

The Mosley Academy – Newsletter

Issue 27

www.mosley.staffs.sch.uk @MosleyAcademy

Start of the Summer Term message for the Children

Everyone at school hopes you are having a great Easter break and that you are ready to continue with your home learning next week. It is really important you work hard and try to complete the tasks the teachers have set you. This will really help when we are allowed to re-open the school and we are back learning in the classrooms. It is really important you do lots of reading too!

Remember to send photos of your activities and of the fun things you have been doing. We miss you and look forward to seeing you all soon!

Message to all our Parents and Carers

We are now at the end of week 4, I do hope that you all having a good 'Easter Holiday' which I am sure for most people didn't seem very different from the two weeks that preceded it! The teachers have been working hard to set work for the children to start the new Summer term. We have now entered into a partnership with Shobnall School to accommodate the key worker children from both schools. Over Easter we hosted and as of Monday it is the turn of Shobnall to host for two weeks. This arrangement will continue as long as the Government require us to do so. These really are unprecedented times.

As the Government have announced at least three more weeks of lockdown, we genuinely don't know any more than you about the likelihood of school re-opening. What we have been doing is working on our re-opening strategy so that when it does happen, it is as smooth and productive as possible for all the children. We hope it is soon!

Through the lockdown it has been wonderful to hear about all the creative, interesting activities you have been doing with the children. This has included the children of Reception working together (remotely of course!) to produce a video for Miss Davidson! In these extraordinary times it is so humbling to see such thoughtfulness and kindness. We really are stronger together.

Take care everyone, stay safe. Mr Baxter.

Stars of the Week

The children of Reception Class who made a lovely video montage of messages for Miss Davidson!
Mrs Wakefield for her kindness towards the staff in school this week!

Oxford Owl

If you haven't tried this site yet it is worth doing! You will need to sign up (it's free) but once you have done this you can access many books and they are audio books too!



<https://home.oxfordowl.co.uk/>



Coronavirus Resources

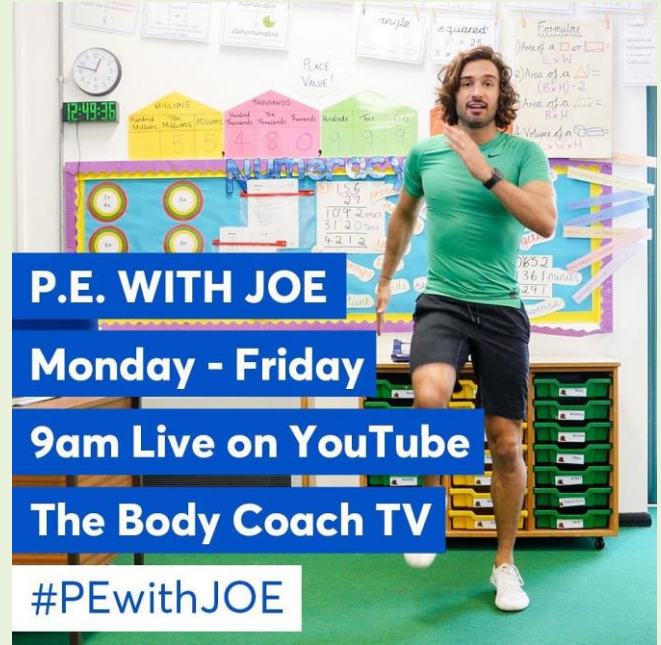
We have continued to update the page on our school website which includes resources you may want to use to help explain the current situation. A new story called 'Lucy's in Lockdown' is now included.

<http://www.mosleyschool.co.uk/page/?title=Coronavirus+Closure&pid=115>

Follow us on Twitter

We post pictures and messages on Twitter so you might find it useful following us!

[@MosleyAcademy](https://twitter.com/MosleyAcademy)



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS












www.actionforhappiness.org




30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Helplines, apps and websites to support parents

	Phone 	Website 	Online chat 
NetAware Parents' guide to apps/games/social media sites to help keep children safe		https://www.net-aware.org.uk/	
Shout Crisis text messenger service	Text 85258 24/7 Free on most networks	https://www.giveusashout.org/get-help/	
IMAlive Online crisis messenger service (based in US)	24/7	https://www.imalive.org/	
Frank Honest information and advice about drugs and alcohol	0300 1236600 Text 82111 confidential 24/7	https://www.talktofrank.com/	
Drinkline Confidential information and advice for you or someone you are worried about	0300 123 1110 weekdays 9am–8pm, weekends 11am–4pm free		
	Phone	Website	Online

			
CEOP Reporting online sexual abuse or content		https://www.ceop.police.uk/safety-centre/	
Samaritans Free confidential support line for people who are feeling desperate	116 123	https://www.samaritans.org/	On its way! Chat will be available soon.
Pace Telephone support and secure online forum for parents of exploited children	0113 240 5226 Office hours £	https://paceuk.info/for-parents/	
SelfHarm UK Support with self-harm issues	X	www.selfharm.co.uk	
Money Advice Service Financial help and information	0800 138 7777 Free	https://www.moneyadviceservice.org.uk/en	
Step Change Debt support charity		https://www.stepchange.org/debt-info/emergency-funding.aspx	
	Phone	Website 	Online

			chat 
Refuge Domestic abuse helpline and online support and information	0808 2000 247 Free 24/7	https://www.nationaldahelpline.org.uk/	
Young Minds Support for parents when young people suffer poor mental health		https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/	
Recovery Support for drug and alcohol addiction	0203 553 0324 Free callback available 24/7	https://www.recovery.org.uk/	
Adfam Support for families affected by drugs and alcohol		https://adfam.org.uk/	
Stop Breathe Think Free Mindfulness app (pay version also available)		https://www.stopbreathethink.com/	
101 Non-	101		

emergency Police number. For emergencies DIAL 999	15p per call		
111 <u>Non- emergency</u> health advice. For emergencies DIAL 999.	111 Call if you are seriously worried about symptoms 24/7 free	https://111.nhs.uk/ Use website if your enquiry isn't serious	
Stoke-on- Trent Children's Social Care	01782 235100		
Staffordshire Children's Social Care	0800 1313 126		

Free resources for children and young people during COVID-19 restrictions:

- <https://www.phoenixgrouphq.com/covid-19>

And finally, some indoor activities for younger children available on these websites:

- <https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/>
- <https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>