everyone washes their hands more often, using soap and water for at least 20 seconds. Hand washing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin less hospitable to the virus. Hand sanitiser can be effective if soap is not available or the situation makes using soap less feasible (i.e. when outside) but using hand sanitiser provides none of the virus-destroying friction that rubbing your hands together and rinsing with water provides.

The latest guidance and video on hand washing can be found at:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

The e-Bug project is led by Public Health England and has a dedicated webpage for learning resources on hand washing and respiratory hygiene.

Resources are currently available for KS1, KS2 and KS3 and can be used in various settings including schools and at home:

### Messages and Photos from Class 3

I have been learning to roller skate, I've had a few falls but I am getting better and I am really enjoy getting outside on them!



One of the boys has been enjoying himself painting outside.



Over the last few weeks I have been on lots of lovely walks with my family and enjoyed playing in my garden. I am really missing my friends, luckily I've been able to have video calls with some of them, which has been fun.



To keep myself busy I set myself a challenge of building a bridge out of Lego that went from one side of my room to the other. See the picture of my completed bridge, if you look closely you will also see the mini action scenes I built, a robbery in progress, a sea rescue and even a shark attack.

*Hello Miss Andrews,*

*Really missing you and all my friends. Me and my sister have been coming to school as my mum and dad have to work. But when we have been at home we have been baking lots of yummy cakes, going on bike rides and planting flowers.*

I am missing all my friends, but if I complete all my school work without a fuss my mum lets me play group games on the Switch with my friends.

I have also been making good use of some of my Christmas presents and have been building electrical circuits with Snap Circuits and doing science experiments with a kit I was given.





I have been busy doing my schoolwork but also done lots of fun things too. I have been baking, gardening, riding my bike, playing outside and jumping on my trampoline. I have been teaching my rabbit new tricks and have made a fact file about him. Here is a photo of my rabbit called Terry, next to my fact file.

Hope to see you all soon. x



I have been keeping busy by going on bike rides, playing with toys, enjoying family time and quizzes sent by his uncle to do.

It was his 8th birthday on 22nd April, he had a delicious skittles cake. He misses all his friends and hopes everyone is safe and well.



I have been very busy in the lovely weather, we even got our pool out already!! We have planted some sunflower seeds so we can see them grow and we are hatching caterpillars.

We clapped for the NHS on St Georges day in our cub/scout uniforms and we go on a lot of family walks over Eythrope!



Here is another member of Class 3 and his brother doing a spot of gardening . They are growing courgettes and lots of different types of tomatoes. He is enjoying being at home but can't wait to be back at school to see his friends and teachers.



I am missing school and all of my friends lots. I have been keeping busy with daily walks or bike rides, playing football and baking cakes. I can't wait to see everybody back at school!

Hi school, I have done LOADS of schoolwork for the past 7 weeks. During my daily exercise I have walked the dogs and played quite a lot of football. I've also been watching facts about football and animals which I LOVE.

I am eating lots of food and drinking lots to stay hydrated. I have been earning screen time and have been helping mummy in the house.

My brother and sister and I had a cooking contest and I made a fruit salad from scratch. I included grapes, strawberries, raspberries, mango, plum and blueberries. I then covered it in yogurt and served it in a lovely bowl with a glass of lemonade. It was amazing!

I'm getting fed up of staying in the house with my brother and sister. I wish I could come back to school to see my friends and play with them but I know it will not be for long. Here is a picture of my fruit salad.

Stay well and safe everybody.



Hello to all my classmates and teachers.

I have been very busy while at home, I have been growing vegetables (carrots mostly), my Grandma also sent some sunflower seeds to us for Easter and we are in a competition with my cousins to see who's grows the biggest.

I have been reading to my Grandma over the phone every day to keep in touch! It is a fun experience but sometimes I am a bit clumsy and lose my book so we have to find a another book!

I have been able to spend time with my Guinea Pigs – Chocolate and Quick. Yesterday I lost track of time and so the Guineas and I where playing for 2 hours! The Guineas are also in food heaven as I am around and can give them treats. They are going to love it when the carrots grow, than it will be proper food heaven. My Guineas love food, 'a lot of food a day keeps the vet away,' the Guineas would say if they could speak!

