

## 5TH MARCH 2021

### A Message From Mr Lillo

We are all incredibly proud of all that the children have achieved this term so far, those in school and those learning at home. They have shown remarkable resilience which will serve them well in future years. As I said in a previous newsletter, it will be our job to establish where they are with their learning, their wellbeing and their relationships and we will start from that point and give them what they need to grow and develop. Teachers are busy planning for full re-opening, and we will ensure that we do everything we can to make the children feel safe and happy to be back together in school.

You should have received a letter about school re-opening next Monday 8 March. ALL the children will be returning to school and we are really looking forward to seeing them back after so many weeks. We have been through our safety arrangements and I am very confident that we have everything possible in place to keep your children and our staff safe at school. Parents and carers will still not be able to come into school or the playground I am afraid, but staff will be around at the gates at the end of each day. The times for each year group and their gate are below as a reminder.

| Year group | Arrival time | End time | Enter via                |
|------------|--------------|----------|--------------------------|
| Nursery AM | 08:30        | 11:30    | Oakley Road Main Gate    |
| Nursery PM | 12:30        | 15:30    | Oakley Road Main Gate    |
| Reception  | 08:40        | 15:00    | Oakley Road Infant Gate  |
| Year 1     | 08:55        | 15:15    | Sandown Road Infant Gate |
| Year 2     | 08:55        | 15:15    | Oakley Road Infant Gate  |
| Year 3     | 08:40        | 15:10    | Sandown Road Junior Gate |
| Year 4     | 08:55        | 15:25    | Sandown Road Junior Gate |
| Year 5     | 08:40        | 15:10    | Oakley Road Main Gate    |
| Year 6     | 08:55        | 15:25    | Oakley Road Main Gate    |

We do ask that you always wear a face covering and keep your distance whilst queuing in the mornings or waiting for your children at the end of the day - this is to keep everyone safe, so please make sure you follow the guidance from school and from national government.

If your child is unwell or has a temperature, please DO NOT send them to school. You should get them tested if you think they may be showing symptoms of COVID and school will need to see the results of a negative test before they can return to school or they will need to isolate for 10 days from when symptoms started. It is very important that you inform us immediately if your child has any symptoms so that we can do what is necessary at school to keep the class/year group safe.

You may be aware that the government have announced that adults in households with primary school children can have access to rapid lateral flow testing. Around 1 in 3 people with coronavirus (COVID-19) do not have symptoms but can still pass it on to others. Regular testing of people without symptoms is important to help stop the virus spreading. As lockdown restrictions gradually ease, we all need to play our part to help protect each other. Please see the DfE website for further information [https://www.gov.uk/guidance/rapid-lateral-flow-testing-for-households-and-bubbles-of-school-pupils-and-staff?utm\\_source=1%20March%202021%20C19&utm\\_medium=Daily%20Email%20C19&utm\\_campaign=DfE%20C19#primary-or-secondary-school-staff](https://www.gov.uk/guidance/rapid-lateral-flow-testing-for-households-and-bubbles-of-school-pupils-and-staff?utm_source=1%20March%202021%20C19&utm_medium=Daily%20Email%20C19&utm_campaign=DfE%20C19#primary-or-secondary-school-staff)

We are really looking forward to having everyone back in school next week, there is a definite buzz of excitement around the school.

Have a good weekend.

Glenn and the Ryelands Team

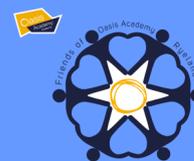
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### FOR Scavenger Hunt

We hope you've all enjoyed the scavenger hunt. It's not too late to submit your entries to help your class win a prize to help boost mental health! A copy of the Scavenger Hunt form is at the end of the newsletter.

This weekend may have lots of anxiety for our children (& parents/carers) as they prepare to go back to school. At the end of this newsletter is a good poster to remind us of what can happen. Monday will be a great fresh start!

We are very excited to now have a 'Friends of Ryelands Allotment'! This is at Dorset road allotments which is just the other side of the country park. We are looking forward to inviting classes and teachers along for some nature time and growing some of our own foods. Donation requests will be listed in due course. Check out our Facebook page for more information on this soon.



### Weekly Wellbeing Tip

Sometimes we can experience a flood of negative thoughts that can lead us to question ourselves and our abilities. These thoughts can spiral out of control and leave us feeling low and not good about ourselves. By reminding ourselves that these thoughts are not facts, we can begin to take control of them, rather than letting them control how we feel and behave. We do not have to attach any meaning to them, we can let them come in and out, give them no power and see them as clouds drifting through our minds. Remember that they are not a reflection of reality or of our true selves and we do not have to react to each one. The more we can start to do this, the more we can be in control of our thoughts and not let them affect our mood, our self-esteem and our self-belief.

