

# Archibald News

Archibald Primary School  
Ayresome Green Lane  
Middlesbrough  
TS5 4DY  
☎ 01642 804 101  
Headteacher: Mrs A. Jefferies

Archibald Primary School – “Believe and Achieve”

2020-2021 - Issue 20

Monday 1<sup>st</sup> February 2021



🌐 website: [www.archibaldpri.org.uk](http://www.archibaldpri.org.uk)

✉ email: [archibald@mcschools.org.uk](mailto:archibald@mcschools.org.uk)

“Believe and Achieve.” “Věř a Dosáhnout” “Uwierz i osiągnij” “Crede și atinge” “انجازوايمان” “相信与实现”

## STARS of the WEEK

Congratulations to the following pupils who were awarded **Communication Awards** in class assemblies last week. Pupils in school received their awards and those staying at home received their awards electronically.

Nursery – David Galbraith  
Class 1 – Melina Ali  
Class 2 – Lucas Green  
Class 3 – Eshan Hassan  
Class 4 – Charlie Taylor  
Class 5 – Zach Webb  
Class 6 – Katie Woods  
Class 7 – Daria Iacubenco  
Class 8 – Lola Birt  
Class 9 - Summer Longley  
Class 10 - Isobel Clark  
Class 11 – Abdullah El-Sharaifi  
Class 12 – Alexis Jaques  
Class 13 – Riley Suggett  
Class 14 – Lilly Bratt-Grundle  
Class 15 – Alise Blaua  
Class 16 – Mesar Al-Badry  
Class 17 - Summer Lund  
Class 18 – Connor Curry  
Class 19 – Owen Langsley



## Learning at Home

### Remote Learners of the Week

Our Remote Learner of the Week Award is presented by Mrs Jefferies to someone in each class who has tried really hard with their remote learning each week.

The remote learners of the week this week are:-

Nursery – Varniga Keethswaran  
Class 1 – Ashmigaa Tharneswararn  
Class 2 – Freddie James Stinton  
Class 3 – Dylan Nugent  
Class 4 – Mason Birt  
Class 5 – Safa Azher  
Class 6 – Caitlin Curry  
Class 7 - Anya Serwat  
Class 8 – Charlie Crook,  
Class 9 – Zoe Xue  
Class 10 – Jayden Wood  
Class 11 – Lucas Murray  
Class 12 – Zainab Yousaf  
Class 13 – Andrei Grigore  
Class 14 – Oliver Kotlar  
Class 15 – Zainab Shaikh  
Class 16 – Lexi Allen  
Class 17 – San Tayib  
Class 18 – Cameron Kenyon  
Class 19 – Shahad Ali



## Thank you Super Parent Award



A big thank you to all the parents and carers who are making such a fantastic effort with remote learning activities at home.

Each week we have more and more children engaging and the teachers really appreciate the help, support and encouragement that you are giving your children. Every little helps!

Don't forget if you need help or support, you can contact the teacher directly through Seesaw, or through a message left at the school office or through the school email account:

([archibald@mcschools.org.uk](mailto:archibald@mcschools.org.uk)). Class teachers will be continuing to signpost to online learning activities and set challenges to be completed in the Remote Learning Journal.

Model daily timetables are available on our website to help you structure the day for your children learning at home. Click [HERE](#).

Archibald Primary School Safeguarding Leads: Mrs E Verheyen , Mrs S Walker, Mrs A Jefferies



## Diary Dates

### THIS WEEK

Collect Remote Learning Books and ipads from school continues

#### Monday 1<sup>st</sup> February

Annual Handwriting Competition launched in class and on Seesaw  
Children's Mental Health Week

### NEXT WEEK

#### Tuesday 9<sup>th</sup> February

Safer Internet Day – Details to follow

#### Friday 12<sup>th</sup> February

School closes for half term holiday.  
School will be closed to all pupils.

### COMING SOON

**22<sup>nd</sup> February** is a PD Day and school will be closed to all pupils.

#### Tuesday 23<sup>rd</sup> February

School reopens to invited pupils for Spring Term 2. Remote Learning restarts

#### Thursday 4<sup>th</sup> March

World Book Day – Details to follow

#### Friday 19<sup>th</sup> March

Comic Relief Day – Details to follow

#### Friday 26<sup>th</sup> March

End of Term. School closes for the Easter Holiday.

#### Monday 12<sup>th</sup> April

School reopens to pupils for the Summer Term 2.

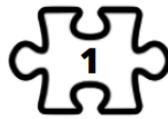
*Please be aware that as we are currently still in times of a worldwide pandemic it is very difficult to give confirmed dates of events too far in the future.*

*Therefore, please be aware that these dates and times are provisional and are subject to change.*

## Children's Mental Health Week 2021

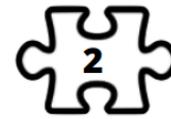
"Life is a giant puzzle. Every day we need to piece together all of the things that help to make us smile."

Help make everyone smile... every day choose an activity from each box or one of your own.



