



## Cadmore News

### *Friday 1<sup>st</sup> May 2020*

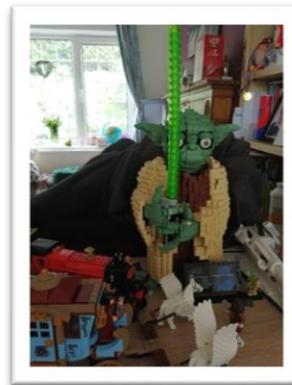
Dear parents and carers,

I hope that this letter finds you well and that you and that your family continue to be safe. Instead of walking around the classrooms checking in with the children, I have had the pleasure of reading emails that are circulating. The lock down is tough; however, I am pleased to read that children are making happy memories.

These are my 2 favourite pictures of the week:



*Grace has learnt how to lunge her pony*



*Edward created Yoda from Lego*

### **Good News**

Mrs Hazell has been busy today (27.4.20). She has been working in the Forest School area pruning & tidying! Mrs Hazell has also made a digging area, counting rope & rock animals!

Check out her [video](#)

Clifford Millar from Cadmore End PCC has published his latest community news. His letter can be found [here](#)

Isabella in class 4 has also decided to do a 5k sponsored run for Wycombe Homeless Connection. You can sponsor her here <https://uk.virginmoneygiving.com/EvaOConnor>



## **Home learning**

Firstly, on behalf of myself and the Governors, I would like to say a huge thank you to the teachers for their time and effort in creating weekly tailored home learning activities and tasks for our children. It is not easy; however, your feedback is invaluable for our teachers in planning future home learning opportunities. So please keep up the feedback!

No one expects parents to act as teachers, or to provide the activities and feedback that a school would. You will of course be concerned about your children's education and the impact of missing school. However, we are not alone, and we have a dedicated team of staff at Cadmore who will ensure ALL children will catch up.

Do not worry about trying to maintain a full routine for your child like they had at school. But children will feel more comfortable and learn better with a predictable routine to the day, even if this is difficult. Parents have requested example timetables which we have provided, however every home is different. But generally, you should try to make sure that they:

- get up and go to bed at the same time each day have regular mealtimes
- have regular breaks
- make time to be active - children are used to regular play at lunch and break times

As a parent, I am very aware that home learning can become overwhelming – especially when you are presented with too much work or your child will not engage. Therefore, teachers have tried to keep the work set manageable and relevant. If, however you feel you need additional work, or your child would like something different, I would recommend [BBCbitesize](#). I have spoken to parent teachers who have been using BBC Bitesize either as a supplement or as a break from completing work set by their child's school.

Having looked myself and set my daughter to work, we found the lessons set to be appealing and challenging in an engaging way. Lots of animation and videos which children love! Best bit is that they update the lessons daily and cover most of the curriculum! So, if you would like to supplement your child's work or they are unwilling to engage with the work set by teachers, please take a look together.



## **Comprehension and Grammar Books**

If your child has completed the books and you would like the next book, please email myself [head@cadmoreendschool.org](mailto:head@cadmoreendschool.org) stating which books they have completed and we will then ensure that the next book is copied and left for you to collect. Don't forget, there is guidance on how to complete the activities and the answers. These can be found on our school website under '[pupils](#)'



### **Reading**

For children who are on the reading scheme, there are books for you to borrow. If you would like to borrow books, we require a minimum deposit of £10 for 10 books (cheque only). Books would be chosen from the next level up to avoid reissuing books that they have already had. If you would like to take up this offer, please contact myself

[head@cadmoreendschool.org](mailto:head@cadmoreendschool.org) to arrange a convenient time

Likewise, for parents who have already borrowed books, please let me know when you want to swap.

### **New Websites**

Every week, there are new resources materialising on the internet. Class teachers have been keeping an eye out and recommending to parents where appropriate on their class pages. Please take a look at all the [websites](#) that have been recommended by the DFE on our COVID-19 webpage

### **Mental Health and Wellbeing**

If you have not taken a look, I would recommend a children's book about the Coronavirus that I shared with my daughter. It is called [Coronavirus – A Book for Children](#) by Elizabeth Jenner, Kate Wilson & Nia Roberts.

