

The Downs Primary School and Nursery

The Hides, Harlow, Essex, CM20 3RB.

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Friday 5th February 2021

Dear Parents/Carers,

We hope that this week children enjoyed the mental health activities that were sent out. As a parent having to go through lockdown, yet again, you will know just how important a topic this is and why it is so important that we teach our children to talk about their mental health in the same way we would talk about physical health and for children to understand themselves better. We have added a poster called 'The Emotional Cup' please share this with your child if appropriate.



We also hope the children had some fun today working with numbers and also dressing up in numbers – please send any photos to your child's teacher.

Our word for next week is: perseverance

Next week, Miss Weekly and I will be doing a live lesson with the children from Year groups 1-6. Please make sure you check the daily email for the time of your child's lesson and encourage them to join in. We really look forward to seeing all the children in this live lesson. Children will need a pencil and paper and we hope you can leave them with us and enjoy a nice cup of tea and a short break from having to help them.

Tuesday 9th February is Safer Internet Day; your child's teacher will be sending out lessons related to this. We think this is an opportunity to consider just how much children know and use technology and to talk to your child about safety on the internet. Do they know how to keep safe? Do they know what to do if they see something that is not appropriate? Do they know how damaging it is to send unkind messages on social media apps and that they cannot be deleted?

Being a healthy school is very important to us so please help us to keep our accreditation with a very short survey (3 questions) about travelling to school, older children will be able to go to the link and do this on their own, but we do need as many families as possible to complete the survey.

<https://consultations.essex.gov.uk/sustainable-travel-planning-team/7b5ef7c1>

Some of you might be confused with dates as it has been such an unusual half term, to confirm, next week is the last week of school before the half term break. The school will be closed to all and teachers will not be setting work. We return on Monday 22nd February for the children who are vulnerable or those of key workers. During half term families who are in receipt of food vouchers will continue to receive these and they will be sent in the normal way.

In school we have been fortunate enough to acquire more cereal and bagels, please come in and collect if you want these- first come basis. We also have some foodbank parcels. If you need food, please let us know – we have worked with the foodbank to secure these as we thought it might be easier for you to come to school to collect as opposed to going to the foodbank.

Thank you to everybody who is making sure that their child is accessing the learning. We make regular calls to families who appear to be not accessing the learning and we recognise how hard this is but we are accountable for all children accessing the learning. We are here to help you if you are finding this difficult.

We listened to your views when we did our survey and are piloting live lessons. We were also overwhelmed with the amount of positive comments added and we wanted to say thank you, but we also wanted to show all our staff so we have added some of them to a page and thought you might also like to see it – sorry if your comment is not on there we couldn't fit them all on!

COMMUNITY HUB
7 DAYS A WEEK
7-9 WEST WALK HARLOW
CM20 1LR

Changing Lives
Community Services

Wellbeing sessions
Education Booster
Indoor Sport
Mentoring
Workshops

Sessions are free for children of key workers
and vulnerable families, children who are
struggling with mental and emotional health.
Groups are small, safe and supportive

roots to
wellbeing

Booking:
You can book on the BOOKFIT app - download and search changing lives
Or Email: team@changinglivescommunityservices.com
Or you can call Changing Lives 01279 427791 (Monday to Sunday 9am -6pm)

We have attached a poster regarding the art exhibition.

We have added a link to a live dance lesson if you are interested, it starts at 2:45pm.

<https://youtu.be/yfky2eK-Z8k>

This is a much shorter letter than normal and that is not a bad thing, it is important that we only add what is important and not overwhelm you with added information just for the sake of it. However, I cannot end without saying that here at The Downs our thoughts, this week, go to the family of Captain Tom, he helped inspire so many of us during this unprecedented time and he reminded us to be resilient and to keep going!



Take care

Kind regards

Ms Jeanette Allen
Headteacher

Key Dates for the Spring Term 2021	
Tuesday 9 th February	Safer Internet Day
Monday 15 th February – Friday 19 th February	Half Term – school closed
Thursday 4 th March	World Book Day