



Principal's News

Dear Parents/Carers

We are nearing the end of term 3, half way through the school year and what a journey it has been. Whilst we would very much love to have all the children back in school we can see from the local rates that the lockdown is beginning to make a difference. We are hopeful that we will all be together in school very soon.

Meanwhile we would like to say a huge thank you to all our parents and families who are juggling home schooling and normal life! We have been impressed with the children's work at home and have been having some really positive feedback online and throughout check-in phone calls. Please do not hesitate to get in touch with your class teacher, or via the school office, if you have any worries or concerns. We are very much here to help.

Our staff are now having lateral flow tests twice a week which (although uncomfortable) has been reassuring.

Screen Free Friday starts this week and we hope it helps to give a balance in your households... all feedback welcome.

Stay safe and we wish you all well

Jo Agate

Vice Principal

Blowing bubbles and fun in Forest school.



Children's Mental Health Week



In support of Children's Mental Health Week, pupils took part in a launch assembly by [Place2Be](#) and Miss Pamplin. Miss Thewlis is also reading stories every day which are shared to the whole school and linked to the theme which is 'Express Yourself'.

We have sent a [grid](#) out for pupils to choose activities from each day if they wish. The main goal is for children to talk as we are aware that their mental health is more important now than ever.

We the snow!

Some of the children in the 3/4 bubble enjoyed being the first to play on last week's untouched snow!



Community Cupboard and Library OPEN



A reminder we have a community cupboard and a community library which parents can come and help themselves to food and reading material. There are plenty of books which need good homes!



School Nurse Newsletter for Parents



Information on how to contact the school nursing team who are available for advice and support for families at home (or in school) with any health

worries you may have. Plus a lot of resources to support you and your children over a varied range of topics that may be creating some challenges during these difficult times.

[School Nurse Parent Newsletter Term 3](#)

Oxford Owl

<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>

This is an online library of selected reading books that are banded in the same way we band them in school. You may recognise some of the books as titles that your child has already read. You will need to go to the link above and create a free account to access the books. This is a great place to start. Try not to rush through the books. Reading a book a few times over a few days or a week helps to increase sight vocabulary; that means remembering words by sight without having to sound them out. Please see our step-by-step guide to using the site [here](#).



'Screen Free Friday'

In line with pupils' mental and physical health (and as a response to parental feedback) we are introducing screen free Friday from this week. The aim is for pupils to have very little screen time and complete activities without the need for a computer/phone or tablet. We will welcome any feedback and look forward to seeing photos of your activities.

Home Learning

Well done to everyone who has been working so hard at home. We have noticed that pupil engagement has been much higher than last lockdown and we have been very impressed with you all. Every class does at least one live zoom a week. Children receive daily Loom lessons and have up to 4 hours learning (which they can complement with Accelerated Reader, Purple Mash and Times Table Rock stars) The children who attend school do the exact same work as the pupils at home so we know that all children will have covered the same elements of the curriculum. If you are having any challenges or problems then please contact your class teacher on Seesaw or Tapestry.

Please see the [Useful websites to support home learning](#) page on our website for many more resources.

Staff Testing

This week staff have started using lateral flow tests, provided by the government, so we all test ourselves twice a week.

It has been very reassuring to know that we are only in school after testing negative. We have had one member of staff test positive this month, but this member of staff had no close contact with anyone in school.

Information on support available to families

If your family is in particular need, please do not hesitate to talk to a member of Harriers' staff in confidence.

We can help you access support.

Oxfordshire County Council, in partnership with the county's district councils and Citizens Advice services, is offering support to vulnerable residents through a **Winter Support Grant** to fund the cost of food, electricity, heating and other essential items.

[Read more here](#)

Lockdown tips from CAMHS

The last year has been particularly stressful, especially if you're a parent. As we cope with another lockdown over the first two months of 2021, it's completely normal to feel anxious, overwhelmed, or frustrated about the situation.

It can be harder than usual at the moment to know how to best look after your child's mental health and wellbeing, as well as your own. Here are some tips to help a child who is struggling during lockdown.

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 1 Know how to spot the signs**
If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.
- 2 Talk to your child**
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.
- 3 Create structure and routine**
Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.
- 4 Give children a sense of control through information**
Look online with your children to find useful information and resources that help children feel they have control.

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 5 Keep children learning**
Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.
- 6 Limit screen time and mix up activities**
As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.
- 7 Help your child manage stress**
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.
- 8 Expressing feelings doesn't have to be face-to-face**
Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

Please see the [Health and Wellbeing](#) pages on our website for many more resources to support mental health.



Another great way to see what we are learning at Harriers is to follow our [Facebook](#) page or our [Twitter](#) page.



Brexit guidance

There will be some new requirements relating to the employment of EU citizens.

EU, EEA or Swiss citizens and their family members who were living in the UK before 1st January 2021 need to apply to the EU Settlement Scheme by 30 June 2021 in order to continue living in the UK after that date.

Further guidance is available from the following link: <https://www.gov.uk/guidance/employing-eu-citizens-in-the-uk>

Dates for your Diary

Friday 12th February: Last day of Term 3.

Monday 15th February – Friday 19th February: Holiday

Monday 22nd February: First Day of Term 4.

Thursday 1st April: Last day of Term 4.

[Term dates for 2020-21 are available here](#)

Dates for next year

Term and holiday dates for the academic year 2021-2022 are online now:

<https://www.harriers-aspirations.org/parents-information/term-dates-2021-2022/>