



Claremont Primary School Newsletter

9th October 2020

Determination
with Self-Belief



A hub of educational excellence and innovation, supporting and valuing everyone



Good afternoon

I hope you have had a good week so far. School has been busy, and lessons are buzzing.

Thank you to those class reps who have responded with feedback around the parents' consultation evening. It is really useful.

You will have seen yesterday our plans for phase 2. Thank you for your support and feedback today. We are always happy to answer queries. To clear up any misunderstanding- the children will still remain and be taught in their current class rooms. We are not putting 60 children together in one classroom. This phase will just mean that at times children will be able to work together in small groups, or outside with their parallel year group. I would like to reassure you that we have considered the national and local picture, and the rise of cases with Covid-19; the science currently, is focussed on teenagers, young people and adults and so we are still following all DfE guidance as shared in the information and will continue to do so. We are so pleased to be able to move towards a more regular practice as long as we are safe; thank you in advance for your support on Monday as we know this will be new for all, teachers included.

This month is:



Take a look at...

<https://www.bbc.co.uk/newsround/49883230>

In my assembly this week, I suggested to the children that they might like to chat to you about it, and find out some interesting facts that help us ensure our world is inclusive for all.

Under the current circumstances, it has never been more important to consider our mental health and that of those around us. Tomorrow, Saturday 10th October, is World Mental Health Day and we encourage you to take a look at the activities going on. <http://www.wmhd2020.com/>



Also this week, Mrs Seddon wanted to celebrate some amazing Greek homework from Emily, Gus, Monty, Isabella, Leo, Stan and Ruby in Linden. Well done! Please do share anything you are proud of that your children do at home- we love to celebrate with you.

Enjoy the weekend

Candi Roberts and the incredible team at Claremont.



Wellbeing: Put on your own oxygen mask first

We have been focusing a lot on wellbeing in school this term. One of the areas we discussed is the importance of looking after ourselves as adults, in order to support the children.

The **Primary First Trust** newsletter speaks of the following areas you may find helpful in supporting yourselves before supporting your children:

- Know your trigger points – think about your individual struggles and the things that spark your feelings of anxiety. Make a note of these and consider how to help yourself.
- Connect with your experiences of lockdown and the return to school – everyone’s own experience of lockdown is unique and comes with its own challenges.
- Empty your stress bucket – think about what you would put in there and what you would need to relieve some of that stress.
 - Speak out and seek help – As well as friends and family, it helps to engage with colleagues who may be experiencing similar anxiety and support each other.
- Psychological First Aid – think about the simple things you can do to support yourself and others. This could be a mindfulness exercise such as yoga, or quick daily check in with friends to discuss any concerns or just to have a cup of tea and a laugh.



Food: Eating the right foods
Rest: Getting enough sleep
Exercise: Being active
Digital Devices: Managing time spent online

Pasta with salmon & peas

Ingredients:

- 240g wholewheat fusilli
- knob of butter
- 1 large shallot, finely chopped
- 140g frozen peas
- 2 skinless salmon fillets, cut into chunks
- 140g low-fat crème fraîche
- ½ low-salt vegetable stock cube
- small bunch of chives, snipped

Method:

1. Bring a pan of water to the boil and cook the fusilli according to the pack instructions.
2. Meanwhile, heat a knob of butter in a saucepan, then add the shallot and cook for 5 mins or until softened.
3. Add the peas, salmon, crème fraîche and 50ml water. Crumble in the stock cube.
4. Cook for 3-4 mins until cooked through, stir in the chives and some black pepper. Then stir through to coat the pasta. Serve in bowls.

