



[www.lighthorneheathprimaryschool.co.uk](http://www.lighthorneheathprimaryschool.co.uk)

Dear parents and carers,

I hope everyone is well, had a enjoyable half term and managed to make the most of the incredible weather we've been having.

We have welcomed some of our older KS2 children back to school this week, and they have been really pleased to be back, and adjusted well to the new normal. A big thank you to them for their cheerfulness and resilience. It's been lovely to see them.

Next week, we are ready to open to KS1 (N/R/Y1) children invited back, and are looking forward to seeing those who are returning. We will be operating a mixed Year Bubble for all the children, and as we have only 1 Bubble will not need to stagger arrival/departure/ break or lunch times. The day runs from 08.55-3.00, and the children will be collected by a Teacher from the main gate –where there are socially distanced markers for you to wait at. Please do not come on to the school site and do not send in any school bags or PE kit with the children, only a named water bottle and a coat.

For children not returning, our remote learning provision will continue, although it may not be at the same level of detail as previously delivered as Teachers are now in school and planning priorities have had to change to reflect this. Teachers will remain accessible to respond to queries, but please bear in mind their additional duties on site going forward, so patience may be needed.

Once again, a big virtual hug of appreciation to you all for everything that you are doing to work with us supporting your children through these strange times.

With very best wishes,

Jacquie Birch.

Associate Headteacher.



## Vantage Class



PIC-COLLAGE



# Vulcan Class

## Land Ahoy!



**Keywords:** *Self-esteem, self-esteem threat, self-esteem threat effects, self-esteem threat effects on self-esteem, self-esteem threat effects on self-esteem, self-esteem threat effects on self-esteem*



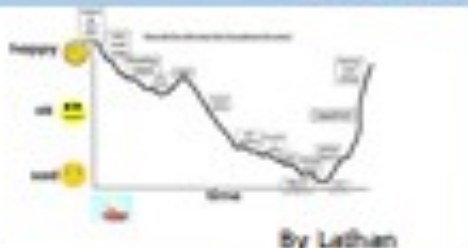
### Notes on the Authors



By Theodore



By Misha



By Lathan

By **Sperminco**

### Alfie's Boat

# Valkyrie Class

## Infinity Lockdown

By Sera Devant

Hello world...

It is now 2046 and we are in lockdown. This all started in 2020 when the corona virus pandemic began to spread severely. Then it became worse... In 2021 the corona still hasn't gone. To make matters worse a new virus came. It hasn't been named since the scientists... umm... scientists, right? Well they quit their jobs. Now we are all stuck at home in lockdown. Even though it is 26 years after the pandemic. My name is Henry Hills and I am going to run you through my life in infinity lockdown.

You could say I have a pretty restricted life. We have breakfast. Then we have online school. After online school it is basically fun and games. What I do after is pretty epic. It's called Paradise. My dad invented it in 2036. It has a selection of games and also a little beach simulation where u can relax and so much more. But enough of paradise let's move on to social life.

Like I told you before we have a restricted life. But it doesn't mean we can't meet people. Like I met this kid called Jackson just yesterday but guess what! We have been living next door to each other every day for 10 years! If you are wondering how we marry people and how we meet those people then read on.

Ok. So, how we meet the people we marry. Well, we don't! It's all in your birth certificate. Mine is... Wait a second.. "Mom! Who am I going to marry?"

"Sweetie you are not going to marry anyone remember! You are a loner. Unlike your sister who is popular and going to marry a playboy!" Oh, right I nearly forgot. When you are younger depending on your personality you get sorted into groups. Yeah, I know it is pretty rude.

Sorry I'm ending this on a bad note but my deadline is nearly here and I have to put this in a time capsule. So, to the new generation...

DON'T BE LIKE US!

## Sera's 'Infinity Lockdown' Story-

**This week we've been thinking about our mental health.**

**We also welcomed back year 6**

**#SELFLOVECLUB**

I love my brain because...  
It remembers things from a long time ago which is good to remember. It also helps with maths and my stories which is what makes me good at them.

