



LONG DITTON

INFANT AND NURSERY SCHOOL

THE HEART OF LONG DITTON SINCE 1911

NEWSLETTER

8th January 2021

LATEST NEWS

Dear Parents and Carers

A very warm welcome back to the Spring term – if not quite the way we had thought it would be. Hopefully your Christmas was relaxing and you enjoyed spending family time together.

The Spring term is the term I love best as a teacher because it's the term with the least distractions and that gives more opportunities for lots of learning. I know that this Spring term what we expected will be different but I am confident that there will still be plenty of opportunities for all of us to keep learning.

Home Learning

This week you will have received information about our home learning offer and expectations. As we embark together on another unusual learning journey please remember that we are here for you. Remember that all children are different and will approach things in different ways. We will continue to develop our offer as time progresses and will keep you informed about the changes and developments. I would ask you to be patient with us – we have three times the number of Critical workers and Vulnerable groups in school and so this has impacted on the amount of time staff have to arrange both learning in school and for at home. If you do require any help or advice, please do not hesitate to contact us.

Advice for Parents and Carers

At the start of the last lockdown we were sent this from Surrey – I thought I would include it in this week's newsletter – it's still relevant!

This advice was sent to us from the Educational Psychology team at Surrey. I think you might find it useful!

- Schools have not 'shut down' – Although most children will not be able to physically attend school you will still be able to communicate with them
- Don't try to replicate a full school timetable – It won't be possible to replicate a full school timetable for a variety of reasons. Giving yourself and your children permission to accept this can be a big weight lifted
- *Expect stress* – This is an uncertain and unpredictable situation, stress and anxiety are normal
- Reassure children – Children can sometimes believe they are responsible for things that are clearly beyond their control. Reassure children that it is the adult's job to make sure things are OK and to keep them safe
- Help children stay connected to their friends – Friendships are a key resiliency factor for children and young people. Most children see their friends nearly every day of the week and so not being in contact with them for some time might be upsetting. Is it possible for children to talk to their friends on the phone? Perhaps establish a group Skype or WhatsApp call? Perhaps they could write letters to each other
- Normalise the experience – Normalising the experience is likely to reduce anxiety for many children. Reassure children that lots of adults and other children are in the same situation
- **Have a routine and structure** – Having a plan and a predictable routine for the day can be very reassuring. As adults we like to know what is going to happen, and children like this too. A consistent routine lets everyone be secure about the plans for the day. It is often useful to involve children in creating this routine, so that they feel part of the plan, rather than the plan

being imposed on them. You could display the routine using a timeline, or maybe pictures and visuals. Encourage children to develop independence by referring to their own routine/plan themselves.

- Don't worry if the routine isn't perfect – Remember, this isn't a normal situation. If you find that planning and sticking to the routine is causing more stress, friction or conflict, then it's OK to be more 'free-flow'. Perhaps be guided by the activities that children want to do
- Avoid putting too much pressure on academic work – Most parents and carers aren't teachers and so **it's OK not to be doing 'school work' for six hours a day**. Try to limit time spent on school work to keep it short but focused
- Try to keep work in one place – If children are doing school work or project work at home, try to keep it all in one place so that it doesn't spread out over the house. This can help to maintain a work/home boundary. We know that people live in different circumstances that might mean this isn't always possible, so perhaps there might be other ways to 'signal' the end of working e.g. putting away the work and then **enjoying a favourite song or shared dance!**
- **Reduce access to rolling news** – It is important to keep up to date with new developments and announcements, but it can be hard to switch off from the constant stream of news from media outlets and social media. Reduce the time spent hearing, reading or watching news – at the moment it might be overwhelming for adults and children. Try to protect children from distressing media coverage.
- **Supervise children with screens** – It is likely that children and young people will be using screens more often over the coming weeks e.g. phones, tablets, gaming consoles and the internet. If this is the case make sure they are supervised. Ensure appropriate content filters are active – the UK Safer Internet Centre offers guidance on setting up parental control. Try to ensure all children have a balanced range of activities each day. Involve children and young people in these discussions so that they feel part of the plan.
- Reassure young people that the

government and Department for Education are working on a plan.

- **Play – Play is fundamental to children's wellbeing and development – children of all ages! It's also a great way to reduce stress in adults.**

That is good advice for everyone I feel – keep it in a safe place and read it if things get tough!