Over Easter I camped in the back garden with Mum and my brother (Dad had to stay inside because mum said the mattress would sink!). We also toasted marshmallows in are garden and it did felt nice because it felt like a real holiday somewhere else.

I loved the Easter holidays but they don't last forever sadly, but getting back to work with a fresh start is sometimes the best thing in life. I probably wouldn't be able to survive with no work, because it would get boring after a while. So that is why I was partly happy and excited to get back to work.

I miss you all and hope we will be back to normal in a couple of weeks and I can see everybody again.

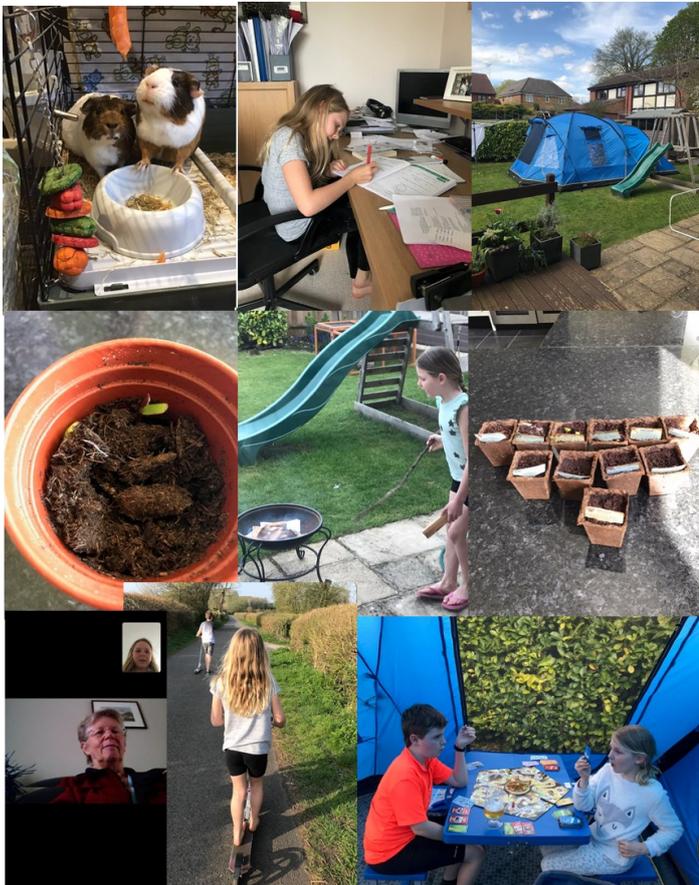
Dear Miss Andrews and everyone

I am missing you all but I am also having a great time at home with my family, I have been doing so many things including, home learning, baking homemade pizzas, clapping for the NHS and retaking my Beaver promise, trampolining, swimming in our pool and quite a lot of time on my Nintendo Switch!

See you all soon



One of Class 3 has taken up a new hobby—knitting!



Hi , I hope everyone is fine and staying safe.

This is a photo of me taking a walk with my sisters for PE lesson.



*I have been doing loads of cooking and I have been enjoying it a lot. I'm not enjoying not being with my friends and family, but I have been able to FaceTime, so I still get to see them.*



Hi class 3

I have been doing some phonic cards and lots of reading. I'm really missing all my teachers and friends. I can't wait to see you all again.



Hello, I am missing you all so much but am having a nice time with my teddies. I hope to see you soon and hope that you are all having a nice time too.



One of Class 3 with their prototype WhizzFizzFest puppet.



Here is another prototype puppet made by the pupil who is learning to roller skate –please see the first page of this newsletter.



## Next Weeks Newsletter

We will be sharing pictures and messages from Class 2. Please send them in by the end of Thursday next week. Many thanks.

Everyone enjoys seeing and reading them.



## Sumdog Competition

The results are in! A huge well done to RECEPTION for winning out of the classes in our school! So proud of you all. KS1 and Year 3 also upped their game and Class 2 were the daily winners yesterday.

A big hooray for all of the children who took part and worked as part of their class team to earn points. A particularly big congratulations to Princess E who came 3rd in the county!

The school table stands as follows:

Class 6: 1 point

Class 5: 1 point

Class 4: 1 point

Class 3: 0 points

Class 2: 0 points

Class 1: 0 points

Class R: 1 point

There is another national competition coming up so watch this space...



