



SPRING NEWSLETTER

17th March 2022

Spring Term



Dates for your



- 25th March - 10th April - One Big Clean
- 28th March - 3rd April - World Autism Acceptance Week,
- 6th April - Dinosaur Visit
- Friday 8th April - School closes for Easter.
- Monday 25th April - School Reopens.
- Monday 2nd May - May Bank Holiday

COVID UPDATE MESSAGE FROM HEAD TEACHER

I wish to thank all of the parents and carers for their understanding and support during this week.

This outbreak is the worst we have known during the whole pandemic. With coming up to 30 cases confirmed over the last 10 days and more that are symptomatic.

It is only being with your diligent and unwavering support we have been able to flexible to keep the school operating.

There hasn't been supply available to cover our absences so we had no alternative but to close 3 classes and again we thank you for your support with this.

Online learning for pupils at home is available on Google Classrooms and via the website.

Thank you again,
Mr Chiswell

COVID UPDATE SYMPTOMS, TESTING & GUIDANCE

We will continue to notify parents/carers in year groups where we experience a number of cases in a short time period.

Just a reminder- if your child experiences symptoms or tests positive on an LFT please book a PCR test.

What are some symptoms of COVID-19?

The most important symptoms of COVID-19 are any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

Adults and children who test positive will continue to be advised to stay at home and avoid contact with other people for at least 5 full days and then continue to follow the guidance until they have received 2 negative test results on consecutive days.

Please let the pastoral team know if you require additional test kits for your child.

We thank you for your continued support

UPCOMING SCHOOL EVENTS



Rooooaarrr!!!!

We are excited to let you know about our upcoming visit from some dinosaurs.

on the 6th April 2022, pupils in lower school will have workshops about fossils and then a visit from a dinosaur!

Meet Sophie, our young Tyrannosaurus Rex, just seven years old and approaching KS2. A little nervous about going to a new school but looking forward to meeting the pupils and trying out the school dinners!

This is a life-like full body costume that is worked by a puppeteer. She has animatronic features and a realistic roar making this the most dynamic interactive learning experience.

This experience perfectly complements our Life Long Ago fossil workshop.

The return of lunches in the Hall

This week pupils returned to the hall to enjoy lunch with their classmates and teachers. Pat & Vicky are wonderful kitchen team even made some special treats and sat with them.



Pupils have enjoyed going to the counter and seeing the food on offer. Many have asked for extra fruit & vegetables, which was lovely to see.



Egg-citing news

We will be holding a Raffle for a wonderful treat-filled "Family Easter Hamper"

Tickets are on sale now

Tickets will be £1 a strip of 5 tickets.

Here's a sneak peek at some of the items which will be in the Hamper:- Easter eggs, Easter Cakes, Hot Cross Buns, Easter themes Sweets, Crafting Items, and much, much more.

If you would like to be in with a chance of winning then please purchase tickets. These can be obtained by sending money in with your child to pass to class teachers, who will pass back the tickets.

ATTENDANCE

This weeks attendance has dropped a little, due to our covid outbreak.

Well done to our pupils in the Top 5 forms & Year groups



Year groups
attendance
percentage.

Year 5 & 6 - 89%
Year 7 - 80%
Year 8 - 77%
Year 9 - 67%
Year 10 - 43%
Year 11 - 36%

Top 5 Form groups
attendance
percentage.

Parks - 98%
Curie - 98%
Daley - 95%
Newton - 84%
Woodman - 75%

No one managed 100% attendance this week, But well done to pupils in Newton who made the top 5 this week.



If your child is going to be absent please notify the school on the day by 9am. This can be done from tomorrow on our new absence line or Via our Parent App



UNIFORM STANDARDS

Sadly the uniform standards are slipping, and many pupils are coming in, in Sportswear, hoodies, jogging pants & trainers.

Can we remind you that a Uniform is required. The uniform is as below.

- White long or short-sleeved shirt/blouse.
- Navy v neck jumper
- Royal blue blazer with school badge.
- Clip tie - royal blue with gold diagonal stripes.
- Black trousers / Blue/black check kilt Skirt or Black pleated pinafore
- Black or navy socks / White, black, or navy plain knee-length socks
- Plain black footwear Shoes or Trainers
White or Coloured Trainers are not allowed.

If you are struggling to provide a Uniform please contact the Pastoral Team, as we may be able to help you.



This week, we're bringing you two guides. The first one marks the advent of this year's Red Nose Day.

It's always comforting to be reminded of humanity's natural compassion: how, in adversity, we tend to rally round to help those less fortunate than ourselves. That's fundamental to Comic Relief, which raises millions every year to combat issues including poverty, homelessness, domestic abuse and mental health stigmas.

The theme of 2022's fundraiser is 'You' - inspiring people to do something, however modest, to brighten someone's day. A lot of those uplifting actions, we'd venture, can easily be accomplished online: so we've designed a display poster highlighting ways that we can all spread some much-needed happiness through the digital world.

BRIGHTEN SOMEONE'S DAY ONLINE

Tiny actions can have a huge impact. Here are our suggestions for making someone smile online!

VIDEO
CALL A
RELATIVE

SHARE
UPBEAT
PLAYLISTS

SHARE A
FUNNY
POST

SHARE
THROWBACK
PHOTOS

BE KIND
IN THE
COMMENTS

SEND
HAPPY
VOICE
NOTES

PLAY
GAMES
WITH
MATES

SEND
A KIND
MESSAGE

Share
GOOD
NEWS

Share posts
FROM YOUR FAVOURITE
CHARITIES

COMIC
RELIEF

RED
NOSE
DAY



National
Online
Safety®

#WakeUpWednesday

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.

RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.

EMPHASISE HOPE

Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.

TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-56478936> | <https://www.children.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.nice.org.uk/guidance/psg126/section/1>

SCHOOL LUNCHES

Please see the lunch menu for the next week, W/C 21st March 2022.

If your child would like a hot dinner please let your classroom staff know in advance.

Dinners are charged at £2.45 per day, unless you are entitled to Free School Meals

Lunches are to be paid for in cash, this can be either passed to your Teacher, TA, or the school office.

WEEK 1 Choice 1 Choice 2 Choice 3 Dessert	Monday	Tuesday	Wednesday	Thursday	Friday
					
					
					
					
	Chocolate Mandarin Sponge & Custard	Chocolate Krispie	Lemon Drizzle Cake	Fresh Water Melon Wedge	Raspberry Bun

Available every day – Unlimited Salad, Freshly Baked Bread, Organic Yoghurt, Fresh Fruit Platter, Milk & Chilled Water.

For allergen information, please ask one of our Catering Team.



IMPORTANT

If your child has allergies please notify the school office.



WEEKLY FRUIT DELIVERY

As part of our healthy eating programme and to encourage healthier snacking we are offering all pupils free fruit in class.



Healthy School



National School Breakfast Programme

BREAKFAST CLUB

As part of our healthy eating programme we will be offering all pupils a health breakfast option, before lessons start.



National School Breakfast Programme

Join the programme and give every child the best start to their school day!

The National School Breakfast Programme is funded by the Department for Education and run by Family Action to support schools in England to provide children with a healthy breakfast at the start of the school day.

Family Action is committed to supporting child development, and we believe a healthy school breakfast, without barrier or stigma, can set up children to succeed and give them the very best chance to learn.

All the food supplied by the National School Breakfast Programme fully complies with the government's School Food Standards (SFS). Any additional food you chose to offer alongside NSBP food, must also comply with SFS.

Recommended

Things to serve

- NSBP Bagels
- Fresh or tinned fruit
- Fresh vegetables
- Low fat soft cheese (10g portion or 1 tsp)
- Toast
- Plain Yoghurt – you can add fruit
- Scrambled eggs
- Cheese on toast
- Baked Beans
- Tinned Spaghetti
- Porridge
- Cereals

Recommended condiments

(all can only be 10g or 1tsp serving)

- Honey
- Soft cheese
- Marmite/Yeast Spread
- Fruit Jam
- Marmalade

Recommended drinks

- Lower fat milk
- Plant based milk – soya, rice or oat
- Plain Water (still or fizzy)
- Fruit or Vegetable juice (150ml max)
- Combination of Fruit/vegetable juice mixed with water (but no added sugar) limited to 330ml
- Flavoured lower fat milk – must be less than 5% added sugar

Ideal breakfast options

- Porridge with fruit topping (frozen fruit to cut costs)
- Beans on toast
- Bagel – plain, toasted, with cream cheese, with a jam portion
- Toast with marmite
- Scrambled eggs on bagels/toast

Not permitted

Foods to avoid

- Cereal bars
- Crumpets (cooked in oil)
- Pancakes (cooked in oil)
- Sweet Waffles
- Golden Syrup
- Granulated Sugar
- Crackers and breadsticks (not permitted at all)
- Fried eggs

Not permitted drinks

- Fruit squash unless 50% fruit based or more

Not permitted condiments

- Nutella (not allowed in schools)
- Chocolate Spread
- Marshmallow Fluff (it is classed as confectionary)
- Chocolate bar based spreads



ECO NEWS

OFFICIAL NEWSLETTER OF THE OBSERVATORY SCHOOL



Great British Spring Clean

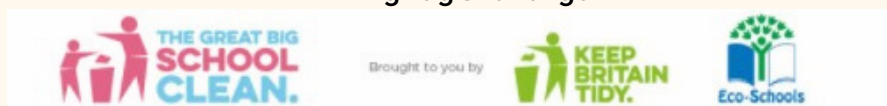
This Spring, we are joining in Keep Britain Tidy as the Great British Spring Clean returns for its seventh year.

During the week of 25 March - 10 April 2022, we have pledged to pick up as much litter as we can, from our local/surrounding area.

Last year, people up and down the country came together to clean up a million miles of our great outdoors, and proved that when hundreds of thousands of #LitterHeroes all join forces and take the same action at the same time, the difference we can make is huge.

Every act to protect the environment, no matter how small, makes a difference - a difference to our planet, to the wildlife that we share it with, to our communities, and to our own health and well-being.

#BigBagChallenge



Are you able to take part in the Big Battery Hunt and recycle your used batteries?



Did you know that over 600 million batteries are thrown away each year. That means that over 20,000 tonnes of batteries end up in landfill sites where they take over a hundred years to decompose. This is outrageous! The chemicals in the batteries can pollute the soil and water, harming poor innocent animals and endangering our lives too. Do we really want that?

But it doesn't have to be this way! We can all do our bit to help our planet by going on a Big Battery Hunt to find all of our used batteries and send them to our local recycling point - we have one in school. We can also return them to our local supermarket when we do the shopping. It's so easy!

We hope you will agree that it is so important and so easy to recycle our used batteries. Let's all go on a Big Battery Hunt to collect and recycle as many batteries as we can find!

Thank you.