



Weekly Family Newsletter

Monday 21st June 2021

www.halfwaynurseryinfantschool.org

Caring, Sharing, Learning for Life.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|---------------|---|---------------|--|---|
| What's Happening this Week? | F2 Big PE day | | Y2 Big PE day | Y1 Big PE day Zoom Transition meetings for Y2 to Y3 led by Halfway Junior School —10am/4pm. | Mrs Hipkin working in Y1 all day (Very Hungry Caterpillars) with Mrs Hibberd. |
| And Next Week ? | F2 Big PE day | Tuesday 29th June New to F2 meeting at 4pm on Zoom | Y2 Big PE day | Y1 Big PE day | |



Attendance for the week ending 18th June 2021

| Class | Attendance (%) |
|---------------------|----------------|
| Enormous Crocodiles | 99.6 |
| Crafty Chameleons | 95.4 |
| Rainbow Fish | 97.6 |
| Hungry Caterpillars | 94.4 |
| Gruffalos | 99.2 |
| Elmers | 90.9 |

Overall attendance for the week was 96.2%

Some Key Dates

| | |
|---------------------|---|
| Wednesday 23rd June | Y2 Big PE Day |
| Thursday 24th June | Y1 Big PE Day |
| Tuesday 20th July | Last day of term (Wed 21st is an INSET day) School picnic day |
| Friday 9th July | Sports Day (children only event this year—no spectators due to Covid restrictions, but photos to be shared on Tapestry) |



Keeping Children Safe in the Sun

- Please apply high factor sun cream/sunblock before school (children can also bring named bottles into school for their personal use throughout the day)
- Bring a wide brimmed hat for your child to wear
- Provide a bottle with fresh water for your child to drink each day
- Dress your child in clothes that cover and protect the skin

1. Mental Health

We know that the pandemic and the associated measures/restrictions may be impacting on the mental wellbeing of some children and young people, and so schools teach children about mental health as part of the Relationships and Sex Education and Health Education curriculum.

The DfE recognises the importance of supporting children's mental health and has put together some useful links and sources of support so that children and young people, parents/ carers and staff can get the advice and help they need. The support list it has produced at <https://dfemedia.blog.gov.uk/2021/02/01/mental-health-resources-for-children-parents-carers-and-school-staff/> is not exhaustive, and many other useful organisations and services exist. However, it is hoped that these will help children, young people and adults navigate the key resources and get the support they deserve and need. We have shared a few of the many links below that may be more appropriate for our age group, but please follow the link above if you would like to see the range of services that may be on offer....



Seeking specialist support for children and young people

Local children and young people's mental health services are continuing to operate and in many cases are providing support remotely. Children and young people or their parents or carers can also contact their GP or refer to NHS 111 online. Local CYPMH services will also have information on access on their websites, many of which offer self-referral or single points of access.

NHS trusts have established 24-hour urgent mental health helplines in most parts of England for people of all ages - <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Please remember to refer to your local children's services if you have any safeguarding concerns - ring Sheffield Safeguarding Hub on 0114 273 4855 or 999. If a child or young person is in immediate danger, contact the police on 999.

General information relevant to children and young people's wellbeing and mental health

These resources are dedicated to children and young people's general mental health and wellbeing, with a particular focus on mindfulness and developing coping skills in young people.

Place2Be has a host of mental health resources available (<https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>). It organises Children's Mental Health Week every year.

MindEd's advice and resources for families on supporting children's mental health (<https://mindedforfamilies.org.uk/young-people/>).

BBC's wellbeing resources for families (<https://www.bbc.co.uk/bitesize/articles/znsmyxc>).

Young Minds: a letter about how I'm feeling: worksheet to help pupils express their feelings and understand what may have triggered them. For use with pupils in school or at home (<https://youngminds.org.uk/media/3822/how-i-m-feeling-worksheet.pdf>).

NHS: Mental Health Helplines for Urgent Help - NHS 24-hour advice and support for you, your child, your parent or someone you care for. Help is available to speak to a mental health professional.

Cruse Bereavement Care: Coronavirus, Bereavement and Grief online information, advice and support. Helpline: 0808 808 1677.

Public Health England Every Mind Matters: Looking After Your Mental Health Resources aims to support everyone to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions.

Public Health England: Every Mind Matters Self-Care Tool when you complete the 5 'Survey' questions, a 'Mind Plan' is generated, with signposting options to many useful resources.

Anna Freud: self-care strategies for young people feeling low or anxious and self-care tips for parents and carers.

Covid-19 specific children and young people's wellbeing and mental health support

For young people who feel particularly overwhelmed and troubled by Covid-19, these resources are helpful ways to manage anxiety around the pandemic, with helpful tools on home schooling and self-care during lockdown.

A downloadable guide from the Children's Commissioner for children and young people about the coronavirus, including proactive advice to support mental wellbeing.

The **Every Mind Matters** website aims to support everyone, including children and young people, to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions. It has been adapted to include advice and support about mental health issues that may have arisen because of the pandemic.

