



Friday Flyer

Happy New Year everyone!

...Not quite the new year we were hoping for but we are getting on with it. Childcare is in place for over 100 children in school and teachers are working hard to deliver remote teaching. We hope that you are safe and can make the most of the situation we are all in. We are here to help if we can.

Ms Walker

headteacher@skeltonprimaryschool.co.uk

REMOTE LEARNING

All of our children have now moved to remote learning. Those at home and those in childcare should have a remote learning pack and be working on a device that allows them to be taught directly by their teacher and share their work, ask questions, receive feedback and communicate with their classmates. If you are struggling with any aspect of remote learning please get in contact. We can help.

FREE SCHOOL MEAL FAMILIES

Will receive picnic deliveries from MFC on Mondays, Wednesdays & Fridays moving forward.

Stanley's Joke Corner



Why do the teachers wear sunglasses for remote learning at SPS?

Because the children are so bright!

Get Aldi checkout staff to distribute the vaccine we'll all be done by Jan 3rd

TOP 10 TIPS for WORKING AT HOME

- HAVE A ROUTINE**
If you can, have a set work space so that you don't spread out around the house. Have a tidy up time or tidy up song to signal when it is time to stop.
- HAVE A ROUTINE**
We all respond well to a predictable routine. Make a visual timetable, stick it on the wall.
- KEEP A LOG**
Keep a brief record of what you have achieved. It will be more than you think and is a useful way to review and praise!
- CONTACT WITH FRIENDS & FAMILIES**
Use the phone or work online to keep in contact with those you love. Write a letter and post it on your walk.
- CONTACT WITH SCHOOL**
We are here by email and will check in by phone. Please list any questions and share them. We will try and help.
- REASSURE CHILDREN**
Children can sometimes believe they are responsible for things beyond their control. Reassure them it's our job to make sure they're safe.
- EXPECT STRESS**
This can be tricky because we all experience stress. Talk about it and how you can help yourself.
- MISTAKES**
It's OK to make mistakes, Use the word 'yet', if you can't do something, rather than writing it off or giving up.
- SCREEN TIME**
Keep a balance and keep online learning, research, communication and viewing down to a reasonable amount. BE STRICT HERE!
- PLAY TIME**
Play in whatever form is essential. From lego to small world creation, from drawing to building dens. Make time to create and have fun together as well as independently.

KEEPING IN TOUCH

- Follow us on FB
- Let us know if any contact details have changed!
- If you have the Sims Parent app, you can amend your details on there.
- The office will be staffed during usual business hours.



YOU'VE TESTED POSITIVE FOR COVID-19. I NEED A LIST OF EVERYPLACE YOU'VE BEEN.

YOUR HOROSCOPE THIS WEEK

ARIES You'll be spending time in your home	LINRA You'll be spending time in your home
TAURUS You'll be spending time in your home	SCORPIO You'll be spending time in your home
GEMINI You'll be spending time in your home	SAGITTARIUS You'll be spending time in your home
CANCER You'll be spending time in your home	CAPRICORN You'll be spending time in your home
LEO You'll be spending time in your home	AQUARIUS You'll be spending time in your home
VIRGO You'll be spending time in your home	PISCES You'll be spending time in your home

A very big thank you for your patience and very kind messages of support.

The difference between try and triumph is UMPPPPH!



www.thelinkct.org.uk The Palace Hub, Redcar

To find out more about our services and how we can offer support to you and your family, please call us on **01642 989198** or alternatively email linkteesvalley@gmail.com



Supporting children, young people and families to make positive changes to their lives through a range of emotional, social and wellbeing activities and services within the community. We offer open access to support, advice and guidance, for as long as it is felt to be needed.

facebook.com/linkcharitabletrust @thelinkCT

Available Services

Service	Location
Food Bank	Boosbeck
Food Bank	Brotton
Food Bank	Carlisle
Food Bank	Charlton
Food Bank	Dunsdale
Food Bank	Easington
Food Bank	Lingdale
Food Bank	Liverton
Food Bank	Liverton Mines
Food Bank	Loftus
Food Bank	Margrove Park
Food Bank	Skelton
Food Bank	Skinningrove

LINK CHARITABLE TRUST

Anxiety Management Workshop

Anxiety is our body's natural response to stress. It's a feeling of fear or apprehension about what is to come.

