



Mesne Lea

Weekly Update – 13.07.20



NEWS UPDATE

I would like to take this opportunity to thank our amazing staff team and governors for making the past few months and last half-term run so smoothly in the midst of a pandemic! From June, we welcomed back to school over 130 children from Nursery to Year 6! I feel extremely proud of what we have managed to achieve! Over the past few weeks, Mrs Zino has met with all of the class teachers to ensure that clear plans are in place for pupils with SEND. We have also successfully held transition meetings where the old class teacher has met with the new class teacher to ensure that key pieces of information are passed over, e.g. friendship groups. We will be saying “Goodbye” to our Year 6 children, who will be leaving school today to start their next adventure in their schooling. It has been an absolute pleasure to meet the Year 6 pupils, who returned to school in June and I know that they all have successful futures ahead! I was delighted to meet lots of pupils and parents over the past few days during our “Meet the Teacher” event. I hope that both parents and pupils found the sessions useful, as we need some normality in our lives! The primary aim for us is to ensure that we “hit the ground running” in September. We are planning for a full return to school on Monday 7th September for pupils from Year 1- 6, Reception from Wednesday 9th Sep and Nursery will be from Tuesday 15th Sep. (Please see EYFS Welcome Pack for specific times). We will keep you updated over the summer holidays regarding our plans. In order to return to normality, pupils will be expected to return to school in their uniform, we would like children to come to school dressed in their PE kits on PE days. Over the summer holidays, we will continue to update the Covid section on the website, with key documentation, such as risk assessments and the site map. Finally, I would like to thank all of you, our parents and carers, for your support, positivity, kindness and understanding during the pandemic. I hope that you all manage to find some peace and rest during the summer holidays.

WEEKLY FOCUS

This week, our focus is Transition. In this final week of term, we will be looking ahead to September; looking forward to new starts, new teachers and for some of us, new schools. For those pupils in school you will meet your new class teacher this week and have time to reflect on the past few months while setting new personal targets for yourself for September. It is normal to feel different emotions during this time and it is important to talk about them with those around you – it is completely normal to feel excited and nervous, or even both at the same time! To the Year 6 pupils and pupils who are leaving us for a new school, we wish you all the best in this new stage of your learning and growing. We hope you take with you some key Mesne Lea values: hard work, respect and teamwork. We will always be ready to welcome you back to hear what you have been up to; remember, we have events planned for you in the Autumn Term, so you will have to come back to see us! Have a lovely summer everyone.

HOME LEARNING CELEBRATION

Home learning since partial closure in March has been a success. The uptake for home learning packs has been good, and feedback from parents has shown that many families found this to be helpful and useful during this time. In addition to this, we enjoyed seeing you share your work and lockdown experiences through Twitter; we saw pictures of dog walks, home baking and many, many acts of kindness.

Moving over to Class Dojo seemed like a big jump, but the way that you have all engaged with this new platform has been lovely – there is so much work being posted to the portfolios and we really hope you have enjoyed using this new way of celebrating learning and success. In school, the children have had team building sessions, project work and food tasting from all over Europe; It has been great having the opportunity to see these sessions shared on Twitter too. We need to say a huge thank you to staff for planning the lessons, engaging with families online and providing safe and exciting learning opportunities in school.

None of the learning that has happened since the end of March would have taken place without the support of parents at home; you have had the hard job of balancing childcare, working from home and being a teacher for your children – so thank you too. We hope everyone has a lovely summer break from both school and home learning.

ACTS OF KINDNESS

Over the next six weeks, try to do one act of kindness a week. There are so many ideas that you could use, it has been lovely having some suggestions from pupils through Dojo:

- Make a cup of tea for someone
- Draw a happy picture to put in your window
- Leave a box of books to share in your community
- Bake a cake for a neighbour or a friend.

BEING SUPPORTED

The six weeks break can be a long time to not have school around.

