



Theme for next week: Safer Internet

### Head's Message

Dear Parents,

At this present moment in time, it is impossible to turn on the news without feeling bombarded by negativity. The news is crammed full of depressing stories and statistics and I often wonder how this affects us subconsciously, both emotionally and physically. I hope our St Aubyn's families are managing to stay positive and healthy. Even though it is taking longer than any of us expected, things will improve. This variant has caught us off guard, but viruses do mutate and this all feeds in to our understanding of the disease. It is always my intention to promote positivity; the number of people being vaccinated increases significantly each day and this will be our way out of this crisis. Let's just make the best of the Lent term and look forward to a more enjoyable summer term.

We all know that good mental health is crucial for our wellbeing. Undoubtedly, we have all been impacted in some way by the forced changes to our way of life. This week, I have included tips FOR PARENTS during lockdown. They are from a Doctorate Level Psychologist, Eric Mintz. He specialises in School and Clinical Psychology.

**Stick to routine.** Go to sleep and wake up at a reasonable time. Keep a schedule to ensure self care.

**Dress for the social life you want, not the social life you have.** It will have a great impact on mood.

**Get out at least once a day, for at least 30 mins.** It is amazing how much fresh air can do for you.

**Reach out to others,** you guessed it, at least once daily for 30 minutes. Important for you and children.

**Stay hydrated and eat well.** This may seem obvious, but it is important to remember this each day.

**Develop a self-care toolkit.** This can look different for everyone.

**Spend extra time with your children.** They may not communicate, so it's vital to spend time with them.

**Everyone find their own retreat space.** Separate the space you work with space for relaxation.

**Expect behavioural changes in children,** and respond gently. Everyone reacts different through change.

**Focus on safety and attachment.** Prioritise what is important within the context of your family.

**Lower expectations and practise radical self-acceptance.** Accept everything about yourself and family.

**Limit social media and Covid conversation,** especially around children.

**Notice the good** in the world, the helpers. Focus on the 'good news' stories.

**Find something that you can control,** and control the heck out of it. E.g. organise, decluttering...

**Find a long term project** to dive into. This could be individually or as a family.

**Find lightness and humour** each day, even if you have to search for it.

## Head's Message

**Reach out for help if you need it.** Family, friends, other support networks are all there for you.

**Remind yourself daily,** that this is temporary. It certainly might not feel like it, but it will end.

**Find the lesson.** The whole crisis can seem sad, senseless, and at times, avoidable. When psychologists work with trauma, a key feature to helping someone work through said trauma is to help them find their agency, the potential positive outcomes they can affect, the meaning and construction that can come out of destruction. What can each of us learn here, in big and small ways, from this crisis? What needs to change in ourselves, our homes, our communities, our country and our world?

All of these statements are thought-provoking and allow us to take stock of how we are managing. It is essential to think about how you can adjust your routines in ways which will enable you to keep doing the things you would usually do to stay well. That might include eating food you enjoy, finding ways to maintain your hobbies and interests online, as well as getting exercise, once a day in your home or outside if you can.

You will already have an awareness of self-care strategies which have helped you in difficult situations in the past. Use them again now. If you have support from others, plan with them how you can remain well and relaxed.

We have received notification from The IAPS and DfE that Schools will close as usual over February half-term and are not expected to remain open to vulnerable children and the children of critical workers during that week. Please be aware of this so that appropriate arrangements can be made.

Have a good weekend and remember to get outside in the fresh air if you can!

Sincerely,

Leonard Blom

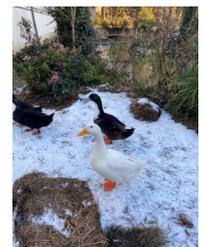


Despite pupils not being able to attend their usual Games and PE lessons at school at the moment, there is still plenty of activity taking place at home!



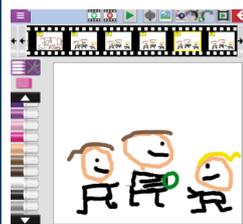
The children of critical workers continue to study hard in school whilst still having fun outside at break times. Around the school grounds, the ducks spent the start of the week finding their

feet in the snow!



This week, Livia in Year 4 created an animation using Purple Mash in her ICT lessons. She chose to make one

pe staff happy moment

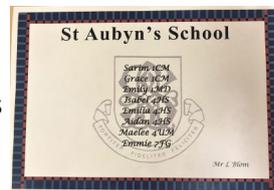


for the PE staff, called 'PE Staff Happy Moment' to make them smile – it certainly did! She showed three people bouncing a ball to each other. Well done, Livia!

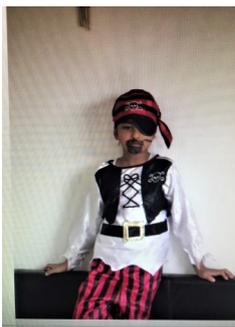
5SY had fun one afternoon this week when Mrs Yamaguchi challenged them to wear something different in their hair to their daily 3.30pm call. It looks like they all rose to the challenge!



Many congratulations to these pupils who received a Headmaster's Commendation this week.



Avik in 2HL has been very busy preparing for the Year 2 play. He has created a monologue and made up a pirate character. He has also made several props and created his own dance. Wonderful work, Avik!



James in RBW enjoyed finding matching pairs of animals and naming them as he did so. He showed his knowledge and understanding of the world around him. Well done, James!

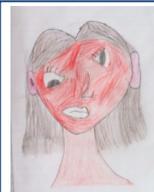
Year 3 are learning about rocks, soils and fossils. Here, Euan, Saanvi, Maria and Nellie have made some of their own ammonites.



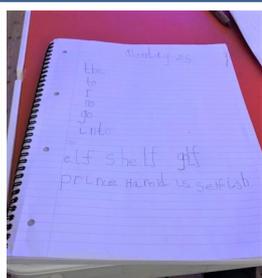
This week, in Reception, pupils had lots of fun being chefs as they learnt the rhyme 'Pat-A-Cake'. The hats look amazing!



The children in Year 2 have been drawing maps and using symbols to show landmarks. They have created the imaginary Isle of Struay where the popular Katie Morag resides!



Isabel, Jasper, Emilia and Aashvi in Year 4 enjoyed creating cubist portraits by playing a game in which the roll of the dice determined the shapes and forms of the face and features of their portraits.



As well as continuing to learn their Phase 4 sounds in Phonics, the children in Reception have been learning to read and write their Phase 2 and 3 high frequency words. Well done, Reception!



In history, Pupils in Year 5 have been writing about the battle between the Aztecs and the Spaniards. Here are some impressive diary entries from Oliver, Puvanaan and Olivia in 5SY.

