



HARPLEY CE PRIMARY SCHOOL WEEKLY NEWS AND INFORMATION

'I will instruct you in the way you should go; I will counsel you with my loving eye on you.' Psalm 32:8

Week beginning Monday 8th February 2021

Wow, what a week of phenomenal snow! It looks like you have managed to wrap up warm and have heaps of fun as well as continue all your fabulous home learning - great job.

Thank you for sending in your lovely pictures. We love seeing all the fun you are having in the snow as well as all your home learning. **We are super proud of all your efforts - please keep sharing them with us but have a wonderful break for half term.**



Harpley looked magical in the snow. Thank you to our super team who helped clear the paths so we could open the site safely on Thursday. (Somewhat embarrassed that I got blisters on my hands!)

Online Safety

Now, more than ever, this is extremely important. Whilst being on the internet can be a great way for friends to keep in touch and children to access learning, it can also bring risks.

<https://www.thinkuknow.co.uk/>

Here you will find resources for children from 5 to 14+ to support with online safety.

There is also a parent's area that provides you with tips about how to approach e-safety with your children.

<https://parentzone.org.uk/advice/parent-guides>

Please see this link to a website for more information about how to keep safe with some of the popular apps, games and social media sites.

We hope you have enjoyed the last couple of collective worship slides - these are shared through the children's email. Last week, we looked at the importance of children's mental health. This week, we consider what makes us happy and how we can use mindfulness to support our wellbeing. (You will see some familiar faces)



Responding to challenging behavior at home - we saw this and thought it was worth sharing with you.

We all have a 'window of tolerance' and everyone has a different level of this.

A few tips:

- **Breath**, take a moment to calm yourself
- **Use a phrase**, show them you recognise their feelings and give yourself time. E.g. 'I can see you are frustrated. Take a moment then we can talk about it.'
- **Positive**, explain what you want to see them doing. E.g. 'You need to complete your writing,' instead of, 'Stop playing on your Playstation.'
- **Listen**, give them time to express their views and know that they are heard.
- **Repeat**, repeat the instruction calmly that you want your child to follow, avoid an argument.
- **Be consistent**, pick your battles, if it is important to you and your family, then set the rules and stick to it every time (use consequences as appropriate). If it is not important, let it go and move on.

We will not always get it right and that is okay. Try to have a fresh start after any conflict and look after yourself and each other.

Some tips for home learning:

- Have a routine, children can tick things off as they achieve them
- Where possible, have a designated learning area
- Use incentives and sand timers to encourage motivation
- Use 'if' and 'then' E.g. if you complete 8 maths questions then you can have 10 minutes of TV
- **DO NOT FEEL GUILTY** - you are doing your best and that is all we ask.

Please remember the staff are here to help so if you have any concerns, do not hesitate to be in touch, even if it is just for a chat!

Look after yourselves and have a lovely half term.

Mrs Stibbon, Mrs Stephens and the Harpley team