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 07879 810476 or Miss Edge on 07879811507

BEING HEALTHY

Being healthy means keeping well, which includes eating healthily, being active and doing things that make you feel happy. During Lockdown, we all had the time and the opportunity to enjoy an outside activity for an hour a day. Lots of families took this up and we saw lots of fantastic pictures of families enjoying walks, bike rides and even jogs together. As we all start to slowly return to school and work, it is important that we try to keep some of the healthy habits of lockdown to help our physical and mental wellbeing. It is of course, harder when the weather is not as pleasant, however going out for a ten minute walk every day can boost our health. Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Sometimes, it is overlooked and people may think it isn't strenuous enough, but walking briskly has been shown to build stamina and make your heart healthier. You don't have to walk for hours and hours – just a few short walks can count towards your recommended 150 minutes of weekly exercise.

BEING CALM

Now that the lockdown is beginning to ease a little we can start looking forward again to potential new hobbies and projects. Why not take the time to see what is available on your doorstep in terms of outdoor hobbies? Being outside will undoubtedly enhance your sense of calm. You could for example join a community allotment or a walking club. Why not join a tennis club or help the environment by joining a volunteer litter picking group? The more we access outdoor opportunities the calmer we will become. Just grabbing a little bit of Vitamin D every day will boost our immune system, even if the sun is behind the clouds. This all helps us to maintain our perspective and feel balanced and calm when faced with the inevitable stressful situations that modern day life entails.

"Live in the sunshine, swim in the sea and drink the wild air."
Ralph Waldo Emerson

BEING WELL

One of the most effective ways of maintaining and boosting our well-being is to take time out to help others. Even during the lockdown period, we can all find ways of volunteering our time. We could for example contact elderly neighbors to make sure they are O.K. by telephoning or writing a short note and posting it through the door. We could offer more practical support such as volunteering to deliver food parcels or doing the weekly shop for those who are shielding. It's amazing how doing good deeds for others can have such a positive effect on our own mental health.

"When we give cheerfully and accept gratefully everyone is blessed"
Maya Angelou

PARENT ZONE

This week it is your turn! Get in touch via Twitter to share your favourite culinary creations. Is there a recipe you love cooking that others may enjoy too? Share photos, recipes and food ideas so we can create our Mesne Lea recipe book. We may use some of these recipes in September in Cookery Club and Alternative Curriculum sessions.

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:

- encouraging independence when tidying up
- taking responsibility for own belongings (this will help to prevent lost jumpers etc!)
- developing a love of reading (this can be simply listening to a bedtime story)

CHALLENGE OF THE WEEK

We are sure you are reading most days at home and hope that you have found the stories and information books that you have read really enjoyable. This week, your challenge is to create a book mark to keep your page as you read your latest adventure.

Watch the Youtube link below to help you. Choose your favourite design, or get creative and come up with your own. Happy reading!

https://www.youtube.com/watch?v=YVkJPCp_1UQ



QUOTE OF THE WEEK

ONE
KIND

WORD

Can Change
Someone's
Entire Day

MESSAGE FROM THE GOVERNORS



My name is Mrs Zino. I have had the privilege of being the staff governor at Mesne Lea for the last eight years and have held a teaching position at the school for the past nine years. I had previously taught at the school for a short period and loved the school so much that I returned after a 10-year gap in 2011.

It would be reasonable to say that over the years I have seen many changes, new initiatives and challenges, but none quite so dramatic as the challenge we have faced with COVID 19. As always, the staff have faced such challenges with determination, positivity and good humour. We all look forward to the return of some sense of normality in the next academic year. During my time at Mesne Lea I have worked alongside three different head teachers. I am very much looking forward to working with our new head teacher Ms Nelson during the next chapter of Mesne Lea's history. I am very excited about the future for both children and staff. As the school SEND/co I really welcome the opportunity to work with a head teacher who puts inclusive practice at the heart of all she does.

Onwards and upwards Mesne Lea!