Illustrated by Axel Scheffler. I would recommend that you share the book together. However, please take a look first at the content to see if it is appropriate for your child.

I have also uploaded several documents from Bucks MIND. These document can be found on the schools [COVID-19](#) webpage as well as additional resources. I have added their [newsletters](#) with ours.





**Photo competition entries**



Abbi - Gardening and making a bug hotel



Aubrey - bluebells



Aubrey and her brother



Chloe and a funny tree



Edward and his fish



Edward and a bluebell walk



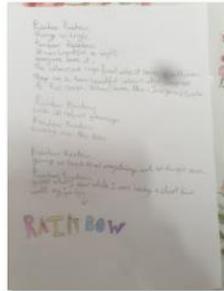
Elja's photo whilst on the trampoline



Ella's play house that dad made



Emily bluebell walk



Fuad - Created a rainbow poem



Gabriella and her garden games



Grace and pony



Habib - nature walk



Harry - His dog Loco who likes to play cricket and football with him



Isabella L Beautiful blossom



Isabella O - Bluebell walk



Jenny - Nature walk



Jenny Nature walk



Laila and Max running in the stream



Logan - rainbow



Martha and family at Coombe Hill



View from Mrs Coyle's window



Mrs Groom's new grass is growing



Mrs Hazell takes her dog for a walk



Mrs Lawfull made a fairy house



View from Mrs Pattison's home



Noah's photo whilst on the trampoline



Olivia taking a walk with her family



Poppy loves her trampoline



Sarah's nature walk



Shehani's plants are growing



Smart children bouncing together



Summer - A walk by the river



Zac's photo whilst on the trampoline



**Competition winners – What make me HAPPY!**

**Nursery: Aubrey**



**Reception: Chloe**



**Year 1: Noah**



**Year 2: Grace**



**Year 3: Isabella**



**Year 4: Sarah**



**Year 5: Poppy**



**Year 6: Summer**



**Staff: Mars Hazell**





## **External Information from the Government or Buckinghamshire Council**

### **Online learning platform for adults to boost workplace skills launched**

**This arrived in our daily Government update which may be of interest:**

*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 everyday 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>*

## **Buckinghamshire Healthcare NHS Trust**

### **Message from Jenny Chapman Head of 0 – 19 CYP Services**

In response to the COVID-19 (coronavirus) pandemic Buckinghamshire Healthcare NHS Trust has made a number of temporary changes to our community services for Children and Young People. This is to ensure that staff can be redeployed to areas where they are most needed and patient safety is not compromised.

### **NHS School Nursing service**

The NHS school nursing service is operating an essential service.

- Monday – Friday, 9am – 5.00pm except bank holidays
- Contact us by phone: **01296 567833** or by email: [bht.schoolhealth-enquiries@nhs.net](mailto:bht.schoolhealth-enquiries@nhs.net)
- Information, advice and support is also available on our website: [www.buckshealthcare.nhs.uk/school-nursing](http://www.buckshealthcare.nhs.uk/school-nursing)

### **Other sources for support and advice;**

- **Bucks Family Information Service** [www.bucksfamilyinfo.org](http://www.bucksfamilyinfo.org) offers information on a range of topics relating to family life.



- **CAMHS (Child and Adolescent Mental Health service)** have a *temporary 24/7 helpline* to support the NHS 111 line during the current Covid-19 crisis. Calls will be diverted to this helpline where there are mental health concerns. Alternatively families can call this number directly 01865 904998.
- **Kooth** – Online free counselling service for children and young people [www.kooth.com](http://www.kooth.com)
- **Childline** (children’s telephone counselling or online) – Ring 0800 1111 or visit their website [www.childline.org.uk](http://www.childline.org.uk)
- **Young Minds** - If you are a young person experiencing a mental health crisis, you can text the Young Minds Crisis Messenger for free, 24/7 support. Text YM to [85258](https://www.youngminds.org.uk/contact-us).
- **Samaritans** - 24 hour confidential listening and support for anyone who needs it (parents/carers included).  
Email - [jo@samaritans.org](mailto:jo@samaritans.org) Phone 116 123 (24 hours)

#### Helpful websites about coronavirus for parents and young people

- **Young Minds:** <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- **Mind - coronavirus and wellbeing advice:** [https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm\\_medium=organic&utm\\_source=twitter&utm\\_campaign=info&utm\\_content=coronaviruswellbeing](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm_medium=organic&utm_source=twitter&utm_campaign=info&utm_content=coronaviruswellbeing) -

Please continue to follow the government advice regarding managing symptoms, self-isolation and social distancing.

