



Beecholme Newsletter 22nd January, 2021

Dear Parents and Carers,

I do hope you and your families are keeping safe and well.

I would like to thank all of you for doing a fantastic job with your children's home learning and finding the flexibility of Seesaw helpful to your differing needs. Not only am I proud of the children, I am proud of you.

Rest assured we do understand that this is the first time and a challenging time for many of you. Our teachers are very aware of individual families and their needs, especially when they have more than one child with some in secondary school. Don't worry, the staff communicate well with each other and are adept at supporting families.

Our remote learning policy and information for parents can be found on the school website under School Policies/Remote Education Provision for Parents. We will continue to review Seesaw using the DfE guidance as well as Ofsted's comments on remote learning.

Thank you to the many parents who have given us positive feedback through the voice notes and expressed that you are enjoying the activities. The most important aspect is that you are engaging with your child's learning.

We would say try to prioritise Reading, Maths and English but don't forget the rest! As you know, we are passionate about all areas of the curriculum. My advice would be to just try the best you can.

Thank you to those who have left lovely voice comments which is very encouraging and supportive to the staff. Can I remind you that the teachers are also finding this a challenging time, as they would prefer being in the classroom with your children and look forward to being in the classroom when it is safe.

We do hope the children enjoyed their TEAMS call today. We appreciate that the children have not seen their classmates and teachers for a while. The teachers have said that there was a lot of talking and laughter! This is also very necessary for our children's well-being in these very unusual times. We hope to resolve any issues that arose today for next week's meeting.

We look forward to seeing you all again.

Best wishes,

Mrs Phyllis Sternberg

Well-being Friday

This week's focus is Physical Wellbeing. Physical wellbeing is important for your physical health and studies have showed it builds confidence, improves concentration, and gives opportunities to learn life skills.

In learning about physical wellbeing, children learn about how it can be achieved through a combination of exercise, adequate amount of sleep, relaxation and eating a healthy balanced diet.

For Early Years and Key Stage One, Mr Rondeau created four activities for the children. They included: Sock Stash, Target Throw, Speed Bounce and Catching. The activities are designed so the children can safely follow along at home and have fun.

Key Stage Two children are encouraged to participate in a mini circuit lesson and are able to follow along in real time. Each activity lasts for 20 seconds with a 45 second rest in between. There are 6 activities ranging from Star Jumps to High Knee Marches that are designed to improve fitness, strength and endurance.

Children thought that it was a lot of fun and they enjoyed the different exercises.