Especially in these times of uncertainty, feelings of anxiety can be overwhelming, making it hard to focus on what you need to do next.

Join us to discuss how to help to control anxiety, understand how to manage it and how to seek help if you need it.

If you are interested in attending, you can book your place on-line or by phone. Contact: linkteesvalley@gmail.com or call us on 01642 989198.

Our East Cleveland Good Neighbours Food Bank is open, fully stocked and ready.

We set up just before Lockdown 1, a group of likeminded local residents who wanted to make difference to those who are isolated and alone. This core value hasn't changed although our volunteers have grown in numbers and our services have developed.

Please don't feel alone make a call or drop us a text to our dedicated phone line 07395934265

Areas we cover include: Boosbeck, Brotton, Carlisle How, Charlton, Dunsdale, Easington, Lingdale, Liverton, Liverton Mines, Loftus, Margrove Park, Skelton and Skinningrove

Please make that call and we can help

If you would like to volunteer please get in touch by calling our helpline, all our services are operated under COVID safe policies from the latest government guidance for volunteering.

<https://www.gov.uk/...enabling-safe-and-effective...>

Our food parcels are delivered every afternoon between 12pm-2pm and include everything you need to get you through, including; store cupboard items, fresh food, toiletries and cleaning products.

Our healthy cooked meals for the elderly, isolated are delivered 3 times a week Tuesday, Thursday and Sundays.

Our prescription collections and drop off's are when required.

<https://www.facebook.com/eastclevelandgoodneighbourssupport>



With the announcement of a further Lockdown, we want to make it as easy as possible for people who are struggling, to access the help that they need. We understand that it may be difficult for people to access referral agencies during a Lockdown. Therefore, for a limited time, anyone who needs help can attend one of our foodbank centres (listed below) without a voucher or E-referral. They will need to give some basic information at the foodbank centre before receiving a parcel.

Foodbank centres currently open are

Monday:

- St Hilars of Whitby, Grangebottom 11am - 12:30pm

- Newcomer Methodist Church, Mersey Rd, Redcar TS10 1NH 11am - 12:30pm

Tuesday:

- Emmanuel Church (Echo Hall), Windsor Rd, Saltburn TS12 9LE 12:30pm - 2:30pm

Wednesday:

- East Cleveland Baptist Church, Park Avenue, Redcar TS10 3LJ 11am - 12:30pm

- South Bank Baptist Church, Redcar Road East, South Bank TS6 6PH 10:30am - 12:30pm

Thursday:

- Brotton Methodist Church, High Street Brotton TS12 2FA 1pm - 2:30pm

Friday:

- St George's Church, Spencer Road, Normandy TS6 8BH 10am - 12noon

Unfortunately we are unable to offer deliveries.

<https://www.facebook.com/RedcarAreaFoodbank/>



Other news:

Tees Valley Adult Safeguarding Board have made contact about an NHS vaccine scam. A fake NHS text has been circulating, advising people that they are eligible for the Covid-19 vaccine. The link on the message takes you to a fake NHS website that asks for your personal and banking details. The NHS will never ask for your bank details. Do not click on any links or ever give out any personal or banking information from unsolicited texts, emails or messages.

The BBC is supporting during lockdown. <https://www.bbc.com/mediacentre/2020/bbc-launches-biggest-education-offer-ever>

PE with Joe Wicks is back on Monday 11th on his YouTube channel on Mondays, Wednesdays and Fridays at 9am. The session will be 20 minutes long and designed for children or adults. <https://www.youtube.com/user/thebodycoach1>

Orchard Toys have free activity packs you can download and daily activity sheets. <https://www.facebook.com/orchardtoysltd/>