Band Members Wanted

This might be a completely bonkers thing to ask but are there any would be musicians out there who would like to join a LDINS band in preparation for a possible summer fair? You don't need to be good, we would only need to learn around 6-10 songs, any instrument is great, singers welcome, we would have to do most meetings by zoom to begin with and we might rehearse and not get to play? But if things did improve and we could provide a little live music in the summer term, wouldn't that be amazing? If anyone is interested please let me know ☺

Thought for the week:

'When you can't control what is happening, challenge yourself to control how you respond' K Moorehead

Have a resilient weekend,

Mrs Paines

Nursery

Welcome Back and Happy New Year.

We hope that you were all able to enjoy a good Christmas break and to spend some time with family and friends, albeit in a limited way.

Hopefully you have been able to access the home learning via Tapestry. If you need any support with accessing the home learning, then please let us know via the school office.

Thank you to those who have shared home learning and activities already, it has been so

lovely to have some form of contact with you and your child.

This week we have been sharing our holiday news, enjoyed listening to stories and singing nursery rhymes. In our maths work we have been learning about 2d shapes and we are very impressed to see the interesting shapes that you have found around your home in your own shape hunts. In our phonics work we have been identifying animal and everyday sounds using our listening skills. Outside the keyworker children have enjoyed playing with the new basketball hoop that Santa gave us! The learning during the week ahead is to discuss the different weather each day, more details can be found on Tapestry.

Please remember we would like to see any activities your child has completed at home, via a comment, photo or video - the home learning we have set is a guide and can be adapted to the needs or interests of your child.

Have a lovely weekend and Stay Safe.

Reminder: Apply for Reception School Place for September 2021 start



Applications will close on 15th January 2021. Any applications received after the closing date will be considered late and will not be processed until after the first offers have been made.

You can apply for a Reception school place online at:

<https://www.surreycc.gov.uk/schools-and-learning/schools/admissions/primary-junior-and-infant/apply>

or if you live in Kingston Borough at:

<https://www.kingston.gov.uk/schools-education/apply-infant-junior-primary-school-place-september-intake?documentId=134&categoryId=20003>

Reception (Year R)

We would like to thank all the parents for being adaptable and working alongside us with all the challenges we have faced this week. Well done to all the children and parents doing home learning - we have been so impressed by how you have taken up the challenge with such little notice. It has been so lovely to see your children's work on Tapestry already. We have been so impressed by all the children who have come into school they have adapted brilliantly to all of the changes.

Next week we will be looking at 3D shapes and starting set 2 sounds in our phonics. We will continue to explore traditional tales focusing on Three Little Pigs. Please look out for an overview of next week's planning on Tapestry and as always let us know if you have any questions using the class emails or by contacting the office. Next week we will send out some information about the set 2 sounds and the format of our phonics this term.

As a school we are lucky to have access to Education City which is a resource comprising of information, games and challenges that can help support phonics, maths and understanding the world learning. Each child has an individual login that we will need to send you. In order to do this, we need you to email your class email as we need your email addresses to send out your login details. Once you have your login we would like you to have a look at the resources available with your child.

Please email the class emails if you have any questions or concerns.

Beagle – beagle@longditton.surrey.sch.uk

Corgi- corgi@longditton.surrey.sch.uk

Year 1

Welcome back to everyone whether you are in school or learning remotely. We hope you all had a super Christmas and are looking forward to our new topic 'Our Amazing Planet'. We already know how enthusiastic you are from the questions in

school and on Tapestry! We hope we can answer them all. Please remember to upload your learning to Tapestry and contact us with any questions via our class emails. If you still want to do show and tell, please record yourself and upload it to Tapestry and we can upload it as a memo for everyone in year 1 to see.

Class emails:

dalmatian@longditton.surrey.sch.uk

husky@longditton.surrey.sch.uk

Reminders

- PE for those in school will be on a Monday and a Thursday so please come in PE kits on those days.

Year 2

We have had a great week in Year 2, however we are missing everyone at home. The children in the Year 2 bubble have settled really well back into school routines and have been working really hard. We have also been really impressed with all the home learning and how hard all the children have been working at home. A big thank you to all the parents for your support with the home learning. Please continue to upload your child's work onto Tapestry. If you need any help or support, please send a message to the class email.

labrador@longditton.surrey.sch.uk

spaniel@longditton.surrey.sch.uk

Reminders:

- PE will be on a Tuesday and a Friday, please can your child come into school dressed in their PE kit. On Friday, PE will be outside so please ensure that your child is dressed in warm clothes.
- We will be changing books on Thursday. Please ensure your child brings in their reading book, reading record and library book on this day. Books will be quarantined once they are brought in.