### Our School Needs Your Help

The school still really needs more volunteers to listen to children read. Can you help once a week or join our list of volunteers who are willing to be on a reserve list? Each slot is for a maximum of 45 minutes. We provide a safe space for social distancing. If you are able to help please contact Vanessa by either calling 0208 656 4165 or emailing [office@oasisryelands.org](mailto:office@oasisryelands.org)



### Upcoming Class Assemblies

While we remain closed to Parents / Carers, we will continue to film and email home a Vimeo link to all class assemblies. These videos will be sent with a private link so that only those with the link can view it.

If you do not want your child to take part in and appear in the class assembly video, please ensure you email [office@oasisryelands.org](mailto:office@oasisryelands.org) to let us know. We can then make sure your child is kept separate during filming.

| Date     | Class      |
|----------|------------|
| 06.05.21 | Raven      |
| 13.05.21 | Kingfisher |
| 20.05.21 | Chaffinch  |
| 27.05.21 | Starling   |
| 17.06.21 | Robin      |
| 24.06.21 | Woodpecker |
| 01.07.21 | Sparrow    |
| 08.07.21 | Wren       |

### Wrap Around Care



Breakfast Club and Holiplay are still running. If you require a place for your child, please book and pay in advance at [www.parentpay.com](http://www.parentpay.com)

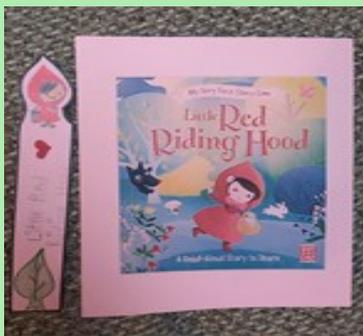
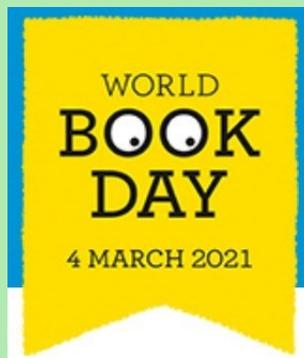
If you want to book your child into Holiplay, please book online at [www.holiplay.co.uk](http://www.holiplay.co.uk) or email [info@holiplay.co.uk](mailto:info@holiplay.co.uk) for more information.



## 5TH MARCH 2021

### KS1 World Book Day Dress Up

KS1 had great fun celebrating World Book Day on Thursday. We were all so impressed with all of the costumes and loved hearing about everyone's favourite books. It was great fun on the LIVE lessons too – Year 1 enjoyed a phonics lesson from Dorothy from the Wizard of Oz, and Year 2 got a chance to share their costumes and talk about books they loved online. The children enjoyed different World Book Day activities including 'Draw with Rob' (drawing along with the author and illustrator Rob Biddulph), making bookmarks and celebrating within English lessons too! The adults also had great fun...as well as Dorothy, we had the Cat in the Hat, the Paper Bag Princess, the Butterfly from The Very Hungry Caterpillar, Puss in Boots, Winnie the Witch, Yellow Crayon and Little Red Riding Hood!



### HOME LEARNING CHAMPION POSTCARDS

We are excited to be sending postcards to the children who have put the most effort into engaging with their remote learning.

Make sure your child tells the member of staff who phones next week all about their hard work - maybe they'll get the next postcard!

Congratulations to everyone who will be receiving a postcard this week!

Keep an eye out for your post!



Reception: Frankie, Ixac, Kayden, Mia-Rose, Maya, Mila, Nella, Oscar, Noah, Rayan

Year 1: Batouly, Ketav, Marco, Taylor-Rose, Aaryan

Year 2: Wylei, Poppy, Martin, Endrit, Sophia

Year 3: Sheldon, Noa, Sara Nicole, Nicola, Amalia

Year 4: Archer, Diako, Luka, Dylan, Nelly

Year 5: Saraj, Drew, Arlo, Wolf, Asa, Tori

Year 6: Madyson, Joy, Allen, Emelda, Ahmed

## 5TH MARCH 2021

### Spelling Shed

This week's spelling shed class league table:

- 1st place- Kingfisher Class
- 2nd place - Owl Class
- 3rd place - Magpie Class

This week's individual spelling shed league table:

- 1st place - Thara, Owl
- 2nd place - Louie, Kingfisher
- 3rd place - Rufus, Kingfisher

### Maths Shed

This week's Maths shed class league table:

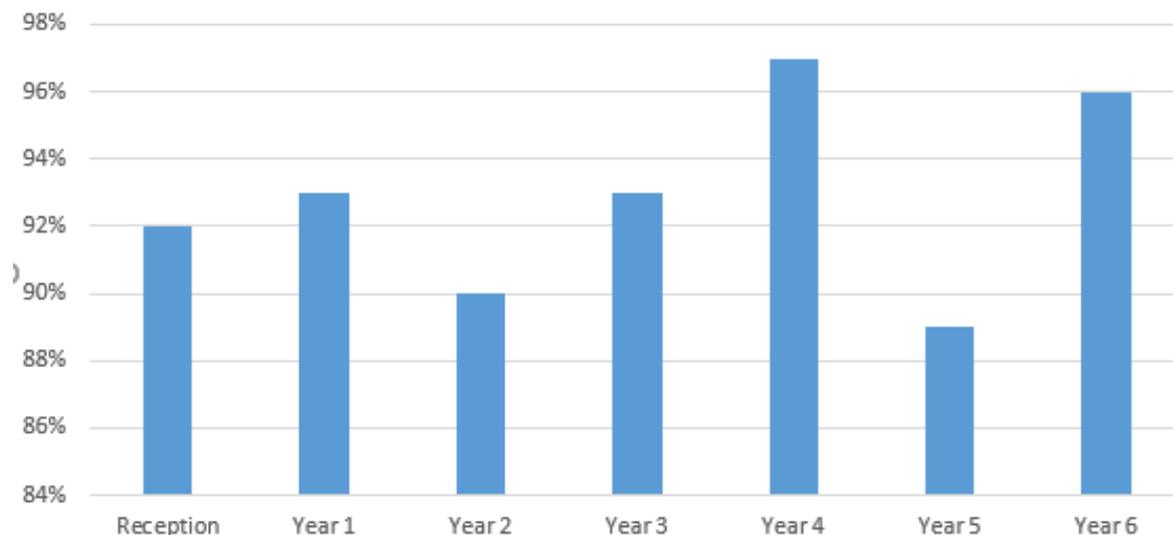
- 1st place- Hawk Class
- 2nd place - Eagle Class
- 3rd place - Owl Class

This week's individual Maths shed league table:

- 1st place - Lou, Hawk
- 2nd place - Dithusha, Owl
- 3rd place - Georgia, Kingfisher

## Home Learning Attendance

To the right are the % attendance figures for each year group's home learners for this week.



# The Oasis Ryelands Mental Health Scavenger Hunt!

Take a trip around the Country Park and find things to spell Ryelands.

Name \_\_\_\_\_ Class \_\_\_\_\_



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## Prizes

1. **Every entry** gets a special certificate.
2. 5 or more entries per class **win £25** to spend on something for their classroom to promote good mental health.
3. The class with the most entries gets a **bonus £25**.

Brought to you by



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# WHAT ANXIETY FEELS AND LOOKS LIKE

**FEELING DISCONNECTED FROM THE WORLD**   
**OVERTHINKING**   
**HEADACHES**   
**TENSENESS**   
**INCREASED HEART RATE**   
**HYPERVENTILATION**   
**MIND READING**   
**SHORTNESS OF BREATH**   
**LOSS OF APPETITE**   
**NAUSEAU**   
**AVOIDANCE**   
**"WHY CAN'T I SLEEP?"**   
**WANTING REASSURANCE**   
**SWEATING** 

**FEELING DISCONNECTED FROM THE WORLD**   
**WORRYING ABOUT FUTURE EVENTS**   
**EXCESSIVE WORRYING**   
**RESTLESSNESS**   
**PANIC ATTACKS**   
**SECOND GUESSING**   
**HOT FLUSHES**   
**FEAR**   
**AGITATION**   
**NERVOUSNESS** 

**TIGHT CHEST**   
**UNCONTROLLABLE WORRIES**   
**DEPERSONALISATION**   
**LIGHT HEADEDNESS**   
**TREMBLING**   
**WORRYING ABOUT PAST EVENTS**   
**DISQUALIFYING THE POSITIVE**   
**STOMACH CRAMPS**   
**ALL OR NOTHING THINKING**   
**"WHY CAN'T I RELAX?"**   
**"WHAT IF..."**   
**CATASTROPHISING**   
**IRRATIBILITY**   
**MUSCLE TENSION** 

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