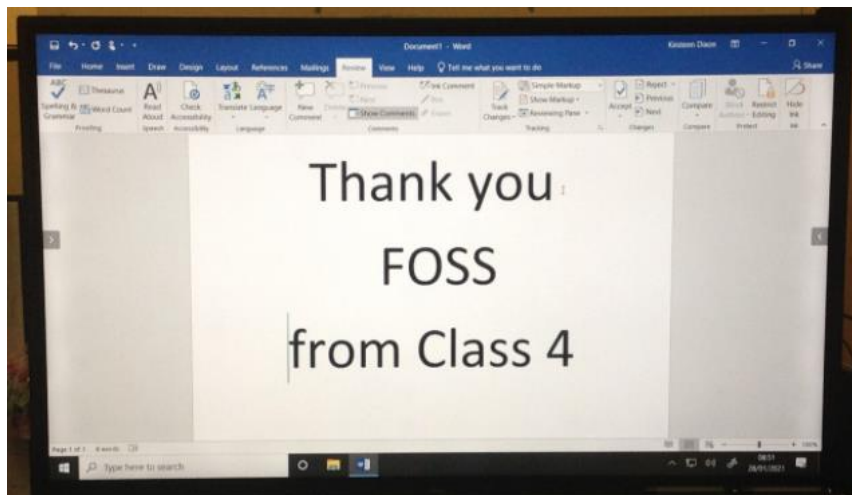




Weekly Bulletin 29th January 2021

Thank you to each and everyone of you. Your generosity in donations and support to FOSS have enabled Class 4 to have a new interactive white board installed in their classroom.



We are so lucky to have proactive FOSS members and supportive families. In the last two years, not only have FOSS contributed towards this, we have also received contributions towards Christmas presents for the children, the daily mile track and reading books. To say we have been in the midst of a pandemic for the last 10 months and fundraising community projects have been hit hard this is a fantastic achievement – thank you!

Covid

[Pupil Remote Learning Policy](#) has been added to the school website: Sharow.n-yorks.sch.uk - Front page - Remote Learning – January 2021

Prime Minister's statement on the national lockdown position

"On Wednesday, the Prime Minister announced that it will not be possible to resume face-to-face learning immediately after the February half-term and instead hopes it will be safe to commence the reopening of schools and colleges from Monday 8 March. This is in response to the national public health data and pressure on NHS capacity.

Education settings, as well as students, parents and carers will be given at least two weeks' notice to prepare for a return to face-to-face education.

Schools and colleges will remain open to vulnerable children and young people and the children of critical workers after February half-term, as they are now. All other pupils will continue to receive high quality remote education at home. This is in line with the wider national lockdown measures to help minimise the spread of the virus and respond quickly to the new variant.



Early years provision should continue to remain open throughout and should continue to allow all children to attend full time or their usual timetabled hours. This includes Ofsted registered nurseries and childminders, maintained nursery schools, as well as nursery classes in schools and other pre-reception provision on school sites.

Education attendance restrictions are to be reviewed again in mid-February when the Government will look at when more pupils and students can be brought back into schools and further education.

Read the [full statement made by the Prime Minister](#)".

This is not the news we were hoping for! January feels, in ordinary time, the longest darkest month of the year and combine that with a worldwide pandemic, this news may well bring feelings of isolation and fear – you are not alone! If each day you are counting down the hours and minutes until bed time – you are not alone! Please reach out, speak to a family member, friend or if you feel you can't do that email admin@sharow.n-yorks.sch.uk and I will telephone you. I can't offer individual solutions but sometimes just saying it out loud to another person can help to release some of the pressure you are feeling or I can try and signpost you to other agencies.

Some tips for Motivating Children during Remote Learning:-

1. Consciously create opportunities for your child to connect with other children.

One of the reasons that children doing remote learning often feel disengaged and demotivated is that they feel isolated. Children like to be part of groups and naturally engage more with school work when other children are participating, so find ways to counter the isolation so many children are feeling.

- Find a learning buddy: Set up a regular time with another pupil in your child's class so your children can meet on virtually to do some work together or quiz each other on spelling words or multiplication. You can also have children explore things that are not assigned by the teacher, but will strengthen connection between the children and thus facilitate learning. So, for example, you might have your child meet with other children to discuss the book they're reading for school, even if the teacher doesn't assign it. That increases the children's excitement about the book, and reading in general.
- Virtual play dates also help strengthen children's friendships, so that classmate becomes more of a friend and your child becomes more interested in engaging in learning with them. So even if you don't want your child playing Minecraft nonstop, some video time with classmates can actually help your child feel connected to school.

2. Create a predictable daily rhythm with a routine.

If you don't have a schedule, then every moment becomes an opportunity for a power struggle over what comes next. Routines replace chaos with the reassurance that life is unfolding as it was meant to. Routines also develop the prefrontal cortex, as the child comes to know what to expect. Finally, routines help children manage themselves through less interesting tasks because they have something positive to look forward to.

