

Friday 29th January 2021

Dear parents,

I want to start by saying an enormous thank you to all of the parents who have given their time this week to either meet with us or to email their thoughts about our current remote provision for learning. It was great to see parents and to hear your viewpoints.

All of your feedback has been listened to and is valued. We are meeting as a staff team next week to discuss the points you have raised and will provide written feedback next Friday. We are keen to keep developing our remote provision and are open to making changes. We would like to have an opportunity to consider the ideas so that we can be confident that we are making the best decisions we can for our whole community.

One immediate parent idea that I can share is a recommendation for the **RSPB 'Big Garden Bird'** watch this weekend. Previously we have enjoyed these activities at school, so we know your children would like to participate with you at home. There are links to activities on the RSPB website.

Online safety for parents

I am aware that now more than ever we need to be keeping our children safe online. Following on from the information I have already shared with you, I have been collecting useful resources for parents. These resources can be found on our school website: Parents / Useful Links & Forms.

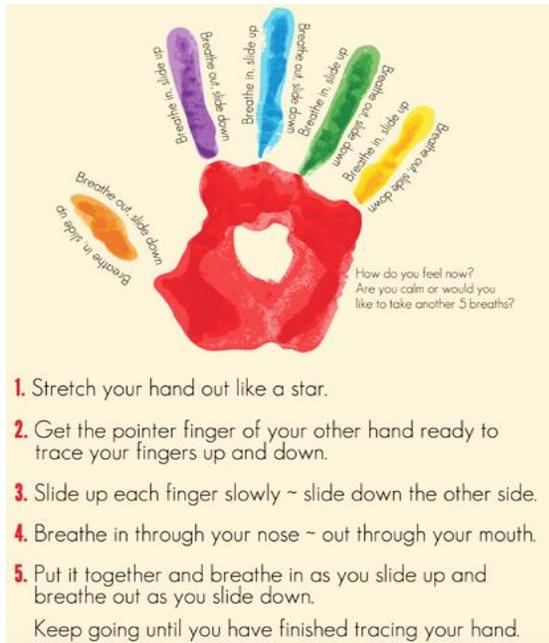
Emotional wellbeing

Last week, I committed to sharing some strategies we use in school to support emotional wellbeing and particularly managing BIG feelings. Below I have included:

- A breathing technique you can teach your child/ren
- A link to a recorded worship from me
- A link to a worship recorded by Reverend Simon (our new Parish vicar for schools).

Teaching breathing techniques and mindfulness practises

There are so many great breathing techniques that we can teach our children. Try to practise them when you are calm and for helping children to find a calm time in the day. We use this one a lot in school (the words on the fingers say, 'breathe in, slide up, breathe out, slide down.')



My worship is based on the story ‘**Sometimes I Feel.**’ I have posted it on Google Classroom for each class. This worship is most suitable for younger children. I will post something over the next few weeks that may be more interesting for older children.

Reverend Simon’s worship can be found here:

<https://www.brockenhurstchurch.com/children-and-youth/school-assemblies/>

These worships were originally made for Brockenhurst Primary School but Simon has contacted me asking me to share them with the SBS Community too. This week please scroll down and watch the worship recorded on 17th June - ‘Why We Pray’. It has some positive messages for children who may be feeling alone. The children should recognise Simon as he is our new school vicar; sadly, he had only just started with us before school closures started. However, I know going forward Simon is going to have a really positive impact on our school, so these worships will just be a flavour of his message.

Finally, I would like to say a huge thank you to Alex at Peacock Computing in Lymington. He and his team have been busy refurbishing donated devices this week, free of charge, so that we can get them into the hands of children trying to access their education. I know they are doing the same for Lymington Basics so please visit their website: <https://peacockcomputers.net/>

As always, please enjoy a peaceful weekend and keep in touch - we love hearing from you all.

Warmest regards

Anne Moir