### PHYSICAL

- Play a Get Set 4 PE Active Family Game ★
- Learn a new skill
- Go for a walk
- Make a den
- Ride a bike
- Dance
- Skip



### GIVING BACK

- Ask someone how their day was
- Do something for someone else
- Write a letter to a friend
- Play with a sibling
- Call a relative
- Tidy up

Don't forget to share any activities you do with your teacher on Seesaw. You can also share them on Twitter: @getset4pe



### SELF-CARE

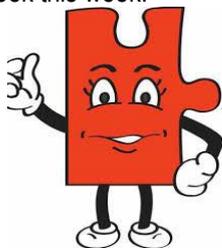
- Learn something new
- Mindful breathing
- Draw or colour
- Listen to music
- Read a book
- Play a game
- Cook



Visit [www.getset4pe.co.uk](http://www.getset4pe.co.uk) to find the 'Active Family' games

For more information and activities for Children's Mental Health Week 2021 please click [HERE](#)  
Children's Mental Health Week 2021 is run by mental health charity Place2Be to shine a spotlight on children and young people's mental health. The theme this year is **Express Yourself!**  
**For more on Children's Mental Health Week see the final page of the newsletter**

This is **Laura Leadership**, head of the LORIC Family and this week is Leadership Week. Teachers will be looking to reward pupils who show exceptional leadership skills in their learning in school or at home as stars of the week this week.



People who show great leadership usually need to use all of their LORIC attributes to help them....

Organisation, Resilience, Initiative  
Communication

**Health and Safety:** Please remember that in order to keep our staff and school safe, parents and carers should only come into the school building if they have an appointment. If you have any issues or concerns please contact the office by telephone in the first instance.

## COVID19 Updates

### The Department for Education Coronavirus (COVID-19) Helpline



The DfE COVID-19 helpline is available to answer questions about coronavirus (COVID-19) relating to education and children's social care. Staff, parents and young people can contact this helpline by calling:

**Phone: 0800 046 8687**

Opening hours

Monday to Friday from 8am to 6pm, Saturday and Sunday from 10am to 6pm

# Focus on Maths

Here's some fun ideas that will bring lots of mathematical opportunities

## Estimation jars.

Take a clear jar or box and fill it with lots of different items e.g. toy cars, sweets, coins, dried pasta, wax crayons, cereal, anything you have around the house that can fit in a jar!



Children can then estimate how many items they think are in the jar or they can fill them and challenge parents to guess how many. Once an estimation has been made, count out the objects. Group objects in tens to help children keep track of how many objects there are altogether.

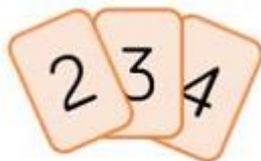
## Card games.

All the games suggested here will use four lots of digit cards from 1-9. If you have a pack of playing cards, you can use the numbered cards from there. If you don't, they can easily be made, consider cutting up a leftover cereal box or other cardboard/paper to make the cards.

### Number bonds match (suitable for KS1 children)

For this game, use 2 sets of the 1 – 9 digit cards plus two extra 5s.

1. Lay the cards out on a flat surface; face down so you can't see the digits.
2. Take turns to turn over 2 cards at a time, if you get a number bond to 10 (numbers that add to 10), you keep the cards.
3. Once all the cards have been turned over, whoever has the most pairs, wins!



### Times table blast (suitable for KS2 children)

For this game use four sets of 1 – 9 digit cards.

1. Deal five cards to each player and place the rest in a pile in the middle of the players.
2. On their turn, one player will place one of their cards down in front of them and turn one over from the pile.
3. The player must then multiply the numbers together and say the product. If they are right, they keep both cards. If they are wrong, other players can buzz in by saying their name and then the correct answer. If they are correct, they get to keep the cards.
4. The aim of the game is to be the last player to have cards left. This game can also be played by adding the numbers together instead of multiplying.

There are plenty more games that you can play as well. Encourage children to make up their own games with the cards and create their own rules. Children can link them to existing games such as Go Fish or Snap, but think about looking for number bonds instead of making sets or runs.

# Focus on Reading

The Oak National Academy has launched a Virtual School Library in partnership with the National Literacy Trust.



The Virtual School Library author of the week is

## Nizrana Farook



Read or listen to **The Girl Who Stole an Elephant** completely FREE [HERE](#), watch an exclusive video about Nizrana's new book, discover her top three children's books and read an interview all about reading.

To find out more about the Virtual School Library please click [HERE](#).

## Treasure hunt.

Make the most of being in the house by creating a treasure hunt. Ask children to think about a route around the house and create directions from room to room. They could have mathematical questions hidden in each room to complete before moving on to the next clue. Challenge children to create the treasure hunt themselves before completing it together.

## Minute madness

How many star jumps can you do in a minute?  
How many times can you write your name in a minute?  
How many socks can you get into a washing basket in a minute?



Just three possible challenges you could set using a countdown timer. Take a look at the 'Minute to win it' games online for even more challenges you have to try and do within a minute. These are a brilliant way to break up a day and think about how long a minute really is!

# Children's Mental Health Week 2021

## 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

5

### Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

### Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

### Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.



8

### Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.



## 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1

### Know how to spot the signs



If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2

### Talk to your child



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.



3

### Create structure and routine



Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4

### Give children a sense of control through information



Look online with your children to find useful information and resources that help children feel they have control.



## THE STRESS RELIEF GIRAFFE



OUT OF CONTROL

SCARED OF LOSING CONTROL

NERVOUS

UNSURE

CALM

### WHAT YOUR CHILD CAN DO:

- Calm breathing exercises
- Use visualisation meditation techniques
- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themselves a 10-second hug to boost their mood
- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water

## THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

### What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



### What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate

