

THE ST CHARLES' COMMUNITY NEWSLETTER



Friday 19th June 2020

"Bring Forth Christ"



Determination Friendship Good Manners Respect Responsibility

STAYING SAFE AND ACTIVE

This week has been our Staying Safe and Active week. There were lots of activities linked to this theme and it has been good seeing some of the pictures and videos shared with us. Lily was teaching us about what to do if somebody collapses and showed us how to put them into the recovery position and then Thomas showed us what to do if somebody was choking. What useful skills to have.

We have also had some pictures shared with us of some extreme readers. I'll share some more pictures from this over the weekend and some children taking part in the virtual mile challenge.

You should all have received a phone call from your child's class teacher this week to say hello and to check how the work is going. Hopefully you found these calls helpful. If you haven't heard from your child's class teacher, please e-mail school or contact the office on Monday and we'll make sure they contact you.

Finally, quite a number of our children have taken part in Zoom calls this afternoon with their class teachers. I hope you found these useful and a good chance for your child/ren to see some of their classmates. We'll look to organise some more again soon.



NEXT WEEK'S THEME: **MENTAL HEALTH AND WELLBEING**

On Monday, we will have more children coming back to school following long periods of being away from school. With this in mind, we thought it would be a good idea to do some work around Mental Health and Wellbeing. Some of these activities will be repeated as more of our classes start back in school. For a list of these activities, please check out the final page of this newsletter or the Covid-19 section of our school

website.

WIDER REOPENING OF SCHOOL

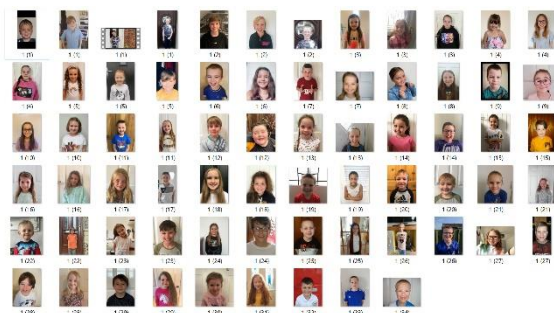
On Monday, we will welcome back a group of our Year 6 children as we begin to slowly reopen our school following advice from the Director of Public Health in Lancashire. Due to the content of his announcement, we are going to reopen slower than originally planned with groups of Year 6 starting next week, groups of Year 1 the week after and then finally groups of Reception. Information about this has been communicated to parents of children in those classes. Please can you make sure you complete the online form link on the letter by the date specified. Any changes to your original requests need to be made by Tuesday ahead of the following week.

All children attending (including Key Worker children) are being asked to wear their school uniform from Monday however if it no longer fits, we request that the children wear something plain and practical to attend, e.g. not football shirts/dresses. School footwear would be preferable but, again, if they no longer fit please send your child in a suitable pair of shoes/trainers.

Many thanks for your continued support throughout this time.

CLASS PHOTOGRAPHS

Thankyou to all of you who have been sending in pictures towards our 'COVID-19 LOCKDOWN CLASS PHOTOGRAPHS.' We have received around half of the images so far so thank you to those parents who have submitted them.



If you haven't submitted your pictures yet, there's still time. The links are still open on our school website for you to submit them or you can e-mail them to: remotelearning@st-charles.lancs.sch.uk

We will need a head and shoulders photo of your child (potentially sporting their new lockdown hair cuts!!!). If possible, the picture could be taken in front of a door to highlight that we are in lockdown times but this isn't essential.

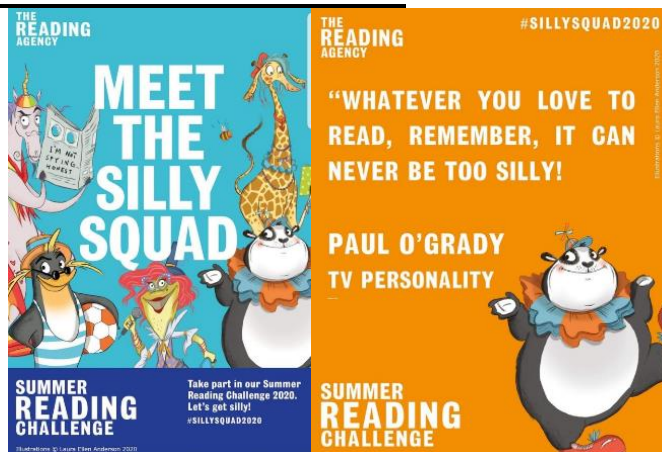
As next week progresses, I'll combine the photographs for each class together and share it with you, hopefully next Friday.

READING UPDATE - SUMMER READING CHALLENGE

Every year, we team up with Lancashire Libraries to launch the Summer Reading Challenge in school. We're still getting involved this year and would love for as many children as possible to take part. It's a great incentive to get children reading and earn rewards and badges as they do so. This year's theme is the 'Silly Squad', so it is sure to get everyone smiling!

Follow the link below to find out more and sign up! Please let us know in school how you get on!
<https://summerreadingchallenge.org.uk/>

Twitter: @lancspublib Facebook: @lancslibraries
 Website: www.lancashire.gov.uk/libraries-and-archives/libraries/your-library-at-home



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READ/LISTEN 24/7 ON THESE DEVICES

iPhone	iPad	Android	Android Tablets	Kindle Fire
Download the app now	Download the app now	Download the app now	Download the app now	Download the app now

NEED HELP?

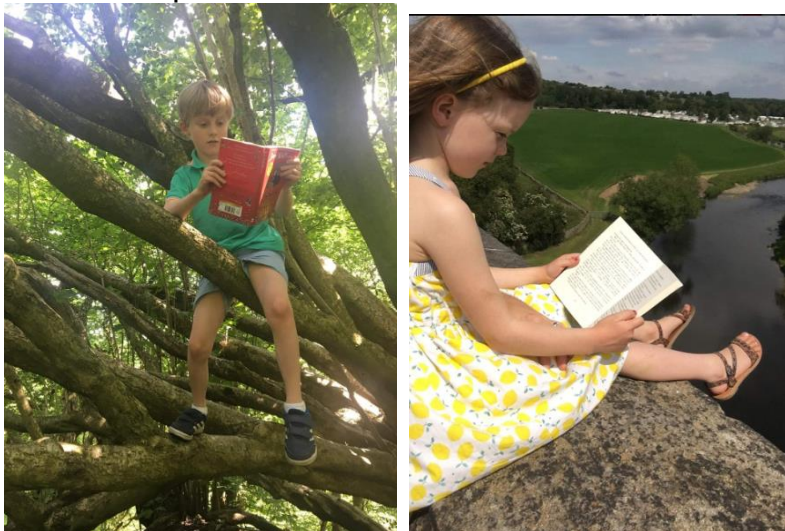
For help and support you can reach our team via
support@bolindadigital.com

LANCASHIRE LIBRARIES AND BORROWBOX

If you or your child has an account with Rishton Library (or any other Lancashire Library), you can access a huge range of books using the e-Reader App - BorrowBox. This is a free service and also has a Dyslexia-friendly font to allow wider access to all. There is a huge range of children's books available and it is really worth taking a look. Details of how to set it up can be found below.

EXTREME LOCKDOWN READING!

Reading is a great activity to pass the time whilst being stuck at home and is an excellent way of escaping from the same daily routines. Can you find an 'extreme' place to do some reading, either at home, in the garden or whilst out on a walk? Send your photos to remoteteaching@st-charles.lancs.sch.uk and we will put them on the school website!



ACTIVITIES TO SUPPORT SPELLING

RECEPTION AND KS1



- Play 'I spy' but use the letter sounds, not the letter names. E.g., 'I spy with my little eye something beginning with c-c-c-c (cat) or sh-sh-sh' (shop). Repeat this now using rhyming words. 'I hear with my little ear a word that rhymes with can' (pan). You can use nonsense words e.g., 'han'.

- Magnetic letters on the lid of a biscuit tin instantly makes a spelling board. Use these activities: ask your child to make words in rhyming strings e.g., rat, cat, mat. Ask them to make a nonsense word for you to sound out. Make words and break them into sounds or syllables. Make an easy word such as 'dog' and then ask them to change the first sound to make another word (hog) or to change the final sound (dot).

- Arrange jumbled letters to spell the names of animals etc. correctly. Example: rezab (zebra).

- Ask your child: 'What's the difference between the sounds in the words 'band' and 'sand'?'

- Use their favourite book and ask them to look for a chosen word or letter e.g., a word beginning with a particular letter, the sound 'sh', a word ending in 'ed' or an 's' plural, words that look nearly the same but only one letter different. Get them to copy these words into a small notebook. PLEASE VISIT THE ENGLISH SECTION ON OUR SCHOOL WEBSITE, WHERE YOU WILL FIND A RANGE OF RESOURCES AND WORD LISTS TO HELP SUPPORT YOUR CHILD WITH THEIR SPELLING.

