



Newsletter



CONGRATULATIONS MRS GABB

Life in all its Fullness

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This term's value is

Humility

We are absolutely delighted to announce that Mrs Gabb is expecting her second baby in June of this year. She is hoping to remain working with Year 4 and remotely with Year 6 until May half term.

Following this, Mrs Lisa Young who is a familiar face to children at Cam Hopton and an extremely experienced teacher, will be taking over Mrs Gabb's role during her maternity leave.

WHOLE SCHOOL RETURN MONDAY 8TH MARCH

We are really looking forward to seeing our classes full when all children return to school on Monday. Here are a few reminders for a smooth start:

- Staggered starts and ends to the school day remain in place
- Children will remain in their class bubbles at all times
- Children should wear PE kit to school on PE days
- Regular handwashing will be expected
- It is recommended that adults in school should wear a face covering where social distancing is difficult in communal spaces
- Parents/Carers should avoid coming into school if possible and should wear face coverings whilst waiting to drop-off and pick-up
- At the moment, Caterlink can only offer packed lunches, however they are hoping to offer hot food again in the near future.

Send a Smile

Over this week, the children at home and school have been participating in 'Send a Smile'. This was an activity to support their wellbeing and the wellbeing of others. Children have sent a postcard via post to a friend, relative or someone in a care or nursing home. Children were provided with addresses of local care homes to send their smile to.



I can imagine in the current times, these will have been greatly received.
A big thankyou to Cam Post Office who provided each child with a stamp.

5 WAYS TO WELLBEING



From next week we are introducing an evidenced based initiative to Cam Hopton called ‘**5 Ways to well-being**’. Coronavirus has affected how we do a lot of things and how we feel and this programme aims to have a positive effect on our physical and mental health.

Each week teachers and children will be focusing on a particular ‘way’ – see above- and will think of activities to do in school and at home. Here are some examples:

Next week we would like everyone at home to try to **connect** with the **Smile Challenge** which on the next page. Good luck!

	CONNECT	BE ACTIVE	TAKE NOTICE	KEEP LEARNING	Give
Suggested Activities	Find a new friend Make time for a friend Play a new game at playtime Play the smile challenge Open a door for someone Help your adult Play ‘meet people’ bingo game Write a letter to a friend or family member. Draw a picture for a neighbour. Join a community group like Cubs/Brownies	15 minutes in the day Go as a class and walk around the school grounds. Pair up with a different year group and walk and chat. Play just dance Complete cosmic kids yoga Do some go noodle activities Make up some silly races Start a sporty club Go swimming at the weekend	Breathing exercises Listening to relaxing music Listening walk How is my friend feeling? How am I feeling? Mindful walk Mindful colouring	New learning in English/Maths/Topic Play an unfamiliar game. Learn to count in a different language. Chat to a friend and find out something new about them. New word of the day Origami activity	Do something helpful for an adult Compliment a friend Smile challenge Help a younger child or friend Know your strengths and use them Give a hug Charity link Donate old toys

THIS WEEK'S 5 WAYS TO WELL-BEING CHALLENGE

CONNECT

SMILING

Smiling has lots of benefits:

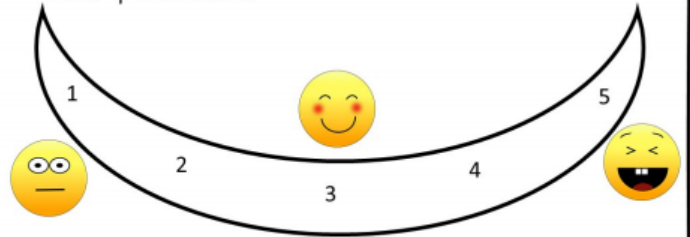
- It can make you feel happier
- It can boost your mood
- It can help you make more friends
- It can make you feel and look more confident
- It can spread, as in, if you smile at someone they will often smile back
- It can help to reduce stress
- It can boost all the positive emotions
- It can increase FUN
- It can be understood by everyone because everyone smiles in the same language
- It looks good on you!



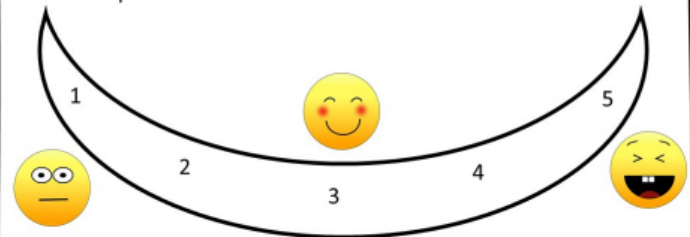
SMILING CHALLENGE

For one week see if you can smile MORE than usual. Use the 'Smile Diary' to record your progress.
Fill in this sheet at the start of the week and then fill it in at the end of the week. Is there a difference?

My smile is this big at the beginning of the week
Colour up to the number



My smile is this big at the end of the week
Colour up to the number



HOME TESTING

As part of our safety measures, staff at Cam Hopton continue to use Covid-19 Lateral Flow Tests (LFTs) twice a week. As part of the government's roadmap to lifting restrictions, home lateral flow tests are now available for self-administration, to anyone within your household bubble and support bubble.

(This excludes primary school aged children). The lateral flow tests are for the identification of asymptomatic cases of Covid-19.

This is not something that school can order or administer for you, but if this is something that your home bubbles would like to do, please follow the link to find your nearest collection point or to order test kits to be delivered to your home.

https://www.gov.uk/guidance/rapid-lateral-flow-testing-for-households-and-bubbles-of-school-pupils-and-staff?utm_medium=email&utm_campaign=govuk-notifications&utm_source=ca1c659b-95d6-490e-87c6-d6c09e85ecfb&utm_content=immediately

FRUIT

In a bid to reduce food waste, every Friday starting from next week we will be distributing any surplus fruit to children to bring home and share. Please check in your child's school bag!



REMINDER– RAGS 2 RICHES

Just a reminder that we are collecting bags of unwanted but good quality clothing for a Rags 2 Riches collection on 16th March. Please send any filled bags to school on **Monday 15th March**. Thank you!