

# Danbury Park Community Primary School

*Be wise, be happy, belong!*

## Newsletter



Website: [www.danburypark.essex.sch.uk](http://www.danburypark.essex.sch.uk)

**7<sup>th</sup> May 2020**

Dear Parents and Children,

**Congratulations** to the following children who have recently achieved their reading awards:

**Ethan H – Platinum    Oscar L - Topaz**

*Certificates will be presented when we return to school.*

The teachers in the junior classes are keen to keep the Reading Challenge operating so if you think you have read enough books within your band, have kept your Reading Journal up-to-date and feel that you would be ready for the next level, please let your teacher know and she will check with you. We know that this means you may have read books other than ones we have in school but as long as they have been suitably challenging material, we will understand and take them into account. Let's see if we can keep the awards coming!

### Keeping in Touch with the Community

As mentioned last week we are working with the Coronavirus Volunteer Support Group supporting members of our community and we thought that it would be a great idea if the children from Danbury Park School made drawings and cards and wrote letters to brighten their day. These can be done on the computer or by hand and then either e-mailed to the school ([admin@danburypark.essex.sch.uk](mailto:admin@danburypark.essex.sch.uk)) and we will print them off or left at the school office in a dedicated box. The children could do this independently to give you a rest! To safeguard the children we would encourage them to use the school's address if writing a letter and only give their first name and class and also not to give away personal details. A member of staff will check the cards and letters before passing them onto the Volunteer Group for distribution to members of our community. We also have some members of staff and governors self-isolating and I know that they would love to hear from the children. We will encourage the recipients to write back c/o the school and then we will share these personally with the children and in the newsletter.

We are also going to contribute to a special edition of the Danbury Contact magazine which will be distributed to all households in the village. The theme is 'Keeping Grandma and Grandpa Safe' and they are looking for contributions from local school children in a quirky, sincere and light-hearted style. They would appreciate all imaginative creations and are particularly looking for jokes (can be of a diverse nature and not following the theme), poetry, bright pictures, short pieces of writing and special messages to grandparents. These can also be e-mailed to the school or dropped into the office and we will collate them into our Danbury Park School page. **We need these contributions in school by Wednesday 13<sup>th</sup> May to meet the Contact deadline of 15<sup>th</sup> May so please get creating!**

We want to show how caring and considerate everyone at Danbury Park School is!

**Please stay safe and support each other.**



## Mental Health and Well-being

For some children the enormity of this crisis is going to be difficult for them and you as parents to manage. Below are some ideas of how you can support your children.

### Top Tips for Parents

Talk to your children about what is happening and reassure them. They need to feel safe and secure in order to learn. And they need plenty of opportunities to talk, listen and play.

Establishing a routine is very important – but don't make it too rigorous. Make it about actions rather than time. Getting up slightly later is ok as long as children get dressed, have breakfast and clean their teeth, for example. And build in plenty of breaks – this is about fulfilling your child's needs and your own. Find something you want to do and build in self-care, downtime and a bit of boredom. It is that element of nothingness which enables creativity.

Have someone to talk to – connect with people. It is more important than ever before: whether on the phone, text, *WhatsApp* or *Facetime*, that connection will keep you sane and grounded – and give you some perspective on things that went well or badly.

Exercise – whatever that looks like, it will make you feel better.

Don't be too hard on yourself. Some days are better than others but try to look at it as a whole. Don't have unrealistic expectations of yourself or others – and give people time when they need it. It is more exhausting being at home and doing stuff online.

Try to change your mind set from thinking about all the things you can't do, to the opportunities that you do have – from tidying that cupboard, reading that book, to painting a mural on the fence. Small, achievable targets give satisfaction – and that is something to consider with homework. Think about the attention span of the child involved – 10 to 15 minutes of Maths is achievable. A prolonged period may not be. Even as adults we only tend to work in 30-minute bursts.