## 5 Ways to Wellbeing

Please remind your child about our 5 ways to wellbeing. It may be very helpful at this time as it is specifically devised to help equip children with the tools they need to build resilience and promote the importance of good mental health and wellbeing. The following provides helpful tips on how you can plan to stay physically active, whilst protecting your mental health during lockdown.

Chris Irwin (EdStart) has shared ideas for our 5 ways to wellbeing that are pertinent to our situation at this time. Please see the following page.

## CONNECT

It's important that we all stay connected with friends and family. Think of challenges you can complete then challenge friends and family through social media, WhatsApp, Facetime etc. It could be as simple as how many pairs of socks can you throw into the washing machine, to a balance game using a tin of beans.

Keep it simple, keep it fun and see how many friends can attempt it!

## BE ACTIVE

Make sure you get your one hour of exercise a day. Go for a walk, run or bike ride with your family. Is there a green space you can head to on the way? Work it into your routine. Being around nature is a proven way to help reduce stress levels. Remember to keep to social / physical distancing rules that are in place.

## TAKE NOTICE

Taking the time to notice the world around us promotes good mental health by helping us to appreciate and feel grateful. Try and incorporate meditation as a family. There are some amazing free apps for families to practice mindfulness together. The more you practice the easier it becomes and there is evidence that shows mindfulness can help children to feel calm, have greater compassion and improve their attention.

Here's a yoga, meditation and relaxation session that can help you get started: <https://www.youtube.com/watch?v=yCREAG0tjGQ&feature=youtu.be>

## KEEP LEARNING

Keeping ourselves mentally stimulated promotes good mental health. Could you learn a fun new skill as a family? There are lots of fun ideas online, such as kick ups with a toilet roll.

A family favourite of ours at the moment is the rugby ball challenge.

The challenge? How many times can you throw the ball to land in the wheelie bin in 60 secs! If that's not your thing, can you learn new balances? Learn to hop on one leg, think of activities that you may struggle with and learn ways to succeed in them.

## GIVE

Giving to others makes us and others feel good. The smallest acts of kindness really can make a difference because they create positive feeling, and a sense of self-worth and value. Try and incorporate positive feedback into all your activities with your family. Praise each other for their effort even if they don't quite succeed.

Appreciate this time with each other and enjoy it – it is very rare we get such an opportunity!

Chris' top tips for making exercise time work for your family:

- It is important to plan your daily activities. Set a time in a day where you can all have fun together.
- Do things that you all enjoy.
- Incorporate the 5 ways to mental wellbeing into your daily lives / activities
- Most importantly, have fun with it!

For some further ideas on how to incorporate the 5 ways to mental wellbeing into your daily lives, visit Wellbeing Through Sport Activity Programme:

<https://edstart.org.uk/wp-content/uploads/2020/03/WTS-activity-prog.pdf>



## Science

Science is in the news every single day. From NHS stories, to issues with fracking, climate change, discoveries, nature and the solar system it is something which is unavoidable.

Science has benefits from helping us improve our way of life, our quality of life and helping others. Its importance means it is compulsory from primary schools up to GCSE. To become a doctor it takes up to 14 years of training to become specialised.

In this unprecedented times, science is never out of the spotlight. And whether it's chemistry, biology or physics you're interested in – these unbelievable science facts will blow your mind

1: 50% OF THE WORLD'S OXYGEN IS PRODUCED BY THE SEA  
Our first thought may be the rainforest. But did you know half of the world's oxygen is actually produced by plankton, seaweed and other ocean-based photosynthesis.

2: ANIMALS USE THE MAGNETIC FIELD TO KNOW WHERE THEY ARE:

According to the U.S Geological Survey, "evidence suggests that some animals (including sea turtles) have the ability to sense the Earth's magnetic field and to use this sense for navigation."

3: THERE ARE MORE TREES ON THE PLANET THAN STARS IN THE SOLAR SYSTEM:

According to experts from NASA, there are up to 400 billion stars in the milky way galaxy – but the number of trees on Earth is estimated to be more than 3 trillion.

4: IT TAKES EIGHT MINUTES FOR LIGHT TO TRAVEL FROM THE SUN TO EARTH:

Light travels 300,000km per second. There is around 150 million kilometres between us and the Sun, so this equals around 8 minutes, 19 seconds.

