

**WORCESTERSHIRE COUNTY COUNCIL
EDUCATIONAL DIRECTORATE**

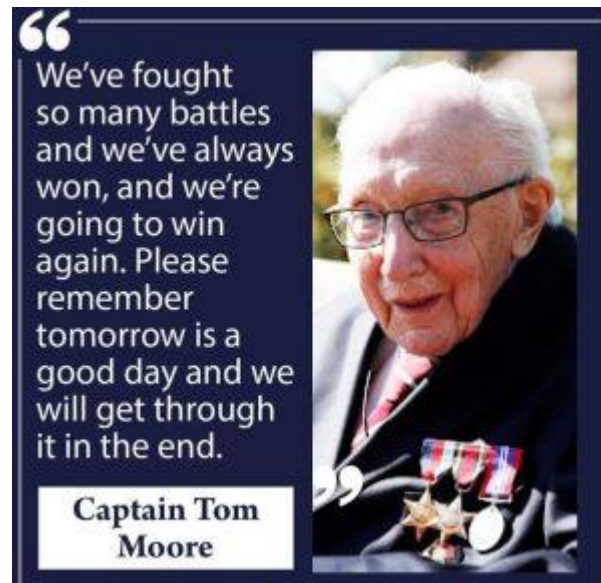
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**DODFORD FIRST SCHOOL
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5th February 2021**

COVID-19 Lockdown 3 – Letter 5



Dear Parent/Carers,

I hope that you are all keeping well. It has been lovely to see so many of your children this week via my Monday assemblies or by the catch up that I did this afternoon with Years 3 and 4. I have also spoken to parents of children who are not accessing school at this time, and it is good to hear that the children are mainly doing fine, although naturally they all miss their friends and the social interaction with others that we all crave at the moment!

It has been Children's Mental Health Week and I hope you have all taken this opportunity to look at the resources available to you as a family and complete some of the activities with your children. Please remember to continue to watch out for signs of anxiety in your child and get support from ourselves or from the wealth of organisations out there, if you feel that your child's behaviour is changing or you can see anxiety issues developing. Thank you to everyone that has already completed the mental health survey with their child, we have just over half of the school that has now responded. If you haven't had the chance to do this yet, please could you go on to the link below during the next week as I intend to analyse and look at individual responses over the half term break.

<https://www.surveymonkey.co.uk/r/KQ5M3QC>

New CGP books have been available for you to collect from the front doorstep this week, each child having a plastic wallet. We still have some books which have not been collected. Please try and collect them before half term as they will be needed after half term, as the teachers will be setting work from them for you to complete at home. Remember, these books are to be used at home and by keyworkers in school, under the direction of the class teacher. Please do not work through them independently.

Next week is the final week before the February half term break. It would have been a time of coming together to celebrate the children's achievements through our values certificates, Headteacher awards and sports awards. We can not come together as one, but during the catch up sessions next Friday, the class teachers will announce their winners in their class. We won't be doing sports awards this half term, so those with trophies at home, please keep them safe until we can all be together again.

Please remember, that if you need new reading books for the half term break, please let the office know so that Miss Underhill and Miss Stanley can sort these out for you. The half term break is a chance to unwind, relax and spend quality time together as a family. There will be no homework set for this week, all we ask is that you do lots of reading. Reading is a great way to escape into another world, spend family time together and is good for mental health and well being. We like to display pictures of the children reading around the school, especially reading in strange and unusual places, so please send these to us via the keepingintouch@ email address and virtual house points will be awarded for every photo received!

My Monday assemblies will run again this week. Those of you that have siblings, can log just in to one slot if this is more convenient. I know the children like to see their friends but I also know that joining these sessions can be a challenge if you are juggling working from home at the same time!

Finally, can I remind you that if your child is unwell in anyway, then they must NOT come to school. The symptoms list has expanded and the new variant is presenting itself differently, with the following symptoms also now being more prevalent,

People with these symptoms may have COVID-19:

- Fever or chills.
- Cough.
- Shortness of breath or difficulty breathing.
- Fatigue.
- Muscle or body aches.
- Headache.
- New loss of taste or smell.
- Sore throat.





ACTION CALENDAR: FRIENDLY FEBRUARY 2021



MONDAY

1 Send someone a message to say how much they mean to you

8 Share what you're feeling with someone you really trust

15 Smile at the people you see and brighten their day

22 Give sincere compliments to people you talk to today

TUESDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

WEDNESDAY

3 Do an act of kindness to make life easier for someone else

10 Look for the good in people, even when they frustrate you

17 Respond kindly to everyone you talk to today, including yourself

24 Tell a loved one about their strengths that you value most

THURSDAY

4 Organise a virtual 'tea break' with colleagues or friends

11 Send an encouraging note to someone who needs a boost

18 Appreciate the good qualities of someone in your life

25 Thank three people you feel grateful to and tell them why

FRIDAY

5 Show an active interest by asking questions when talking to others

12 Focus on being kind rather than being right

19 Share a video or message you find inspiring or helpful

26 Give positive comments to as many people as possible today

SATURDAY

6 Get back in touch with an old friend you've not seen for a while

13 Send a friendly message of support to a local business

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

SUNDAY

7 Make an effort to have a friendly chat with a neighbour

14 Tell your loved ones why they are special to you

21 Actively listen to what people say, without judging them

28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

Happier · Kinder · Together

Take care and keep safe,

Mrs Lisa Parkes
Headteacher