



Elford Newsletter: Keeping in touch with Year 4

Dear Parents and Carers,

We hope that you, your family and friends are continuing to stay safe and well as the lockdown continues to be eased slowly, allowing us all to see more of our families and friends. For those of you celebrating Eid, although your celebrations may have been different this time, we hope you managed to have a happy and enjoyable time at home. We were delighted to be able to welcome back some children into school this week and are looking forward to seeing more of our children return to school for the final few weeks before the Summer Holidays.

Hopefully, your child has enjoyed working on their fourth home learning pack that was delivered to your address before the half-term holiday. With this newsletter, there is another new learning pack for your child to work on. Please remind your child to do a **small amount of their pack every day** so they can stay busy, happy and healthy.

The government has announced the second step towards slowly easing the lockdown. In this newsletter, we will explain what the government says we are now allowed to do. We are happy to say that the government has confirmed that it is safe for some year groups to begin to return to school. **Please do not bring your child back to school yet. We will be in touch to let you know when it is safe for your child to return.**

In the meantime, please remember that you can still contact school or visit the school website if you or your family need any support, including if you are struggling with getting food for your family. Please continue to stay safe and stay well, and hopefully, we will see you and your child soon. 😊

Keeping in touch with the Year 4 Teaching Team

The Year 4 team are still available to help you and your child.



If you need to contact your child's class teacher with any questions about your child's learning, please use this email address. **It is checked every day by the Year 4 teachers:**
elfords@harehills.leeds.sch.uk

Lockdown - Stay Safe

Although some of the restrictions on our lives are easing, we still need to take care to stop the spread of coronavirus.

The government have said that we must:

- Continue to stay at home as much as possible.
- Continue to work from home if you can.
- Limit contact with other people.
- Continue to follow social distancing if you go out (keeping 2 metres apart from other people).
- Continue to wash our hands regularly.

Do not leave home if you or anyone in your household has symptoms of coronavirus. This could be a new, continuous cough; a high temperature; or a change in or loss of taste or smell.

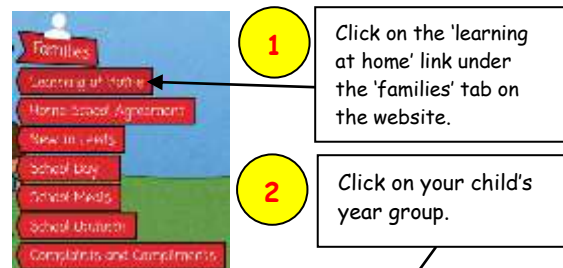
What am I allowed to do now?

- Visit outdoor shops, such as markets, and car showrooms if they are open, but you must stay 2 metres apart from others.
- Meet UP TO 5 OTHER PEOPLE OUTSIDE, including in your own garden or other private outdoor areas, but you must stay 2 metres apart from people outside your household.
- If you or members of your household are shielding, you should continue to do so.
- From 15th June, the government are planning to allow non-essential shops to open again.



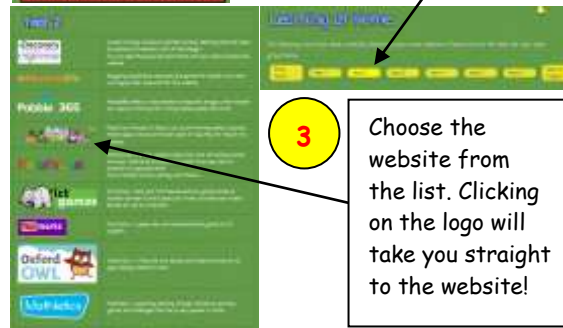
School website - helping your children to learn at home

On the school's website, there are lots of links for your child to access. They are being updated all of the time!



1 Click on the 'learning at home' link under the 'families' tab on the website.

2 Click on your child's year group.



3 Choose the website from the list. Clicking on the logo will take you straight to the website!

Harehills Happiness & Health @ Home

Please look on the other side of this newsletter for this fortnight's fun activity to keep the whole family happy and healthy whilst you're at home!



Keeping in touch with school staff and school friends

On the website, your child can keep in touch with their teacher and friends in their class!



Every week, class teachers will leave a message on the 'year group blogs' section of the website.

Your child can leave a message to their friends on the 'shout out' section of the website.

Your child can send their 'shout out' message to the following email address:

hello@harehills.leeds.sch.uk

NHS Test and Trace

The NHS have launched their 'Test and Trace' scheme. This will help the government to ease the lockdown further whilst keeping us all safe.

If you get a call or text from this service saying you have been in close contact with someone with coronavirus, you must stay at home and not go out for 14 days even if you don't have symptoms.





In every newsletter, we'll give you an activity that you and the rest of your family could do with your child. Hopefully, it will help you all to stay happy and healthy whilst we're all at home!

This week's activity is about mindfulness. Here are some ideas for making your own family 'mindful jar'!



Family Mindful Jar

What you need:

- A clear jar
- Some water
- Glitter glue or glue with some dry glitter

What you need to do:

This activity can show children how to calm down when strong emotions feel too much.

- First, get a clear jar and fill it almost all the way with water.
- Next add a big spoonful of glitter glue, or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.
- Finally, ask one person in your house to read the script below (or record it on your phone and play it back).

Mindfulness Script (you could play some calming music in the background whilst slowly reading this):

"Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset - because you're not thinking clearly. Don't worry this is normal and it happens in all of us."

[Now put the jar down in front of them.]

"Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions."

Try asking your child to focus on one emotion at a time, such as anger, and talk about how the shaken and settling glitter is like that emotion.

This idea came from the website below. There are many more mindfulness ideas on this website:

www.positivepsychology.com/mindfulness-for-children-kids-activities/