I can take care of my mental health by...  
talking about my feelings, taking often breaks.

I love my body because...  
It has things other people don't which make it unique.

I can take care of my physical health by...  
Eating well, sleeping well, Exercise, staying hydrated, Going on walks when lockdown is over.

**#SELFLOVECLUB**

I love my brain because...  
it helps me learn while i am in school/home school

I can take care of my mental health by...  
taking care of myself

I love my body because...  
its what helps me pick up things and move around.

I can take care of my physical health by...  
doing a...

**#SELFLOVECLUB**

I love my brain because...  
I have my brain because it has a good memory.

I can take care of my mental health by...  
counting down from ten?

I love my body because...  
I LOVE MY BODY BECAUSE IT IS DIFFERENT TO EVERYONE ELSE.

I can take care of my physical health by...  
WASHING HANDS AND GOING OUTSIDE (SOCIAL DISTANCING)

**How are you feeling?**

Why? What can I do to help?

I am angry because I miss school and I want to go back to meet my friends and everyone at school. I don't get in contact to anyone so I can speak to them instead of me sitting and not seeing them at all.

**my GRATITUDE POST**

I am grateful for...  
My family.

I am grateful for...  
Being protected by my family.

I will make today great by...  
Helping others and keep a smile on my face

**PIC•COLLAGE**



# Protective Behaviours Resources....



Please click on the hyperlink in each document to view the embedded link.



## PRACTICAL ADVICE FOR KEEPING CHILDREN SAFE

- 1 Talk to children and babies about feeling safe and keeping safe. It's never too early to start.
- 2 Always give children the reason for any decisions you have made - it helps them to understand 'why?' ...'Because I say so' is not a good enough reason!
- 3 Help to build your child's confidence and self esteem. Praise them often. People who choose to bully or who are dangerous to children will often pick out less confident children or those who spend time or go out alone.
- 4 Listen to your children, especially when they are trying to tell you about things that worry them. Let children know that you will always take them seriously and do whatever you can to keep them safe.
- 5 Let children know they never have to do anything they don't like with an adult or another child - even if it is someone they know. Practise this at home by never making them kiss or hug an adult if they don't want to.
- 6 Teach children to trust their own 'Early Warning Signs' or 'gut feelings' about people and situations.
- 7 As soon as children are able to understand, teach them their full name, address and phone number. Practise these with them until you are sure they can remember.
- 8 In most situations, children under about eight years old shouldn't be out alone. Even when out playing with older children, they need to be kept in the care and sight of an adult or a much older child who is mature and trustworthy.
- 9 Never leave young children in unsupervised play areas in shops or parks. Don't leave them alone in the car or outside a shop, not even for a few minutes.
- 10 If you are in a crowded place, keep children in a pram or buggy, hold hands tightly or use reins. Don't walk ahead of small children who can't keep up. Remember it only takes a moment for toddlers to wander off.
- 11 You can start teaching children simple rules about personal safety from as young as two or three. Tell them clearly that they must never go off with anyone, not even with someone they know, without first asking you or the adult looking after them.
- 12 Teach older children safe ways of crossing roads, going shopping and asking adults for directions and let them practise these with you until you are sure they have understood. Help children decide who would be the safest adults to talk to if they need help or get lost (e.g. Police officer, shop-keeper, someone with a young child).
- 13 When children are mature enough to be out alone, make sure they tell you: Who they are going out with, Where they are going (and how to contact them), When they will be back.
- 14 In busy public places arrange somewhere to meet in case you get separated, like an information desk or specific shop/bank.
- 15 Keep electronic devices and televisions in public areas of your home, not in children's bedrooms. Monitor what your children are watching & looking at. Encourage children to talk with you if they feel uncomfortable about anything they come across.
- 16 There is no law that states the minimum age that a child can be left alone. However, it is an offence to leave a child alone when doing so puts him or her at risk. Never leave a baby or young child alone at home, whether asleep or awake. Most children under thirteen should not be left for more than a very short period and no child under sixteen should be left overnight.

No matter how much you teach your child about safety, remember the limits of their age and maturity.