



Adel St John the Baptist Church of England Primary School Newsletter

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Headteacher's Message

What a week! It has been a quite a steep learning curve for us all. I've certainly learnt new skills. I had never been on Twitter before this week but now I'm loving seeing all your pictures and messages. I've been trained in the skills of teaching children but over the telephone this week I taught my 80-year-old dad to email and live-stream – something I never thought would be possible! But these are the days where we find new skills and strengths and come together to ensure we can support each other.

I hope the home learning we are sending home is going well. I've passed on some of your lovely messages to staff whether they are working at home or school. Please be reassured the teachers do not expect you to download and print all of the documents. If you are able to see them on screen, then simply write in the exercise books that the children brought home last Friday.

Today, staff have added more home learning which can be found in the Week 2 folder on the Home Learning Link. Please don't feel you have to complete all the learning by the end of each week – we simply want to ensure we are continually providing opportunities for the children to learn. It is all about balance of physical and mental exercise.

There have been a number of online activities that have been a huge success in school and home this week. As we find more we will ensure we share the links with you.

Please see the links below

www.edinburghzoo.org.uk/

We have accessed the live webcams of some of the animals – penguins at feeding time has been a favourite but the tigers are elusive – let us know if you spot them.

www.worldofdavidwalliams.com/

Every day at 11am, you can listen to one of David Walliams' World's Worst Children stories – 20 minutes of pure fun.

www.themathsfactor.com/

Created by Carol Vorderman, this online maths site, is FREE for everyone (usually about £2 per week) to support children's continued learning at home.

Also printed at the end of this newsletter is the poster *100 things to do Indoors* created by the Happiness Speaker, Shonette Bason-Wood. This list may bring some light relief if the weather starts to turn for the worst!

Finally, on a serious note I want to warn you of a number of scams through texts and phone calls happening during this difficult time. The callers are asking people to follow links to receive money or asking people to give out personal information. These calls are

Twitter

ASJ have started a twitter account where you can share with us and each other the home learning that your children have been doing.

Please ensure you maintain confidentiality of your children when posting.

Our Twitter handle is
@ASJ_Primary

We look forward to seeing and celebrating all the learning happening at home.



claiming to be from official government agencies. They are NOT genuine – please share this information with your families asking them to take care and not give out personal information to anyone. A phishing scam has already been tried at school – the caller sounded very authoritarian but when challenged could not provide relevant details. Official government agencies will not take offence when questioned or challenged and will be happy to provide proof of identity.

Take care and stay safe
Jane Hainsworth, Headteacher

Safeguarding

With the majority of children at home for the foreseeable future, undoubtedly spending more time online during this period, it is imperative that we ensure children are being safeguarded effectively. The following is a useful list to consider if your child is online at home

- **Explore together:** Ask your child to show you their favourite websites and apps and what they do on them. Listen and show interest and encourage them to teach you the basics of the site or app.
- **Initiate (and continue) conversations about online safety:** Ask them if anything ever bothers or worries them while they're online. Reinforce the key message: if anything happens online which makes them feel worried, scared or sad, the best thing to do is talk to you or another adult who they trust.
- **Be non-judgemental:** Explain that you would never blame them for anything that might happen online, and you will always give them calm and loving support.
- **Supervise your child while they're online:** Keep the devices your child uses in communal areas of the house such as in the living room or kitchen where an appropriate adult is able to supervise.
- **Talk to your child about how their online actions can affect others:** If your child is engaging with others online remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo or video of somebody else, they should always ask permission first.
- **SafeSearch:** The use of 'SafeSearch' is highly recommended for use with young children. Most web search engines will have a 'SafeSearch' function, which will allow you to limit the content your child is exposed to whilst online. Look out for the 'Settings' button on your web browser homepage (often shaped like a small cog).
- **Parental controls:** Make use of the parental controls available on your home broadband and any internet-enabled device in your home. You can learn more by reading the following article on [using parental controls](#).

Collective Worship from Reverend Alison

Forgiveness

It is very odd doing collective worship on a piece of paper – but it would be lovely to hear your answers to the questions, or just some pictures of the bible story – or your ideas or prayers about forgiveness. You could get your parents to put them on Adel Parish Church Facebook page (*the one with the daffodils*) – we would love to see them.