Try to separate the work space from the 'chill' space but remember learning is not just about English and maths – everyday life and its challenges can be a learning experience. Cooking, gardening or playing games for example, are all fun ways to learn – and can be used to develop key skills like reading, tables and division. The biggest learning curve for children can be having to wait for things. Having to plan and think a bit more and finding that not everything can be immediate is a great learning experience. Why not have discussions every so often around what they think they have learnt this week – and encourage children to keep a 'lockdown scrapbook' (perhaps online) to write about their activities? For older children you may just need to be a sounding board – in order to help them crystallise their project work, for example. Remember you don't need to solve their problems – you just have to listen. And encourage your teenagers to have conversations about things like the effect of the crisis on the economy going forward.

<https://courses.aclessex.com/AvailableCoursesList.Asp?COL=NameDisplay&SRT=ASC>

### Little Havens

Little Havens would like to offer families the use of their garden if this would help to meet a need in a time of crisis or will help de-escalate a situation that can be improved by spending some time away from the family home.

The government has produced advice for parents on [COVID-19: guidance on supporting children and young people's mental health and wellbeing](#) and also an information leaflet on [Covid-19 - an easy read - looking after your feelings and body](#) which you may find useful.

## Early Years Update

Our plans are now coming together and we now need to start work on clearing the zones ready for the new structures.



To fund some of the infrastructure, we are using money raised from the School Lottery. Since October when we launched the scheme, we have raised £545.20. The Lottery is still open so if you want to join in, we would be grateful. There are additional prizes on offer as well! Just use the link below:

<https://www.yourschoollottery.co.uk/lottery/school/danbury-park-community-primary-school>



**YOUR SCHOOL LOTTERY**

**WIN 1 OF 3 £100 B&Q Gift Cards**

**SUPPORT YOUR SCHOOL Through Thick & Thin**

- We need your support now more than ever
- Cash prizes every week
- Win up to £25,000
- Play from just £1 per week

[Grab Your Ticket Here](#)

Supporters must be 18 years of age or older. Offer ends 31st Dec. Terms and conditions apply (see website for details)

At this time, you may be tidying your houses and gardens, please hold on to any toys that you think we could use but also fabrics and craft materials. We are particularly looking for some fabric (maybe old curtains) to recover some little chairs in the infant library area and some herbs and plants for the sensory garden.

Donations can be left at the front of the school at any time but the office is open from 8.30am to 4.00pm every week day. Please note we are closed on the Bank Holiday on Friday 8<sup>th</sup> May.

## Reminders

**Poetry Competition** – please send entries to Jessica Walton and Mary Huntingdon at [danburycontact@gmail.com](mailto:danburycontact@gmail.com) and remember to send one to the school and your teacher for the newsletter.

**Essex Library Services** – online activities include *rhymetimes*, *story times* and *crafts times*. Please see their website for details.

**Danbury Food Bank** - The Danbury Food Bank organised jointly by The Mission and the Danbury Coronavirus Volunteer group is available to anyone who is currently struggling and families do not need any “official” referral. Donations have generously been made by local residents and businesses. Anyone can use this facility and it will be in the strictest confidence. Just phone the Danbury Coronavirus Volunteer Helpline, who will pass on details to the Food Bank on 07395 904761 or 07752 261274.

## Waste Management Project

Although schools are not functioning as normal at this moment in time, we are still liaising with Essex County Council regarding our project to make the school more energy efficient and sustainable.

This week contractors arrived on site to start the next phase of installing gas into the school, decommissioning the old oil fuelled boiler and getting the new boiler in place. All works are proceeding well and have been helped by the good weather.

We have also had the contractors carry out a survey of the roof to establish the feasibility of installing solar panels. This is part of a wider scale project funded through ECC.

## Safeguarding

The THINKUKNOW website has been updated with more support for families. As the children are probably using more technology and going online more frequently, it is important that parents regularly talk about how children should keep themselves safe and what to do if they feel unhappy about anything.

<https://www.thinkuknow.co.uk>



Now that we have launched Google Classrooms, please remind the children about the Acceptable Use Agreement that is signed when children start Danbury Park School.

**Let's work together to keep the children safe!**

Yours sincerely

Carol Gooding  
Headteacher