



Mesne Lea

Weekly Update - 18.05.20



NEWS UPDATE

I hope that everyone is well. I know that last week was a difficult time for us all, due to the repercussions of Boris Johnson's announcements on easing the lockdown, setting in! I hope that all parents can complete the online survey, which closes on Wed 20th May at 4:00pm, as this will help to inform our planning. I just wanted to clarify that the provision for keyworker children and vulnerable pupils will remain the same and will be separate from other groups. I would encourage you to utilise this offer if you need it. If a child of a keyworker is in one of the returning to school cohorts, then they will be placed in their age appropriate class rather than in the keyworker group. Last week the Assistant Director of Education for Salford, Cathy Starbuck, met with a group of Headteachers to discuss how to reopen schools in Salford. As a result of that meeting, the advice is that schools should provide a phased and staggered reopening, with perhaps one year group starting for one week initially as a pilot. Schools are expected to manage their pupil group ratio, by having small groups, with mixing being limited. Break and lunchtimes should be tailored to meet the individual school requirements. We are still at the planning phase and I would like to reassure you that we are committed to ensuring that all pupils, families and staff are kept safe.

WEEKLY FOCUS

This week is Mental Health Awareness Week, which is a great opportunity for us to take time to reflect on our own mental health and well-being, which can be something that we all neglect! During these "unprecedented times" it is so important that we protect our mental health as this is going to help us in coping with and recovering from the coronavirus pandemic!

What is mental health? The term "mental health" includes our feelings, how we think and how we interact with others, so it can affect how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood right through to adulthood. This year, the focus for the Mental Health Awareness Week is kindness, which I feel is so relevant, as I have observed so many *acts of kindness* recently.

What is kindness and how might we show it to others? Kindness is the quality of being friendly, generous and considerate. It has the ability to strengthen relationships, develop a sense of community and deepens solidarity. Kindness helps to improve our mental health by reducing stress, deepening friendships and reducing feelings of isolation. Regardless of your age, culture or religion, kindness has a positive impact on all human beings. I think that we have all been inspired by the determination shown by Captain Tom Moore, as he walked in his garden to raise money for the NHS. He inspired us all with his selflessness and sheer grit. Let us reflect on how we can show kindness to others this week. Please share your acts of kindness on the Mesne Lea twitter page. **Please have a look at our well-being section on our school website, which contains resources and links that children will enjoy!**

HOME LEARNING CELEBRATION

Wow! You were all certainly busy with your home learning last week. We saw fantastic artwork, masterful maths and some fantastic writing. Pupils created their own products, carried out science investigations and found out about different countries around the world.

From Nursery to Year 6, all pupils have been working incredibly hard on their home learning packs and the lessons that our amazing staff are setting you on a daily basis. We love seeing what you have all been up to and we can't wait to see what you all achieve this week – please continue to share your work with us on Twitter.

The children in the Cherry Tree Room have been doing fantastic work at home too, we have seen baking, sport with Coach James and work on Superflex and the Blobs. Well done all!

A huge well done to those pupils who have taken part in our weekly challenges. One of the most popular ones has been our 'roll model challenge'.

ACTS OF KINDNESS

For last week's challenge, we asked you to create a lockdown scrapbook. There were so many shared with us online, and it looked like you all really enjoyed making them and reflecting on this unprecedented time. Well done!

A lovely idea for an act of kindness this week, could be to create bookmarks – not just ordinary bookmarks though!

You could leave bookmarks with kind messages for people to find to cheer them up. Maybe leave them in a book you have finished for the next reader, or in a basket outside your house for neighbours to pick up. Get creative Mesne Lea!



BEING HEALTHY

We all know that being healthy and exercise is so important for our overall wellbeing.

This week is the 'Joy of Moving Festival'

This fantastic festival allows families to take part in activities and stay active together – all with minimal equipment. We've maybe got a few budding Joe Wicks out there!



There is more information on the school website on the wellbeing page. The booklet is downloadable and contains so many great activities.

