

13THJULY 2020

MENTAL HEALTH MATTERS...

PARENTS of Victoria Dock Primary School

GETTING READY FOR THE SUMMER...

After a very unusual school year we are now getting ready for the summer holidays. We want you to be fully equipped with knowledge and tools to help the transition back to school in September as easy as possible for you and your child/children. Keep an eye out on our website over the summer for lots of useful information.

National Advice and information:

- NHS Information and Advice - <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- NHS Self-Isolation Information and Advice - <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/>
- Great Ormond Street Hospital COVID-19: Information for Children, Young People and Families - <https://www.gosh.nhs.uk/news/coronavirus-covid-19-information-children-young-people-and-families> -
- Coronavirus Health Advice for People with Asthma - <https://www.asthma.org.uk/coronavirus/>
- Ofsted: Coronavirus (Covid-19) Rolling update - <https://www.gov.uk/guidance/ofsted-coronavirus-covid-19-rolling-update>
- PHE Guidance - Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak - <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>
- The Department of Education have setup a dedicated helpline to answer questions about Coronavirus (COVID-19) related to education - Staff, parents and young people can contact the helpline as follows: Phone: 0800 046 8687 - Email: DfE.coronavirushelpline@education.gov.uk

MY FEELINGS MATTER...

PUPILS of Victoria Dock Primary School



Get Crafty in the kitchen...

It's cooking time and you can make these treats without using an oven!

Ice-cream - <https://www.bbcgoodfood.com/recipes/instant-vanilla-ice-cream>

Quick cheesecake - <https://www.bbcgoodfood.com/recipes/no-bake-orange-cheesecake>



Music Time...

Make your own kind of music - Paloma Faith

Move It..

Zumba like the Minions - <https://youtu.be/FP0wgVhUC9w>

Reflect...

HOW TO CREATE A FAMILY BUCKET LIST

- ➔ GATHER FAMILY, PAPER, AND MARKERS
- ➔ BRAINSTORM GOALS TOGETHER
- ➔ WRITE DOWN THE GOALS ON THE BUCKET LIST AND HANG IT UP



Online Resources...

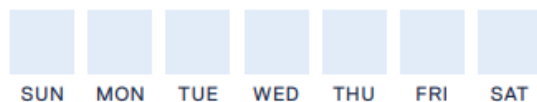
A beautiful story for EYFS - <https://youtu.be/9tR12SjvXzU>

A lovely short story for KS1 - <https://youtu.be/29eV1OdQYP8>

A funny, reassuring story for KS2 - <https://youtu.be/NbcswBYnmeQ>

Sleep tracker:

How many hours of sleep did you get?



Reflection - my week:

