



West Lodge Primary School Weekly Bulletin

Respecting each other, learning creatively, challenging all.

7th January 2022

Dear Parents/Carers,

It has been an enjoyable first week back at school. We hope you all had an enjoyable Christmas break – I would like to take this opportunity to say thank you, on behalf of the staff team, for your kind wishes, cards and gifts at the end of the autumn term – we are grateful to be part of such a supportive community and are grateful for all your support.

We are experiencing more staff absence than we would normally expect, however as I mentioned in the letter on Tuesday, our priority is to keep school open for all pupils and maintain continuity. If we do experience a large number of staff self-isolating at any one time and we can't safely staff the school or sections of the school, then we will implement a [remote learning](#) programme. **This would be a last resort** and we hope that we will not need to.

A summary of the Key COVID-19 updates can be found via the following link: [COVID-19 Summary of Updates - January 2022](#). This outlines the **latest guidance on self-isolation; guidance for close contacts; change to the guidance for confirmatory PCR tests; guidance of the latest symptoms and guidance on NHS Test and Trace Support Payments.**



In Reception we have really enjoyed listening to our friends performing their holiday homework, a poem or nursery rhyme. We have introduced a daily poetry time and the children will be learning to say and act out a new poem each week. Year 6 were treated to a fantastic Ancient Greece workshop on Wednesday 5th January. The children came to school dressed for the occasion and they thoroughly enjoyed acting out different scenes related to those times. The Year 6 Kaleidoscope children joined Greek day with their peers - working together with their peer group to perform/role play the story of *Odysseus and the Cyclops*.

Safeguarding Update - Online Safety and Parental Controls

As the days are getting a bit colder it becomes easier for children to spend longer on their devices and children may have received a new device over the holidays, so we would urge you to check all the settings on their devices and check your parental controls. The following link provides advice for parents on how to do this. [What Parents & Carers Need to Know about Setting up New Devices for Children](#)

We would also like to remind you that many apps do have an age rating and this is done to help protect children from seeing inappropriate material. Here is a link to a very helpful website which will help you make an informed decision about which apps your child should have on their device [Apps guide for parents | Internet Matters](#).

Sustainable Living Tip - Things you can do about climate change

Change how you travel - Transport currently accounts for 27% of UK emissions. Making small changes to how you get from A to B will make a big difference! 1) Choose a greener car; 2) Avoid flights where you can; 3) Where possible, use public transport; 4) Choose two wheels instead of 4; 5) Take a hike; 6) Avoid using cars for short journeys; 7) Car share; 8) Care for your car – tyre pressure and brake upkeep can impact the level of emissions; 9) Drive efficiently – avoid idling, use higher gears and maintain a steady speed whenever possible. Avoiding heavy braking can reduce the [microplastics that your tyres shed](#); 10) Open the windows instead of using the air conditioning

Well-being Tip - New Year, Same You!

As we enter a new year, it is often a time for setting resolutions of a new and improved version of you, and aspects of self-improvement are always going to be important, e.g. getting more sleep, eating healthily or exercising more. However, the secret to real positive mental well-being may just be embracing who you ALREADY are!

"Improve, evolve, do better, but head towards yourself not away. Be gentle with your mind" - Matt Haig

<https://www.stylist.co.uk/health/mental-health/new-year-resolutions-new-you-matt-haig-tweet-mental-health-self-care/339996>

<https://amp.theguardian.com/lifeandstyle/2022/jan/01/new-year-same-old-you-the-secret-to-self-improvement-is-embracing-your-messy-imperfect-life>

Have a lovely weekend,

Jim Dees

Spring Term 2022 – Dates

Date	Monday	Tuesday	Wednesday	Thursday	Friday
10 th – 14 th January		Parents' tour Reception Writing Workshop for Parents/carers	Y3/4 Girls' Football	Governors RM Committee 5pm	No Outsiders
17 th – 21 st January				School Census Day	Pearl Class Assembly UCL Neuroscience and Mental Well-being Workshop 1:45pm
24 th – 28 th January		Y5/6 Hockey KS1 & KS2 Maths Workshop for Parents		WJ Learning Hub course	Topaz Class Assembly Reception trip to aviary in park
31 st January – 4 th February	Y4 Parents' Multiplication Check Meeting	KS1 Multiskills			Turquoise Class Assembly
7 th – 11 th February		Safer Internet Day Harrow Guitar Festival Y6 Pupil Progress Meeting	Y5/6 Tag Rugby	Y5/6 Gymnastics Safer Internet Parents' Workshop	No Outsiders