If you and your family take part, don't forget to tweet Mesne Lea, but also tweet @Foundation92 to share what you've been doing.

BEING SUPPORTED

Don't forget that we are all here to support you during this time. If you have any questions, or need someone to talk to, don't hesitate to call the school office. Alternatively call Miss Fisher on 078798104 or Miss Edge on 07879811507

Salford City Council

If you need to self-isolate (stay at home) and need help, contact **The Spirit of Salford Helpline** on ☎ **0800 952 1000** (Monday – Friday, 8.30am – 6pm).

Or go to www.salford.gov.uk/spiritofsalford



BEING CALM

We can all become fixated with news updates at the moment and if the news is on a constant loop, this can add to feelings of worry and anxiety. Try to decide every day when you will listen to the news so you are not tempted to keep checking in. Be aware that children will hear, pick up on and internalize these headlines. If they ask you questions, the best thing to do is to acknowledge them but respond simply and don't go into too much detail. If your child is watching the news with you or is in the room, try to focus on the positive stories which highlight people getting better or community acts of kindness.

PARENT ZONE

Staying healthy and making sure that what we are eating is so important for both mental and physical health. Have a go at making your own salad pots this week. Create healthy combinations of ingredients to create tasty lunches – the competitive ones among you may even want to have a competition to create the healthiest/tastiest. Share your creations on Twitter. Happy eating!

<https://www.bbcgoodfood.com/recipes/layered-rainbow-salad-pots>

Layered rainbow salad pots

★★★★☆ (3 ratings) By **Lulu Grimes** Magazine subscription – 5 issues for £5

L PREP: 25 MINS COOK: 12 MINS **EASY** **SERVES 4**

Give kids two of their five-a-day and a dose of vitamin C with these colourful rainbow pots of tuna salad, ideal for a lunchbox, or summer picnic

BEING WELL

During these unusual times it is easy for us all to begin feel as if each day is drifting in to one. Please see below for this week's top tip.

It is important for you and your family's mental health and well-being to try to maintain some routine and structure in your day. Try to stick to regular meal times and sleep routines and make sure that there are plenty of scheduled breaks between working sessions for both yourself and your children.

BEING PREPARED

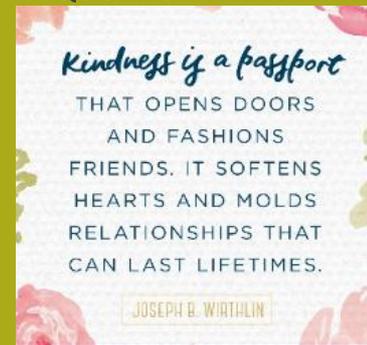
We are conscious that children in Reception still need to be "school ready" to go into Year 1 in September. To support your children with this, please practise:

- Getting changed independently (ready for PE lessons)
- Taking own shoes on and off and tying own laces
- Good personal hygiene with hand washing etc.

CHALLENGE OF THE WEEK

This week's challenge for the children at Mesne Lea is to show their respect and gratitude for everyone who works in the NHS by writing a card or drawing a picture. These can either be dropped in the red postbox outside the hall and we will forward them on or you can send them directly to Salford Royal NHS Community Trust
Stott Lane
Salford
M68HD

QUOTE OF THE WEEK



MESSAGE FROM THE GOVERNORS



Hello Peeps

As many of you will know I was the site manager here at our school and am currently standing in. I have been working alongside the head teacher during this awful pandemic, ensuring that things are as 'normal' as they can be. Please don't listen to some of the negative press that has been put out about teachers, support staff and contractors.

They have been working extremely, hard in these strange times, either in school or from their homes to ensure that every child and their family has been contacted to check on their well-being or given support with some school work.

Now as a new governor for the school, I can say how immensely proud I am of what our school (teachers, support staff and children) have achieved in helping fight this virus, whether through actions mentioned above, self-isolating or being in school for our key worker children.

I thank you all.

"It might be stormy now, but it doesn't rain forever"