### **DFE advice on Home Learning**

#### **Using digital devices**

Your child’s school may set them work that can be done on a digital device such as a laptop, desktop, tablet or smartphone.

Set age-appropriate parental controls on any devices your child is using and supervise their use of websites and apps. See [advice on keeping them safe online](#) and talk to your child about online safety.

#### **Reducing screen time**

Digital devices are not the only way to learn. Manage screen time with a timer and break up screen time by getting your child to:



use books and other printed materials that their school has provided or that you have at home

write by hand – try asking them to complete work by hand, write a diary, a summary of things they have learned or done each day or 'to do' lists

be active and get away from the screen regularly – see a selection of [physical activity resources](#) for primary school children

stop using digital devices at least an hour before bed

### **Reception, Year 1 and Year 2 children**

The best way to help children aged 4 to 7 learn is to:

sit with them as they work

do active and practical things, rather than trying to make them sit and listen for long periods

try to break down the work into shorter periods, based on how long they can concentrate

take frequent breaks

praise or reward them when they do well

### **Talking**

Talk with your child throughout the day and try to explain new words. For example, discuss everything you are doing and pick out words that might be new to them.

### **Reading together**

When you read with your child try to:

express the emotion in the story

give colour to the characters using voices, tone and pace

discuss the things you are reading

You can make a story more interesting and help your child develop their understanding of a book by linking what you are reading to their life. For example, while reading about Cinderella going to the ball, talk about how a ball is similar to a birthday party.

Ask your child questions about what you are reading as you go. For example:

ask some questions that only need a short answer, such as what colour something is, or the name of a character

ask some questions that need a longer answer, such as how a character is feeling

ask them to tell you what has happened in the story so far



Libraries are currently closed, but you can find digital services they are providing at [Libraries Connected](#).

### **Phonics**

Phonics is a method schools use to teach children how to read quickly and skilfully.

Contact your school, which will be working on ways to help you with this. Try to sit with your child and practise with them, following the advice you get from their school.

### **Writing**

Try to help children to continue to practise their writing. This may include the formation of letters and familiarity with pens and pencils for younger children, or practising creative writing for older children.

Ask children to write about their day-to-day experiences of being at home, or to write letters to send to family members.

### **Numbers**

Practise counting and numbers. This does not always have to be a planned activity. For example, count things around the house while you are doing other things like cooking or cleaning.

For older children learning sums, ask your school for help or see a [list of resources to help with maths](#) recommended by teachers and school leaders.

### **Year 3 to 6 children**

The best way to help children aged 7 to 11 learn is to:

give them support and direction, but encourage them to do work independently too

include active and practical things, rather than trying to make them sit and work for long periods

try to break down the work into shorter periods, based on how long they can concentrate

take frequent breaks

praise or reward them when they do well

To check if they are learning try to:

Ask your primary school about how you can help your child prepare for moving up to secondary school.

ask them questions as they go

talk about things they learned

### **Talking**



Ask children to talk through what they have learned during the day and find time to talk with them more generally.

### **Reading**

Talk to your child about what they are reading. This will help them understand what they have read and encourage them to read for fun.

Ask your child questions about what they are reading. For example:

ask questions that make them think about the story, such as how a character is feeling

ask them to tell you what has happened in the story so far

Libraries are currently closed, however, you can find digital services they are providing at [Libraries Connected](#).

### **Writing**

Try to help children practise their writing. Work from school may be sent digitally, but using pen and paper will help children be ready for when they go back to school.

### **Information for parents of Year 6 children**

Year 6 children (aged 10 to 11) should continue doing any work set for them by their school.

To prepare for going to secondary school this can be a good time for them to follow their own interests. For example, for:

history, by visiting the [English Heritage](#) website to explore England's history

geography, by researching other countries

science, by finding out more about the human body on [BBC Bitesize](#)

art, by trying the activities on [TATE Kids](#)

Please stay safe and please keep in touch.

Best wishes,  
Mrs D Groom  
Headteacher