

# St Philip Westbrook News



*Together we aim high and with God's love we can fly.*

Friday 5th February 2021

[www.stphilipwestbrook.co.uk](http://www.stphilipwestbrook.co.uk)

School closes on Friday 12th February 2021 & we return on Monday 22nd February 2021.

Please remember to top-up your child's Parent Pay account in order for them to receive snack and/or a school lunch.



Follow us on Twitter  
[@StPhilipCEAP](https://twitter.com/StPhilipCEAP)

## Star of the Week

The following children have been awarded Star of the Week for showing our Christian value of:

### 'TRUST'

RecD - Luca  
RecV/T - Sofia  
RecP - Sienna  
Y1L - Luke  
Y1B - Noah  
Y1C - Taayo  
Y2K/A - Sophie  
Y2R - Isla  
Y2C - Annabelle  
Y3E - Olivia  
Y3H - Charlie  
Y3W - Jamie  
Y4D - Tanatswa  
Y4Mc - Esmae  
Y4B - Tyler  
Y5A - Kendra  
Y5T - Amy  
Y5S - Lily  
Y6H - Leah  
Y6C - Daniel  
Y6W - Emilie



## Suspected/confirmed coronavirus cases

Parents of children attending school will need to inform us as soon as possible if anyone in the household or the child has a positive test result for coronavirus.

Children who are not attending school do not need to tell us if anyone in their household tests positive for coronavirus, this will be picked up in the wider community through the 'test & trace' system.

### Winter Grant

For any families experiencing financial hardship and need support in January, February and March, applications are still being received for the Winter Grant that is available from Warrington Borough Council. To see if you if you meet the eligibility requirements please click on the link below:

[Winter Grant](#)

Just a reminder that families are only required to claim the Winter Grant once and you will automatically be paid the further payments once you have been identified as eligible, you do not need to claim again.



## Information for Parents/Carers—School Ping

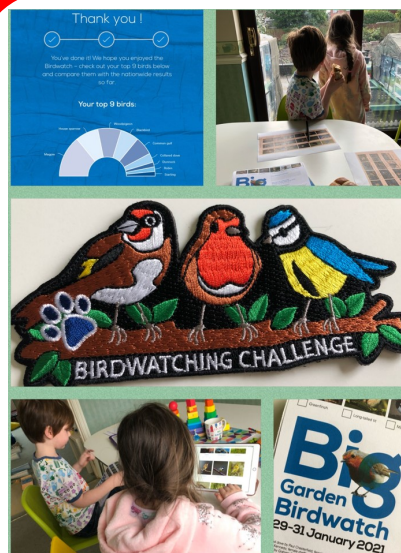
We will soon be moving over to a new communication system called 'School Ping'. This new system will be used to contact parents/carers regarding all school information, by using an App which parents/carers download onto their smart phone.

You will have already received an email from School Ping with information on how to download the App to your smart phone.

**The transfer to School Ping will be completed by Wednesday 10<sup>th</sup> February 2021 and will be in use from Thursday 11<sup>th</sup> February 2021.**

We would encourage parents/carers to download this app as soon as possible to ensure that you are getting all the latest school information. Please don't forget to check your junk/spam folder if the email is not in your inbox.

## RSPB - Big Garden Birdwatch



Siblings from Y1 and Y2 took part in the RSPB Big Garden Birdwatch last weekend. They used a tally chart to count the birds that they spotted, entered their results online and achieved their Birdwatching Challenge badge. Which is the most popular bird in your garden?

## How we are adapting our lessons



One of our Y5 classes have been setting up their own science investigation from home and in school to explore the relationship between the size or the weight of an object and the amount of air resistance. They successfully made their own helicopters and dropped them from the same height then either added more weight or changed the size each time. Lots of fun was had while completing this investigation and we learnt lots too!



In art, Year 4 children have been learning about sculptures. This week's lesson involved designing sculptures which were inspired by different shapes, forms and lines. The children both at home and in school created some fabulous sculptures using a range of materials including tin foil, playdough and paper.

## Y2 African Art Day



In year 2, both the children at home and the children in school have enjoyed their art day this week, learning all about different types of African art. They created their own African patterns, used these to create some jewellery inspired by the

Maasai people, and used colour mixing to create an African sunset picture. We all had lots of fun, and enjoyed sharing our creations with our classmates virtually!



## How we are adapting our lessons



The cold weather has inspired Year 5 to learn about 'curling' in PE this week. Curling is played in the Winter Olympics, but we have adapted the game so we can play it at home by combining it with the game, shuffleboard. We have loved watching the children at home, learning how to adapt household items to play new, inventive games.



Year 3 begin each dance lesson with fitness, strength challenges and stretches with Miss Williams. It is lovely to see the children at home joining in with each exercise. They have also been learning a Flamenco dance and perform this beautifully.



## Y3 Ancient Egyptian Day



What an incredible day we have had in Year 3!

Today was Ancient Egyptian Day, and everyone in school and at home made a wonderful effort and dressed up in some magnificent costumes. This morning, we have made our own cartouche, planned parties fit for a pharaoh and made lucky amulets. This afternoon has been full of exciting learning too. We learnt about the ancient art of mummification. We mummified our teddy bears and mummified apples. After half term, we will look at these apples again and see how they have changed.

**Together we aim high and with God's love we can fly.**



## Ways to support children at home

### 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 1 Know how to spot the signs**  


If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.
- 2 Talk to your child**  


If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.
- 3 Create structure and routine**  


Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.
- 4 Give children a sense of control through information**  


Look online with your children to find useful information and resources that help children feel they have control.

### 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 5 Keep children learning**  



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.
- 6 Limit screen time and mix up activities**  


As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.
- 7 Help your child manage stress**  


If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.
- 8 Expressing feelings doesn't have to be face-to-face**  


Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

### THE STRESS RELIEF GIRAFFE



STRESS LEVEL	WHAT YOUR CHILD CAN DO:
OUT OF CONTROL	<ul style="list-style-type: none"> <li>Calm breathing exercises</li> <li>Use visualisation meditation techniques</li> </ul>
SCARED OF LOSING CONTROL	<ul style="list-style-type: none"> <li>Body tightening exercises (progressive muscle relaxation)</li> <li>Sigh to become fully present in the moment</li> <li>Practice music therapy</li> </ul>
NERVOUS	<ul style="list-style-type: none"> <li>Change location / surroundings</li> <li>Use a stress ball / fidget toy</li> <li>Give themselves a 10-second hug to boost their mood</li> </ul>
UNSURE	<ul style="list-style-type: none"> <li>Colour, draw, write, craft, etc.</li> <li>Practice positive self-talk / words of affirmation</li> <li>Exercise</li> <li>Go outside</li> </ul>
CALM	<ul style="list-style-type: none"> <li>Play</li> <li>Hydrate with water</li> </ul>

### THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate

