



**Masks must be worn by all parents and visitors entering the school building.**

**Barlow Hall Primary School Newsletter: 18<sup>th</sup> December 2020**  
 School website: [barlowhallprimary.co.uk](http://barlowhallprimary.co.uk)



Over the Christmas holiday, we will have more time to spend with our families. Ms Rees has recently been looking into the importance of play in helping children process big emotions and to help with mental health and well-being generally so please see below to find out more.

We have all been through such exceptional times and have experienced two lockdowns and ongoing changes. We know children are resilient however we can support their resilience further through encouraging play at every age, this isn't just for the little ones, and the parents may enjoy it

**THE IMPORTANCE OF PLAY**

too. Play can help in [building resilience](#), [boosting self esteem](#), and developing self-awareness. Play is the way children learn the skills they need to navigate and understand their world. It helps your child learn language skills, social skills, problem solving skills, empathy, and [emotion regulation skills](#).

[Click here for a link from the British Psychology Institution on the importance of play.](#)



There are play ideas which may be more suited to specific age groups and also types of play that are appropriate and accessible for all ages.

Different types of play include structure and unstructured, what your child would enjoy the most is the time you spend playing with them and interacting with them.

**Ideas for play over Christmas.**

- Board Games - snakes and ladders/scrabble/monopoly
- Card games - snap, memory games, Uno,
- Jigsaws - any age can enjoy these and they are also good for fine motor skills
- Reading together (or alone for older children)
- Cooking/sensory play - making cakes, bread, biscuits, playdough/modelling clay
- Other games - kaplunk, guess who, hungry hippos, eye spy
- Junk modelling - using empty cereal boxes/tape
- open ended drawing activities
- Den building
- treasure hunt/nature hunt
- Dancing to music!

**Screen Time Management**



Screen time can be part of a healthy lifestyle for children when it's balanced with other activities. But this isn't always easy to achieve.

That's why you might need some strategies for managing screen time and screen use.

For children aged 3-11 years, screen time management strategies might include:

- family rules
- routines
- transitions
- choices.
- Family rules for screen time and screen use
- Family rules about screen time can help your child understand your family's limits and expectations.

**The recommended screen time for different ages**

The World Health Organisation states:

For children aged 2 to 5 they advise no more than 1 hour of sedentary screen time in 24 hours, though "less is better".

For children age 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviours essential to health.

Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

Without wanting to jinx anything we are so pleased to get to the end of term without any class closure. Fingers crossed for a Covid-free Christmas / holiday for all our staff and all families.

Below is a link that parents may want to use with their children as we approach easing restrictions over the Christmas period:

<https://www.bbc.co.uk/bitesize/articles/zkqtjsg>

Thank you to everyone for your support and understanding this term. We wish Mrs Fielden, who leaves us today, good luck in her new school.

We wish you all a Happy Christmas and we look forward to seeing everyone back at their current staggered times on Monday 4th January 2021.

[Click here to watch our Winter Wonderland spectacular video](#)

**Term Dates**



**2021**

- Mon 4<sup>th</sup> Jan- Return to school
- Fri 12<sup>th</sup> Feb - Break-up for half-term
- Mon 22<sup>nd</sup> Feb- Return to school
- Thurs 1<sup>st</sup> April -Break up Easter 2pm
- Mon 19<sup>th</sup> April Return to school
- Mon 3<sup>rd</sup> May School closed – May Day
- May Day Bank Holiday
- Thur 6<sup>th</sup> May School closed- Polling Day
- Fri 7 May – School Closed INSET DAY
- Fri 28 May Break-up for half term
- Mon 7<sup>th</sup> June - Return to school
- Wed 21<sup>st</sup> July Break-up



**Don't forget to keep working through our Get Fit/Get moving Aevent Calendar**

- 18. Jogging on the spot for one minute.
- 19 Criss-cross jumps for 30 seconds.
- 20. Heel flicks for 20 seconds
- 21. Wall sit for 21 seconds
- 22. arm circles forwards and backwards.
- 23 chair squats
- 24<sup>th</sup>: 10 Squats, 9 Star Jumps, 8 Seconds Sprint on the spot, 7 Sit-Ups, 6 Tuck Jumps, 5 Mountain Climbers, 4 Push Ups, 3 Squat Jumps, 2 Lunges & 1 Burpee.