The value we are thinking about this week is forgiveness. I want to start with a bit from the bible where Jesus is telling one of his disciples about forgiveness

Peter asked Jesus a question

'If somebody hurts me,' he said, 'and then says, "I'm really sorry", how many times should I forgive him and say, "Hey, that's OK"?''

Before Jesus could answer, however, Peter offered an answer of his own.

He thought it would sound good.

Dear God

*In these strange times when we are with our families much more than usual – help us to say sorry and help us to forgive.
Amen.*

He thought it would sound big hearted.

He thought it would be the kind of thing Jesus would like to hear.

'Should I forgive him...seven times?' he said.

It seemed like a lot of times to Peter. But Jesus was not impressed. 'No,' answered Jesus. 'Not seven times. But seventy TIMES seven times!'

Peter did some quick sums. That was a lot of times. A whole lot of times! More times than Peter had ever forgiven anybody.

So why does Jesus say we should go on and on forgiving people?

How does it feel when you have done something wrong to someone and they don't forgive you?

How does it feel when someone does something wrong to you and you won't forgive them?

I want to tell you another story – about a person you have probably heard of – about Nelson Mandela. He grew up in South Africa when the country divided people by the colour of their skin. People like Nelson Mandela who were not white were not allowed to use schools, buses, hospitals, parks that white people used. The houses and schools they had were not as good as those for white people. Worst of all – they couldn't vote in elections, so it was very difficult for them to change things at all.

Nelson Mandela took part in all sorts of protests against this – and was put in prison. He was in prison for 27 years...a really big part of his life. When he was released – and then became president of South Africa – he worked very hard to bring people of all skin colours together. He forgave those who had imprisoned him. He did this partly because he knew that if he kept on thinking about all the bad things people did to him, it would spoil his life – not theirs.

He knew that staying mad at people (resentment) was not good for **him**. He said, "resentment (staying mad at people) is like drinking a cup of poison and hoping it will kill your enemies"

You might have to think about that a bit...but I suppose it's saying you think being mad at them will hurt them – but it hurts you more as it gets in the way of being happy. So how does it feel when you forgive someone and you are friends again?

Best wishes...Rev Alison

Rainbows of Joy

How are you getting on finding

Rainbows? The most I've seen while walking my dog in Garforth is 11. If you haven't made one yet, then why not create one to add to the growing number not only around the UK but abroad as well. The furthest country I know displaying rainbows is Dubai. If you are speaking to family in another country invite them to create a rainbow as well. Let's spread the joy!



ADDITIONAL FOOD SUPPORT AVAILABLE FOR FAMILIES AND INDIVIDUALS IN LEEDS

In light of COVID-19 we are putting additional support in place to ensure everyone is able to access the food they need. Please see below for the process of making a referral for your service users.



Who is eligible for help?

If someone is finding it difficult to access food due to financial constraints, self-isolation or accessibility of food provision, then they are eligible for help.

Their personal circumstances will determine the type of help they can receive—i.e. whether it is a food delivery, food collection or supermarket vouchers.

How do I make a referral?

To make a referral please fill out a 'Referral for Emergency Food Provision (COVID-19)' form. Please email Thriving@leeds.gov.uk to request this form.

Please include as much detail as possible and return the form to lwss@leeds.gov.uk as soon as possible after completion.

Ensure that you provide a contact name and number for yourself at the bottom of the form so that we are able to get in contact if needed.

What happens next?

Once the Local Welfare Support Team receive your referral they will input this data and share with volunteer and staff coordinators who are working with Voluntary Action Leeds.

They will then work with local based suppliers to coordinate and deliver either food parcels or a supermarket voucher to a provision hub close to the service user. Alternatively, arrangements will be made for a delivery to their home by DBS-checked volunteers.

These provision hubs could be your service, and include schools, children's centres, foodbanks, community hubs and third sector organisations.

There is also space on the form to note if they require any additional support, please use this space to help us ensure individuals and families are referred to further services as needed.

**For more information and guidance please
contact the Local Welfare Support Team on 0113 376 0330**



100 Things to do indoors



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a scrunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.roberttrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables and make characters
60. Dance and sing to Knees up Mother Brown



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel

