

**WORCESTERSHIRE COUNTY COUNCIL
EDUCATIONAL DIRECTORATE**

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5th March 2021**

COVID-19 Lockdown 3 – Letter 8

Dear Parent/Carers,

I hope that you are all keeping well and well done – you have survived another lockdown and home learning will hopefully soon be a distant memory! A massive thank you for all of your support over the past two months, there has been lots of wonderful work sent in to us via the keepingintouch email address. The power points created by staff each day were a huge undertaking and I'm glad that these helped guide parents through these past months. The kind messages sent to staff when they were unwell were much appreciated and the general thanks and words of encouragement have helped my staff and myself get through these unusual times.

This will be the last letter in this format, from next week we will go back to our usual newsletter and diary dates will begin to be shared with you. Two items already agreed, parents evening (format to be confirmed, although it will not be on site) will be taking place on Tuesday 30th March from 3.30pm until 5pm and Wednesday 31st March from 4.30pm – 7pm, tbc. Separate SEND meetings will be held after Easter. Also, and this will come with some relief for some families, the annual Easter Egg Competition will not be taking place in the usual format this year. We will be holding a competition, but this will be in school time, prizes of the chocolate variety will still be awarded!

Well done to all of you that still dressed up yesterday for World Book Day. I have been looking at the photos from the teachers and the ones that were sent in by parents and the children looked fab as always. I hope they enjoyed their day and engaged in the many activities that had been organised. PLEASE put some pictures up on our Twitter page to share with the local community. I'm going to send a few pictures off to the Dodford Parish Magazine, as we always put in a piece each month about the school.

We are busily preparing for Monday and a lot of paperwork was sent through to you yesterday, please read it all very carefully as there is a lot to take on board. The outdoor days do start this week, so our reception class will need their Muddy Monday clothes on and their wellies in school. Please remember that if you haven't ordered a cold school lunch, then you will need to provide a lunch from home for your child.

We do expect things to be forgotten during this first week, so we will send out reminders if your child is missing essential equipment or books that they should have in school! This is a period of re-adjustment, there is a lot of information to digest. If you have any concerns before Monday, please direct them to me via the school office email address and if you have any concerns whilst on site, please let Mrs Eggleton know, as she will be overseeing the day to day running of the school site in my absence.

Can we again please ask for your consideration of others whilst dropping your child off at school and collecting them at the end of the school day. Please park respectfully around school, so as not to block drives, roads or park on double yellow lines. Please leave the entrance to the school carpark and front playground gate clear for visibility and safety reasons. No cars should be turning around in the car park entrance as pedestrians are using the drive way to walk their children up to school. Please wear a mask on the school site, we are a public place and we have requested you wear a mask unless you have a medical reason to be exempt. Children need to be brought on to the playground, not watched from the bottom of the driveway and collected from the playground. Staff will not release a child to an adult unless that adult is on the playground. We are still in lockdown, so only agreed child care bubbles should be collecting different children to their own, please let the school know of any such arrangements. Any emergency pick ups require the child's parent to give permission via the school as we cannot release a child to another parent unless we have been informed.

Well done to our star pupils this week, we have star pupils from home and school featured on the power point presentation which will be sent out along with this newsletter. Please share the power point with your child. From next week, I will be leading a virtual assembly each Friday, celebrating our star pupils, birthdays and the house points awarded across school. Staff will log in from their classrooms, so we will have a 'whole school' assembly of sorts!

Finally, can I remind you that if your child is unwell in anyway, then they must NOT come to school. We do have a new phone system and absences can be left by pressing 1 and pressing 2 will take you through to the office, all voicemails are recorded. If your child is going to be absent, then you have a duty to inform the school by 9.30am and give us the reason why for our registers, thank you.

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.

The new Action Calendar is at the end of this newsletter, we are now in Mindful March!

As always, take care and stay safe,

Mrs Lisa Parkes
Headteacher



ACTION CALENDAR: MINDFUL MARCH 2021



MONDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture & smell of your food

15 Stop, breathe and just notice. Repeat regularly during the day

22 Walk a different route today and see what you notice

29 Notice what is working today and be thankful that this is so

TUESDAY

2 Notice five things that are beautiful in the world outside

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune in to your feelings, without judging or trying to change

30 Mentally scan down your body and notice what it is feeling

WEDNESDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot 3 things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Notice the joy to be found in the simple things of life

THURSDAY

4 Notice how you speak to yourself. Try to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 If you find yourself rushing, make an effort to slow down

25 Focus your attention on the good things you take for granted

FRIDAY

5 Take three calm breaths at regular intervals during your day

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Notice when you're tired and take a break as soon as possible

SATURDAY

6 Bring to mind people you care about and send love to them

13 Pause to just watch the sky or clouds for a few minutes today

20 Celebrate the International Day of Happiness dayofhappiness.net

27 Have a device-free day and enjoy the space it offers

SUNDAY

7 Have a 'no plans' day and notice how that feels

14 Find ways to enjoy any chores or tasks that need doing

21 Listen to a piece of music without doing anything else

28 Appreciate nature around you, wherever you are

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn

ACTION FOR HAPPINESS



www.actionforhappiness.org

Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/mindful-march