5: WATER CAN BOIL AND FREEZE AT THE SAME TIME:

What is known as 'triple point' exists in science. It occurs when temperature and pressure is just right for three phases (gas, liquid and solid) of a substance to coexist in thermodynamic equilibrium.

6: SPACECRAFT ARE HURLING TOWARDS THE EDGE OF OUR SOLAR SYSTEM:

The New Horizons space probe (which already flew past Pluto) is travelling at speeds of 36,000 mph. The SR-71 Blackbird (the fastest aircraft on earth) travels at speeds of 2,700 mph.

7: IF YOU SPIN A BALL AS YOU DROP IT, IT WILL FLY:

The Magnus effect occurs as the air on the front side of the spinning object is going in the same direction as the spin. This means the ball is dragged outwards as well as downwards.

8: BABIES HAVE MORE BONES THAN ADULTS:

Babies have around 300 bones at birth. This extra flexibility means they pass through the birth canal and enable rapid growth. With age, many of the bones fuse. Most adults have 206 bones in their skeleton.

9: THE EIFFEL TOWER GROWS IN SUMMER:

As substances are heated up, particles move more and take up a larger volume. This effect is most dramatic in gases but it also affects liquids and solids too. It is the reason see bridges built with expansion joints.

10: INFRARED CAMERAS DON'T REALLY WORK ON POLAR BEARS:

Polar bears are experts at conserving heat. They have multiple levels to keep them cosy on the chilliest on arctic day.



### 'Prayerful Reflections'

May God the Father bless us;

May Christ take care of us;

May the Holy Spirit enlighten us all the days of our life.

Lord be our defender and healer,

And keep our souls and bodies safe,

Both now and for ever,

Until Christ comes again. Amen

(After Æthelwold c. 908-984) *Every week we'll add a link to a new reflection.*



### 'Worries and Thanks'

Find a quiet place and time; sit calmly and comfortably; remember to read slowly and carefully, different people can read different parts;

Do not be afraid to pause to leave time to think.

<https://www.oxford.anglican.org/wp-content/uploads/2020/04/Prayer-Activity-Worries.pdf>

Leave all your worries with him, because he cares for you. (1 Peter 5:7)



### Assembly Story

Canon Phil has provided us with this lovely story to share with you - it is called Noah's story about Rainbows:

<https://youtu.be/DLEALLwZJR8>

See if you can spot our school in it.



### Online learning platform to boost workplace skills launched

Free courses are available through the new online platform, the Skills Toolkit. This platform signposts to free, high-quality digital and numeracy courses to help people build up their skills, progress in work and boost their job prospects and confidence whilst at home.

Courses on offer cover a range of levels, from every-day maths and the use of email and social media at work to more advanced training. All courses are available online and are flexible so that people can work through them at their own pace.

The Skills Toolkit can be accessed here:

<https://theskillstoolkit.campaign.gov.uk/>



### **Crazy Hair Day**

On Thursday 7th May, it is our Crazy Hair Day. If you would like to take part, please post your pictures on the school Facebook page. We can't wait to see all your creative crazy hair creations!

**It's a Girl!!**

### **New Baby**

We are delighted to announce the safe arrival of Zosia (pronounced Zosha) Sidor, who was born on 23rd April at 4.11pm weighing 6lb 9oz. Mummy and baby are both doing well. Huge congratulations to Mrs and Mr Sidor.

We wish you lots of love and happiness as a family of three.



### **Letter from the House of Commons**

Please find attached a letter from our local MP, Greg Smith, thanking all of the school community including parents and children for their hard work.

### **Inset Days 2019/20**

Friday 22nd May 2020, Friday 10th July 2020

### **Dates for 2019/20**

Summer Term 2020: Monday April 20th to Tuesday 21st July 2020

Half Term: Friday 22nd May to Friday 29th May 2020

### **Dates for 2020/21**

Autumn Term 2020: Wednesday 2nd September to Friday 18th December

Half Term: Monday 26th October to Friday 30th October

Spring Term 2021: Tuesday 5th January to Thursday 1st April

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

Summer Term 2021: Monday 19th April to Wednesday 21st July

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

### **Inset Days 2020/21**

Tuesday 1st September 2020, Monday 4th January 2021 plus 3 others to be allocated by the school.