- Create a clear start to learning each day. Have children get ready as if they're going to school, instead of lolling on their bed in their pyjamas. Let your children take turns ringing a



bell every morning to start the day. If your child resists, set an alarm with a rousing tone, and when it goes off, say "*Oh, there's the bell, now it's time for school!*" (Children are less likely to feel bossed around by an alarm than a parent.)

- If you want your child to follow the schedule, let them help make it. Children need a schedule that is easy for them to understand, which means a visually represented schedule with photos and colours.
- Children need regular breaks to move around and refueling. Even within these work periods, some children might require several three-minute breaks—to do some jumping jacks with you, get a drink of water, or play one song and dance to it.
- Refueling periods include hugs, outdoor fun, dance parties, art, crafts, cooking, fun science experiments, making “inventions,” building, sensory play, free play, reading to the child, and special time with a parent. Be sure to include at least these refueling periods. This is the gas that keeps your child going under stressful conditions.
- Connection is your secret weapon to keep your child on track, so build it into your routine throughout the day.
- If your children are sharing screens, be sure you cover this on the schedule.

3. Keep your child's school screen instruction time to a minimum.

Assess what your child can handle, and what the school requires, to find the sweet spot for your child.

4. Use an accountability system that lets your child self-direct as much as possible.

Self-direction meets your child's need for autonomy, which is motivating and heads off nagging and power struggles. Some families use a chalkboard or whiteboard for the child to list and check off assignments.

You can also use an index card for each subject. Your child is responsible for completing six cards in a day, and brings them to you each time they finish an assignment, to check them off. In addition to regular assignments, you can add other assignments you want to encourage, such as piano practice or chatting with a grandparent on Zoom. Some children may see a stack of index cards less overwhelming than a long checklist. It's also motivating to see the stack decrease in size, and to know that after they complete three index cards they will be rewarded, for instance with special time with a parent.

Let your child choose what to complete and when. Do they want to tackle their hardest subject first or leave it until last? That's their call.

If your child resists getting started, ask them how many minutes they can work on this first assignment before taking a break, and what they want to look forward to doing during that break. Set a timer with them for that number of minutes—let's say it's 10 minutes—and then take a three-minute break where you do something active or sensory (blow bubbles, wrestle, play a quick round of “Take off each others' socks”).

5. Set up a space that signals learning.

In the same way that beds induce sleepiness, or plates on the table signal that it's time to eat, your child needs a workplace that reminds them that this is study time. Keep all your child's work and supplies in this spot, or in a box that gets moved to this spot while your child is working. Clear clutter and distractions from your child's workspace.



Some children are able to work on their own, but most will need to have their workstation set up very close to a parent, or they won't be able to stay on track. So if you have the kind of job that lets you sit your child next to you for a few hours, you're likely to reap huge gains in your child's ability to stay on track with their work.

Pay attention to ergonomics so the discomfort isn't distracting your child. That means, if you can, move the screen to eye level and use a wireless keyboard and mouse so that elbows are at a 90° angle. Many children love a standing desk, so they can move around as they engage with a screen. For some, though, standing is halfway to other distracting activities, so they do best with their bottom in a chair.

6. Stay present.

It's pretty hard to stay aware of what your schoolchild is doing during the school day while you're meeting with your boss, poring over a spreadsheet, or supervising a toddler. But it's simply not likely that any child can stay on track with remote online learning without supervision.

Developing autonomy in schoolwork is just like potty training and bedtime—in the beginning you were very involved, but over time your child takes more and more responsibility, and your involvement becomes minimal. The good news is that as you put the energy in to help your child develop good work habits, they realize more and more success, so they're more motivated and self-regulating in their schoolwork.

Of course, that doesn't help you be in two places at once right now. If you can alternate childcare responsibilities with a partner, that's obviously helpful to give each of you child-free time for other work. Try to schedule your own meetings when you know your child will be engaged in an activity. No partner available and you have an important Zoom call? Set your child up for a virtual date with a relative. They can read to each other, play hangman, draw together while telling stories, or do art. Get your child into audio books so they can listen with headphones while you're in meetings. There's no way to sugar-coat this. Most children can manage themselves through short periods of time with minimal supervision, but to be sure your child stays engaged and feels motivated with remote learning, they'll probably need an adult nearby. If you're holding down a job at the same time, that's clearly an impossible task. So give yourself some grace, remember your long-term goals—and try to find the humour in doing the impossible.

Adapted from [Remote Learning: 6 Tips to Engage and Motivate Your Child | Psychology Today](#)

There is also a link at [Supporting home learning routines - Planning the day.pdf \(educationendowmentfoundation.org.uk\)](#)

Children's mental health week 1 – 7 Feb 2021

Place2Be is encouraging children (and adults) to explore the different ways we can express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas. [Place2be](#) and [Twinkl](#) have pulled together a list of recommended resources of activities that families can do together at home. There are also links on the school website, Parents, Wellbeing at home.

NHS.uk Change4life

Change4life have produced '[lockdown lunches](#)'. A planner for easy, low-cost recipes for speedy lunchtime meal ideas.