



Dear Parents and Carers

We are so excited that we are able to welcome back our children from 8th March. Hopefully you have seen the letter emailed out to families on Wednesday, setting out the routines and expectations to help families ease back into school life. There was also a few attachments to help you consider ways that you could support your child if the idea of returning is difficult. In this newsletter, there will also be some information to help with this. Please make sure that as well as talking to your children about their return, that you also check their school uniform and equipment. In the blue box below, there is a link to a form that enables you to let us know about any key information about your child's return that you think we ought to know.

As we welcome everyone back, the teachers are busy preparing and planning for the children's first week. They will be using quick quizzes and fun games to determine the areas that the children need to revisit in the various subjects, and ensuring that time is planned in to support the children's mental, physical and emotional well-being. Your individual class teachers can let you know how this will look in each classroom, so please do not hesitate to get in touch to ask any questions that you may have.

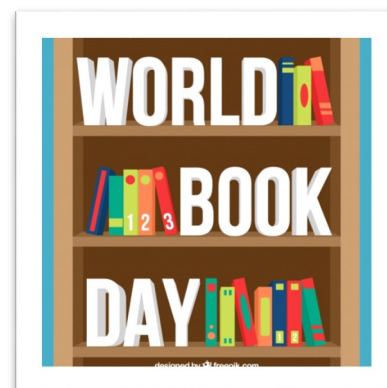
We are pleased to let you know about a slight change regarding our counselling at school. Previously we have used Fegans, who have worked for a twelve week block, for a morning a week. We have reviewed this and carefully considered the needs of our children. As a result, we have changed our provider and a new school counsellor will start after the Easter break. They will provide a whole day, each week, for the whole academic year, supporting individual children, groups and families. We are excited to be able to expand our provision in this area and we will send out more information soon.

Stay safe and stay well.

Suzanne Farr

## World Book Day

On Thursday 4th March, Capel are celebrating World Book Day. This is a special day to mark the importance of reading for everyone. This year's theme is 'share a story'. The teachers have created a 'Masked Reader' video for the children to watch and see if they can guess who's reading their favourite book, this will be available on Thursday. The vouchers for the £1 books will also be given out to you virtually on that day, make sure you grab one of the fantastic books from this year's selection!



## Keep in touch.....

If you would like to share any important information regarding your child's return on 8th March, please let us know. Below is a link to a form that you can complete. This form will go via the Leadership Team to ensure a coordinated approach to the most appropriate support.

<https://forms.office.com/Pages/ResponsePage.aspx?id=Fb3mEsH6I0Gz8uR9QCK2bIVHtH7nbQ1MvifZ5n7x2bxURERCMOIPNVRNMVMMEtTMEY4MTFZNjNRQS4u>

## REMEMBER:

Please let us know if anyone in your household tests **positive** for Coronavirus. It is vital that we are informed as soon as possible in case we need to take any action. If you are self-isolating due to contact with someone who has tested positive, please make sure you let us know that too. Thank you.

## Upcoming Dates and events

4th March—World Book Day

5th March—Screen Free Friday

8th March—all pupils return

23rd and 24th March—Virtual Parent Consultations 3:30pm-5:30pm

31st March—Children's last day

1st April—INSET day

19th April—Children return to school

# Spotting the signs of anxiety



Visit **Mentally Healthy Schools** for more resources



If your child is feeling anxious, they may display some of the following physical and emotional symptoms:

- headaches and stomach aches or just feeling unwell
- dizziness/faintness/palpitations/breathlessness/sweating
- not sleeping
- not eating properly
- being clingy/feeling panicky/tearful
- seeming to be worried or anxious and needing lots of reassurance
- feeling down or depressed
- having difficulty concentrating
- wanting things to be perfect and getting frustrated if they're not
- lashing out at others
- hyper-alertness and difficulty keeping still



## Top tips

1. Explore ways to help your child cope with their anxieties and worries. Try working together to test out fears gradually - setting small, specific goals (for example, walking to the classroom door with their teacher, then with a friend instead). The action plan [below](#) will help with this.
2. Stay calm, supportive and practical. Try not to get drawn into your child's emotions. Praise and reward small (and big) successes when a child faces their fears. It can help them if you remain positive and encouraging, without forcing them into anything.
3. Focus on what helps. Instead of trying to reassure a child that nothing bad will happen, focus on what helped them cope when they faced a similar situation. Help a child think through what they have learned about their fears and about themselves. Did their worry come true? Did they cope?



# Coping strategies

If your child describes their anxiety levels as mild to moderate, there may be a number of simple coping strategies they could use to focus on getting through the period of anxiety. You might want to try a variety of techniques out to see which ones work best for your child.

- Mindfulness is one technique that helps children relax physically and emotionally. You can find a number of mindfulness techniques from our clinicians in our [mindfulness calendar](#).
- Sometimes concentrating on self-care can help children to re-focus. We have produced a [self-care pack](#) of activities for your child to complete at home. It also features some support helplines for when they need someone outside the home to talk to.

- Meditation or relaxation activities can support your child to unwind. There are a number of apps you might want to explore or you can find six different relaxations to test out [here](#).

You can find some more ideas for in our [tools for managing emotions](#) pack.



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SUNDAY 28TH MARCH 2021

Enquiries:  
[applyforjuniorbakeoff@loveproductions.co.uk](mailto:applyforjuniorbakeoff@loveproductions.co.uk)



*I know many of you are thoroughly enjoying the videos from Cooking Pioneers and are becoming skilled chefs. I have been sent this flyer for the TV programme Junior Bake Off as they are looking for contestants aged 9-15. I thought I would pass it on to you.....just in case!!*

THANK YOU  
  
NHS

