



# Friday Flyer

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Hello everyone,

How are you today?  
It has been a busy week of remote learning both in school and at home...and a wet one! We are expecting poor weather this weekend. If in doubt please check FB on Monday morning before travelling.

We were sad to hear about the passing of Captain Tom this week. In his 100<sup>th</sup> year, he walked and walked raising almost £33m for the NHS. Rest in Peace Captain Tom.

Ms Walker's 'YOU A HEADTEACHER'S AWARD'

**FOR GREAT EFFORT WITH REMOTE LEARNING THIS WEEK**

Isabella Usher	Ocean Jordan	Roman Curnow
Harry Hearn	Finnley Nelson	
Michelle Dale	Aubrey Claxton	Archie Borrell
Scarlet Rooks	Otis Tullock	Lucy Allan
Endean Gill	Cole Walker	Emilie Duck
Albie Pearson	Matthew Smith	Rosie Neasham
Heidi Carroll	Mason Alway	Maddie Smith
Ruby Ward	Ava Shipley	Delilah Winspear

## Stanley's Joke Corner



What is SPS pupils' favourite remote learning lesson in February?

Snow and tell



"I come from Yorkshire. We don't give up!"  
CAPT TOM

"The hardest part is the first step; once you've done that, if you do another one, it becomes a natural thing." CAPT TOM

"Tomorrow will be a good day. We will get through it and come out of it stronger, more united and ready to face any challenge." CAPT TOM

"Negative thoughts don't seem to be part of me. I always think of the beneficial things." CAPT TOM



### REMOTE LEARNING

You have completed 24 days of remote learning. WELL DONE!

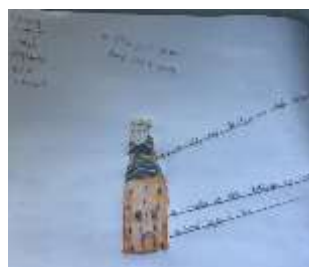
Thank you for taking the time to respond to our remote learning survey. We have listened! Introducing half time Wednesday this week offering a menu of activities away from your screen to keep you learning and engaged. Please let us know how it goes!

### LIVE SESSIONS

have begun for some of our children this week. WOW! Haven't you done well! Look out for your next session!

### SATs/ League Tables/ Pupil Performance

The DFE have informed schools that testing will not take place this year and no league tables or official test data will be gathered. Please be reassured that even remotely, we are gathering information about your child and will continue to plan your child's learning for stretch and support as we always do. If you have any questions, please do contact me directly. MsW



# SOME WOW WORK!



## PROTECT THE PEOPLE YOU LOVE

Around one in three people with Covid-19 do not have any symptoms and are passing it on to loved ones without knowing it.

Anyone over the age of 18 who does not have symptoms can take a quick and easy test to see if they have the virus. Most results are returned within 30 minutes.

From February 8, testing will be available at Loftus Youth and Community Centre, Duncan Place, Loftus, TS12 4PR, on the following days:

Monday: 8am - 2pm  
 Tuesday: 8am - 2pm  
 Thursday: 1pm - 7pm  
 Friday: 1pm - 7pm  
 Saturday: 9am - 1pm

The centre will not be open for testing on Wednesdays and Sundays

Please do not come for a test if you have symptoms. Anyone wanting a test should book at [www.redcar-cleveland.gov.uk](http://www.redcar-cleveland.gov.uk) or ring 01642 774774



Tees, Esk and Wear Valleys NHS Foundation Trust

## THE STRESS RELIEF GIRAFFE



OUT OF CONTROL	<p><b>WHAT YOUR CHILD CAN DO:</b></p> <ul style="list-style-type: none"> <li>• Calm breathing exercises</li> <li>• Use visualisation meditation techniques</li> <li>• Body tightening exercises (progressive muscle relaxation)</li> <li>• Sigh to become fully present in the moment</li> <li>• Practice music therapy</li> <li>• Change location / surroundings</li> <li>• Use a stress ball / fidget toy</li> <li>• Give themselves a 10-second hug to boost their mood</li> <li>• Colour, draw, write, craft, etc.</li> <li>• Practice positive self-talk / words of affirmation</li> <li>• Exercise</li> <li>• Go outside</li> <li>• Play</li> <li>• Hydrate with water</li> </ul>
SCARED OF LOSING CONTROL	
NERVOUS	
UNSURE	
CALM	

This week has been Children's Mental Health Week. Here is the stress giraffe I shared in Monday's assembly.  
 This list helps for grown-ups too!



### Child & Adolescent Mental Health Service Virtual Workshops for Parents and Carers

The following online workshop is now available to book on to, which will be delivered live and free of charge via Microsoft teams for parents and carers in Teesside.

<p><b>Understanding Anxiety</b>                  Wednesday 10<sup>th</sup> February 2021, 4pm</p> <p>We will explore what may contribute to children and young people's anxiety and look at how we can build their resilience. We will also consider what help and support young people experiencing anxiety may need.</p>	<p><b>Emotional Wellbeing</b>                  Wednesday 17<sup>th</sup> February 2021, 10am-11am</p> <p>We will introduce you to the risk and resilience framework exploring how this can be used to improve outcomes for children, young people and their families and discuss what can be done to promote healthy emotional wellbeing in children and young people.</p>	<p><b>Understanding ADHD</b>                  Monday 8<sup>th</sup> March 2021, 10am-11am</p> <p>This workshop will provide an awareness of ADHD and the core symptoms that children and young people may experience. We will explore the impact ADHD can have on children, young people and their families and give an overview of the assessment process.</p>
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To access the CAMHS parents and carers workshops, please contact: [TEWV.CAMHS-Training@nhs.net](mailto:TEWV.CAMHS-Training@nhs.net)  
 And provide the following information:

- Which workshop(s) you would like to access
- Your name
- The school(s) your child(ren) attend
- Which locality you live
- Email address
- Age(s) of your child(ren)



Visit our webpage [www.TEWV.nhs.uk/CAMHSTraining](http://www.TEWV.nhs.uk/CAMHSTraining) for details of all training we provide