<https://www.st-charles.lancs.sch.uk/english>

KS2

Please visit the English page on our school website and scroll down to the Spelling section. Here, you will find links to the statutory word lists for Years 3-6, along with useful strategies for learning and practising spellings.

<https://www.st-charles.lancs.sch.uk/english>



Children's Mental Health Matters!



OUR THEME FOR THIS WEEK IS: MENTAL HEALTH AND WELLBEING HERE ARE SOME ACTIVITY IDEAS

Have a go at as many of these activities as you want! Worksheets to support this work will be posted in the Covid-19 section by Monday.

Worksheets

MONDAY	<ul style="list-style-type: none"> Start a weekly 'Feelings Diary' (see website) to record how you're feeling and to help you focus on something that makes you happy. Each day, think of one thing that you are grateful for. It might be a brother or sister, your pet, having something to eat and drink etc. Record them and keep them in a jar or a box and when you're feeling down, look at all the things that make you happy. Complete the 'Emotions' activity (see website). Match up the activities to the different emotions. Can you think of your own activities and match them to an emotion? Design a 'How To' guide to help another child do something that they find difficult, e.g. riding a bike. This could be in the form of a list or a comic strip. Which words or phrases might you use to help them develop their resilience and not give up?
TUESDAY	<ul style="list-style-type: none"> Design an 'I CAN' poster to show one or more things that you would consider to be a strength, e.g. I can make people happy when they are sad. Read the story of Noah's Ark. You can watch it here if you prefer: https://www.youtube.com/watch?v=_vjjhMWJ2wE Discuss why it is important to have hope. Choose your favourite quote from the story about hope and make it into a poster or piece of artwork. Smiley cooking! Get creative in the kitchen and make something with a smiley face. You could make a smiley cake, buns, cookies a pizza or even put some smiley faces on fruit and vegetables. Have a look here for some ideas: https://www.pinterest.co.uk/happierbirthday/fruit-faces/?autologin=true https://www.pinterest.ca/search/pins/?q=smiley%20face%20cakes&rs=typed&term_meta[]=smiley%7Ctyped&term_meta[]=face%7Ctyped&term_meta[]=cakes%7Ctyped <p>Please send us your photos!</p>
WEDNESDAY	<ul style="list-style-type: none"> Discuss with a family member your feelings about coming back to school. Read this story together: https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Back-to-school-after-Coronavirus-1.pdf Read or watch the following story: https://www.youtube.com/watch?v=rbINL3-Ck60&app=desktop How can you tell someone you care about them without giving them a hug? Maybe write your friend letter or a postcard, or draw them a happy picture to make them smile? Print off the wellbeing wheel or make your own (see website). Draw something in each segment that makes you happy when you are feeling sad. It could be singing your favourite song, playing football, dancing, getting a hug from your parents, gardening etc. Whenever you are feeling sad, roll a dice or a ball over the wheel and see where it lands. Do whatever it says to make yourself feel better. Print off the 'Hope mindfulness colouring' page (see website) and spend some time colouring in while you think about happy things. You could put it up in your house to remind you to stay hopeful, or you could give it to someone you care about.
THURSDAY	<ul style="list-style-type: none"> Sing/perform/make up a song or a dance that makes you feel happy. Can you put on a show for your family? You could even record it and send it into school to help spread a little happiness. You are an amazing person! Fill in the balloons on the 'Amazing Person' activity sheet (see website) and think about what makes you amazing. Exercise is a great way of improving your mental health. If you haven't already done so, why not join in with the virtual mile? Alternatively, take part in a daily exercise routine, like this one: https://www.youtube.com/watch?v=pTa5XTDUz7g Pick one act of kindness to do today. You might ask a neighbour if they need any shopping, send a card to someone, offer to tidy up for a grown up, water a neighbour's garden etc. Think about how you feel after doing it.
FRIDAY	<ul style="list-style-type: none"> Read the poem 'Smiling is Infectious' by Spike Milligan (see website). Can you learn the poem and perform it? We'd love to see a video of you! Some people believe that smiling is infectious! If you smile at someone, it encourages them to smile back. Create a giant smiley face poster to display in your window to encourage other people to smile. Encourage people to smile by making a smiley face model. You could papier-mâché a balloon, paint it and draw a big smiley face on it. Can you hang it somewhere to remind you and your neighbours to keep smiling? Send us your photos! Can you write your own poem about happiness?