The **Young Minds** website – provides online information on COVID-19 and mental health support to children and young people.

Mental health support for parents/carers

Keeping in mind that parents, carers and school staff can often be impacted by children's mental health, DfE has selected resources that can help adults better support children, and also find the help that they themselves might need.

Public Health England advice for parents and carers on looking after the mental health and wellbeing of children or young people during the Covid-19 outbreak.

Mentally Healthy Schools: a range of free coronavirus and mental health toolkits with useful resources and guidance to support school staff, parents and carers through the challenges they face as a result of the pandemic. This includes:

- Resources for managing anxiety and improving wellbeing
- Dealing with the effects of lockdown
- Resources for building resilience

Anna Freud - top tips to help families work together and support one another during the coronavirus outbreak.

Barnardo's See, hear, respond hub: information for parents and carers to help with some of the challenges the pandemic has presented.

2. Update and Consultation on Relationships and Health Education at Halfway Nursery Infant School (part of Relationships and Sex Education and Health Education/RSHE)

As you may already be aware, the Department of Education has announced changes to the Relationships and Sex Education (RSE) and Health Education framework, following a nationwide consultation. These changes became statutory from September 2020, and all schools are expected to comply with the updated requirements.

Schools have been asked to consult with parents/carers as they shape their policy/curriculum in this area. By the end of this week you will receive an email from us regarding our Relationships and Health Education curriculum and policy. This will be a chance for you to read through our Relationships and Health Education school policy and curriculum overview and provide feedback.

We will also be able to answer any questions you may have, so please look out for this information in your inbox before Friday if you would like to find out more.



Continuing to protect our school community

At a time when further easing of restrictions has been paused, schools have been advised by Public Health that the current system of controls should continue to be implemented to minimise transmission of any possible Covid-19 infections. Schools have lengthy risk assessments in place to help them to protect their school community where they can, and have been asked to continue with measures such as -

- Enhanced cleaning schedule
- Hand hygiene routines in school
- Increased ventilation in classrooms/working areas
- Regular testing encouraged for staff
- Contact Tracing arrangements
- Consistent groups/class bubbles in school
- Staggered start/end times of the school day
- Events that are deemed to increase risk will be avoided where possible in school contexts e.g. events that include parents/ carers gathering or children from different groups mixing. This is why our Sports Day will be a children only event this year in class bubbles, and also why our transition meetings will be delivered virtually again to reduce risks to our community.

The Local Authority will update schools, colleges and early years settings on plans for Step 4 as soon as possible.



VEGPOWER



Above is a picture of the children's display from our dining room hall for the tomato 'Eat Them To Defeat Them' challenge. Thank you to the Taylor Shaw team for all their efforts to encourage the children to try those veggies! Last week we had sweetcorn, and...

This week's featured vegetable is the **PEPPER!!**

Eat Smart Sheffield - Healthy Breakfast Factsheet for Parents/Carers

Attached is a Healthy Breakfast Factsheet from Eat Smart Sheffield, which we hope you find helpful.

It is also available (under 'Policies & Guidance') at:

<https://www.learnsheffield.co.uk/Downloads/Partnerships/Eat-Smart-Sheffield/Healthy%20Breakfast%20Factsheet.pdf>

Eat Smart Sheffield Webinar

10 Top Tips for a Healthier Family

Thursday 1st July 2021

9.30am - 10.30am



- ◇ Do you struggle to get your 5-a-day?
- ◇ Are you looking for quick & easy ways to improve your diet?
- ◇ Do you want some advice on how to keep your family healthy?
- ◇ Then why not join us for this FREE online webinar for our 10 Top Tips for a Healthier Family!

Part of the Eat Smart Sheffield '10 Top Tips Webinar Series', this session includes advice on how to keep you and your family healthy including simple swaps, portion control, making the most of mealtimes, and how to deal with fussy eating.

Presented via Zoom, and delivered by nutrition professionals, the session will be informative but fun, with time throughout to answer any of your questions.

Beat the Street Campaign

Beat the Street has started! Children have brought home :

- a fob, to use at the Beat Boxes
- a map of the locations of the Beat Boxes
- an envelope, containing a letter to you from the Beat the Street team, and a card for you to join in with the challenge

If you have not already done so, please register the fob and the card at beatthestreet.me/sheffield. (You have to scroll down a bit to find us: they've called us 'Halfway Infant Nursery'!).

The more points our school collects, the more likely we are to travel up the leaderboard, and possibly win a prize! You are doing a great job collecting points so far Halfway—come rain or shine—well done!

Our School Council children have one final task this term—they all have special roles as 'Beat the Street' monitors in class. This includes reminding their class to take part, monitoring points, celebrating efforts and sharing ideas on how to progress best from one Beat Box to another using the maps in class.

The game runs until 28th July so you have 1 more week left to get those steps in. You can do it!

Visit beatthestreet.me/sheffield to find out more.



As you can see from the contents of this newsletter, your family's health and wellbeing are so important to us at Halfway Nursery Infant School!

Please speak to a member of the team if we can help support you in any way or if you would like to find out more information about anything in today's newsletter.

**Take care,
Paula Bestall**



Start the Day the Right Way - Have a Healthy Breakfast!

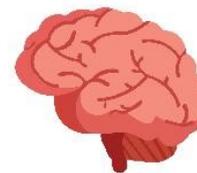


Breakfast provides your body & brain with fuel after an overnight fast; that's where the name originates - 'breaking the fast'!

Without breakfast you are effectively running on empty, like trying to start a car with no petrol!

Eating breakfast has many **health benefits** for us all, including:

- Improving brain function
- Reducing the risk of diabetes
- Reducing the risk of heart disease
- Helping maintain a healthy weight
- Reducing the risk of high blood pressure



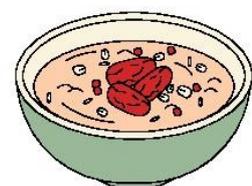
In addition, children who have a healthy, nutritious breakfast before school have been found to have improved reading, writing & maths results, and have better levels of concentration & behaviour!

What does a healthy breakfast look like?

Breakfast **cereals** are a quick and easy option. Many provide nutrients such as fibre, vitamins & minerals which are needed to keep our bodies healthy.

Try to aim for low sugar ones such as:

- Muesli
- Porridge
- Weetabix
- Shredded Wheat



Serving Suggestion

Add fresh or dried fruit (e.g. banana, berries or raisins) to your cereal for natural sweetness & to get one of your 5-a-day!

Top Tip!

For everyone over 5 years of age, **use semi-skimmed or skimmed milk** instead of whole milk as these have less fat yet are still full of vitamins & minerals including calcium which is needed for healthy teeth & bones.



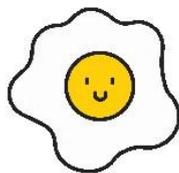
Remember:

- *Usually 30g (one small bowl) of cereal is classed as a serving - but it is often tempting to have more! Be sure to watch your portion sizes.*
- *Avoid high sugar cereals such as frosted flakes (eg. Frosties) & chocolate covered ones (eg. Coco Pops).*
- *Even those cereals which may seem healthy (such as Bran Flakes or Granola) contain surprisingly high amounts of sugar. Make sure you check the nutritional label on the box.*

Other Options:

- **Toast** - another quick & easy breakfast!
Remember, brown/wholemeal bread is healthier than white as it has more fibre. 50/50 is also a better option than white - yet it looks & tastes the same so the kids won't notice!
- **Crumpet or Bagel** - these are a healthy alternative too and make a nice change from toast.

- **Low-fat Natural Yoghurt or Greek Yoghurt** - you could add muesli, fruit, nuts or seeds for added taste & texture.
- **Eggs** - try them poached, boiled or scrambled, or why not make an omelette?
- **Pancakes** - they don't just have to be eaten on Pancake Day! Add fruit such as strawberries or blueberries or make them savoury by adding mushrooms or tomatoes - that way you'll be getting one of your 5-a-day too!



Serving Suggestion

Instead of using butter or margarine on your toast, why not try peanut butter, marmite, hummus, avocado or banana instead?

It's best to avoid sweet toppings like jam, marmalade & chocolate spread as these are full of sugar.

Top Tip!

Take care with **breakfast/cereal bars** - they can appear to be healthy but actually may contain high levels of fat & sugar (e.g. one Eat Natural bar has 12g of fat and 16g of sugar!)

Try to Avoid:

- Sweets, chocolate, biscuits, cakes & sweet pastries (e.g. pain au chocolate).

We all like them but they are unhealthy & not suitable for a meal or snack as they have high levels of sugar & fat and have limited (or no) nutritional value. Save them for an occasional treat.

- Crisps, other salted snacks (e.g. *Pringles*) & savoury pastries (e.g. *sausage rolls*).

These contain high amounts of fat & salt. Again, they should be saved as a treat and not eaten every day.



Drinks:

- **Water is always the best option.**

It is hydrating, contains no sugar or calories, and is cheap!

To make plain water more exciting, you could add ice, lemon or lime slices, cucumber or mint.

- **Milk** is the next best option. Again, stick to semi-skimmed or skimmed for anyone over 5 years of age.
- One small glass (150ml) of **fruit juice or smoothie** counts as one of your 5-a-day. However, although they have lots of vitamins & minerals, they also contain lots of sugar so just stick to one small glass a day.
- **Sugar free or diet fizzy** drinks are better than those with sugar in. However, many of them contain acids which are harmful to teeth so still need to be limited.
- **Energy drinks** (e.g. *Lucozade*, *Red Bull*, *Monster*) contain caffeine as well as lots of sugar and **are not suitable for children**.

For more information, top tips, fun facts & recipes ideas, check out our website:

<https://www.learnsheffield.co.uk/Partners/eat-smart-sheffield/>

Or email us at:

eatSMARTsheffield@learnsheffield.co.uk

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