School Office

Reminder: You must apply for a Primary School Place – Reception and Year 3 by Friday 15th January 2021

<https://www.surreycc.gov.uk/schools-and-learning/schools/admissions/primary-junior-and-infant/apply>

ACHIEVEMENTS



Golden Certificates



Credit Cards (4x Certificates)



Other Achievements

The Value of the month is Resilience. Please let us know any nominations for the Values star 😊

Oliver B for coming back to school with a positive attitude
Charlie for working really hard with his learning
Sylvie for super Christmas news writing including adjectives
Noa for super maths work
Leonardo for great shape finding in the shape hunt
Anthony for a brilliant picture of Red Riding Hood
Freddie for drawing a great picture and being able to explain all about it
Sam for great shape and phonics work
Misa for being resilient with her phonics and improving her techniques
Felix A for engaging in all the learning in school this week
Grace for writing a super list about how to look after our planet
Joseph W for writing a super list about how to look after our planet
Sienna for a brilliant recount of the Christmas holidays
Teddy – for excellent maths work
All the Parents and Carers – for starting the home learning journey with such resilience and determination

Daksh - 4
Tiago – 4
Conor – 5
Lucas - 5
Bo – 6
Archie – 7
Georgia – 7
Sophie - 7

If you have any outside achievements please make sure you send them in to the school office by Thursday morning for us to celebrate in celebration assembly on Friday!

DIARY DATES

January 2021

EVENTS / ACTIVITIES (outside of school) / School Adverts

Please note the school does **not** promote or endorse any children's clubs or activities advertised.

Direct Message/Email to Parents sent from Schools

Free Online Parenting Guides for Families in Surrey

Bringing up children is a lot of fun but can also have its challenges and understanding your child's emotional development can help to support your relationship and your child's behaviour.

Families living in Surrey can get access to FREE online guides that include top tips from childcare, education and NHS health experts. They are relevant to parents of all children, including those with special needs, autism, ADHD etc.

- Understanding your pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child 0-19 years
- Understanding your teenager's brain
- Understanding your brain (for teenagers only!)

Register for free, unlimited access to the guides in text, audio and video formats and other languages including Urdu, Chinese and Polish. You'll need to add your postcode and use the code 'ACORN' when you are registering for the first time to obtain free access. The guides are designed as a course that you work through over a number of weeks and you can pick up where you left off each time you return to the guide.

Find out more and register on the Children and Family Health Surrey website at: www.childrenshealthsurrey.nhs.uk/services/free-online-guides-families

We hope you enjoying using the guides.

Kind regards

Chris McDermott
Professional Lead for School Nursing
Children and Family Health Surrey

For Parents and Carers



Developing Positive Behaviour through Emotion coaching:

An approach for parents and carers to use with children and young people (aged 3-18 years).



Sound familiar?

Tim, 4, has made it clear he doesn't want to get ready for bed and his loud screams wake up his baby sister.

Marta, 9, refuses to get up out of bed and prepare for school in the morning. When her Dad pulls off the covers, she hurts him.

Sam, 15, won't stop playing on the iPad. He promised his sister he would share it with her, and so a loud argument starts. Someone gets hurt.

Emotion coaching is an approach which helps children and young people to understand the different emotions they experience, why they occur and how to handle them. This helps children and young people to learn how to regulate their emotions and behaviour.



- Emotion coaching training is a [free, online course](#) for [parents and carers](#).
- There are [two training options](#) to choose from:

Option A: Introductory Course: An introduction to emotion coaching, including a 1.5 hour training and a drop-in Q&A session. Course dates: 27th October (12.30-2pm) and 3rd November (12.30-1.30pm).

Option B: Applied Course: A more in-depth look at what emotion coaching is and how to use it effectively with your child, including 5x 1.5 hour sessions with a mix of training, reflection and discussion. Course dates: 20th, 26th January & 3rd, 10th, 24th February 2021 (12.30pm-2pm).

To sign up for either option A or option B courses please email

sw.educationteam@surreycc.gov.uk

"It was a lovely course and it will help many parents"- Parent



Are you struggling to provide food for yourself or your family?

The Foodbank is here to support anybody who is currently finding it difficult to provide food for themselves or their families due to financial or other issues. **You do not have to be in receipt of benefits to get help from us.**

If you feel that you need support from us, then please call or message us on: **07908 777475** or email referrals@eastelmbridge.foodbank.org.uk and we can let you know what you need to do for us to be able to deliver an emergency food parcel.

Catherine Heavens
East Elmbridge Foodbank Coordinator