



Victoria Primary Academy

Issue 14

Weekly Newsletter

Spring Term

Friday, 8th January 2021

If your child is not able to attend school or access remote learning due to illness or appointments, please telephone to inform us by 9.00am or leave a message on Parent Mail.

01933 223323.

Feel free to upload any news or photos to Class Dojo to be included in our weekly newsletter.

Our children, their safety, their health and their education is very important to us all, and by working together we will get through this together.



Welcome back to a new term!

As you are aware schools are now closed to pupils, except to children classed as vulnerable or those whose parents are critical workers.

Small school

For children attending small school, the day begins at 9:00 and ends at 3:00 and children are expected to attend school every day. They are being taught in year group bubbles in smaller numbers than a normal class.

Remote Learning

Unless your child is unwell, there is an expectation that they access the remote learning which is uploaded to Class Dojo each day. Your child's teacher holds a morning register meeting live on teams each morning, outlining the learning for the day, which they must attend.

Your child should be completing work and then uploading it to Class Dojo for checking and marking by the class teacher. This is the same system as we have been using for home learning and as such you and your children should already be familiar with the process. If your child is finding they need some additional support with the learning you can contact the class teacher via Class Dojo or on class story.

Again, these are unprecedented times—please do not panic! We understand the huge pressures that families are under at the moment, but as long as we keep communication open between home and school, we will support you in whatever way we can.

Thank you for your continued support.

H. Scargill

Hayley Scargill,
Principal

Our school office is open from
7.30—5.00 each day.

Please call if you need additional
information or support.

Spring Term 1

Mental Health and Wellbeing

The Coronavirus pandemic and subsequent lockdowns may impact on children's mental health in many different ways. The disruption to a routine may be stressful for children, and they may be bored, lonely or confused.

With the recent update, this may have caused further confusion for our children. Please talk to your children about this and their feelings. It is so important to talk about the challenges children face as it supports them to express their emotions.

As you will have seen from previous messages, we actively encourage children to talk and express their different emotions to promote positive mental health and wellbeing.

We all experience different emotions and many things can impact on how we feel. Teaching children to manage these emotions will actively support their mental wellbeing. We can help children to understand and manage their emotions by using concepts that get them thinking about how feelings and thoughts are linked to behaviour, and that some emotions may result in changes in their body, like a fast-beating heart if they're nervous or scared. Help pupils develop coping skills so they build resilience and also learn how to calm themselves.

The Coping Skills Wheel:

This coping skills wheel is a visual tool to help children with independent management of anxiety and self-care.

There are two available spaces for children to add their own healthy coping mechanism techniques.

If you would like more information about this, or would like to look at further tools and resources for managing emotions, please visit:

[https://
www.mentallyhealthyschools.org.uk/
resources/tools-for-managing-
emotions/](https://www.mentallyhealthyschools.org.uk/resources/tools-for-managing-emotions/)



Alternatively, if you would like to talk to someone at school, please don't hesitate to ask.

STAY CONNECTED

Locality Newsletter January 2021

This newsletter focuses on the work of partner agencies, the voluntary sector and social enterprises which support children and families.



Covid Household Winter Support Scheme

The Covid-19 Household Winter Support Scheme is available to help households, especially those with children, who have been affected by the coronavirus pandemic and are struggling to stay warm and put food on the table this winter.

There are many reasons why a household may be struggling and this scheme is intended to provide one-off assistance to help families with their essential bills.

The welfare of our residents will always be our top priority. If you, your family, or your household needs support over the winter, please do not hesitate to reach out to us and we will do our best to help.

For more information please call us or visit our website -

Community Resilience Support Line 0300 126 1000 option 5

www.northamptonshire.gov.uk/coronavirus-updates



To find news from your local area click the link below.

[South Northants](#) and [Daventry](#)

South Northants Youth Engagement

Healthy Young Daventry Breast Feeding Peer Support

Princes Trust – TEAM

[Northampton](#)

Voi – scooters

Warts and All theatre

[East Northants](#) and [Wellingborough](#)

Born 2 Dance

Rush2theDen

OutsideIn Theatre

Princes Trust

[Kettering](#) and [Corby](#)

Enfold – Volunteer Mentors and Befrienders Needed

Food Support in Kettering

Pen Green Centre – What's On?

Corby Foodbanks

Time Out for Parents – Primary Years Course



**This photo was sent in by Mrs Timpson, Chair of the P.T.A.
What do you think it might be?**

To find out more, visit the P.T.A. Facebook page.

Join us on Facebook:



<https://www.facebook.com/groups/293177747955365/>