**Merry 'Fitmas'**

# LOCAL COVID ALERT LEVEL

# VERY HIGH

## YOU MUST:

Follow the specific rules in your local area

Not mix with other households indoors

Only meet people outdoors in open public spaces in groups of up to six

Reduce your number of journeys, avoid travel outside the area unless needed

Find all local restrictions and laws at [gov.uk/coronavirus](https://gov.uk/coronavirus)

**STAY ALERT • CONTROL THE VIRUS • SAVE LIVES**

<b>MEETING FRIENDS AND FAMILY</b> <p>No mixing of households indoors, or most outdoor places, apart from support bubbles. Maximum of six in some outdoor public spaces (e.g. parks, public gardens).</p>	<b>BARS, PUBS AND RESTAURANTS</b> <p>Hospitality is closed, with the exception of sales by takeaway, drive-through or delivery.</p>	<b>RETAIL</b> <p>Open.</p>	<b>WORK AND BUSINESS</b> <p>Everyone who can work from home should do so.</p>
<b>EDUCATION</b> <p>Early years settings, schools, colleges and universities open. Childcare, other supervised activities for children, and childcare bubbles permitted.</p>	<b>INDOOR LEISURE</b> <p>Open. Group activities and classes should not take place.</p>	<b>ACCOMMODATION</b> <p>Closed (with limited exceptions)</p>	<b>PERSONAL CARE</b> <p>Open.</p>
<b>OVERNIGHT STAYS</b> <p>We advise against overnight stays other than with household or support bubble.</p>	<b>WEDDINGS AND FUNERALS</b> <p>15 guests for weddings, civil partnerships and wakes; 30 for funerals. Wedding receptions not permitted.</p>	<b>ENTERTAINMENT</b> <p>Indoor venues closed.</p>	<b>PLACES OF WORSHIP</b> <p>Open, but cannot interact with anyone outside household or support bubble.</p>
<b>TRAVELLING</b> <p>Avoid travelling outside your area, other than where necessary such as for work or education. Further exemptions apply. Reduce the number of journeys where possible. Plan ahead and avoid busy times and routes on public transport. Avoid car sharing with those outside of your household or support bubble.</p>	<b>EXERCISE</b> <p>Classes and organised adult sport can take place outdoors, but people should avoid higher-risk contact activity. Group exercise activities and sports indoors should not take place, unless with your household or bubble. Organised activities for elite athletes, under-18s and disabled people can continue.</p>	<b>RESIDENTIAL CARE</b> <p>COVID-secure arrangements such as substantial screens, visiting pods, and window visits. Outdoor/airtight visits only (rollout of rapid testing will enable indoor visits including contact).</p>	<b>LARGE EVENTS</b> <p>Events should not take place. Drive-in events permitted.</p>

## Do you need help with...



**Food.**



**Medicines.**



**Company.**



**Fuel bills.**



**Online services.**

Call Manchester City Council on 0800 234 6123  
Monday to Friday 9am-5pm

Text 078600 22876 (response by next working day)  
Email [COVIDSupport@manchester.gov.uk](mailto:COVIDSupport@manchester.gov.uk)

## Emmeline's Pantry



Thank you to all those families who donated to the Emmeline Pantry Christmas Appeal as part of our Christmas Jumper/ Winter Wonderland event.

Emmeline's Pantry will continue to support a large number of families, including some of our own families and they have been very grateful for your reciprocal support.

If you are struggling financially please speak to our Parent support Advisor, Sharon Drinkwater, who may be able to help you get support.

## Christmas Dinner Day



A big 'Thank you' to our cook, Tracey, and our 3 catering assistants, Shirley, Brenda and Hannah for their hard work in preparing and serving Christmas dinner this year, as well as doing a lot of washing up! The children had a lovely time wearing hats and listening to Christmas songs and Nursery children even provided a wonderful, impromptu dance along to one of their favourite numbers. Thank you also to our lunchtime staff who supported catering staff inside and then helped the children to run and play off their excitement after their lunch.

If anyone would like to change their children on to school meals from packed lunches for next term please complete a [change of lunch arrangements form](#) and return to [admin@barlowhallprimary.co.uk](mailto:admin@barlowhallprimary.co.uk)