

Hudson Primary School & Family Wellbeing Centre

Weekly Newsletter for Families

Friday 13th November 2020



HUDSON SCHOOL NEWS - Headteacher; Niki Craddock

Another week goes by in a flurry at Hudson, you are all doing us really proud keeping going and motivating your children each day during this very strange time. This week has been a difficult one for us as we have seen the shut down of our Autism Provision once again. Thank you for all of your kindness and support, thankfully we have not had any extreme illness but mild symptoms. We are hopeful that the isolation time may be reduced soon.

Each week we try and post some wellbeing and mental health support information for families, but it is found right at the end of the newsletter so it may get lost with all the other information. I hope for those that have seen it that it has been of use over the past weeks and months we have been posting. Soon enough we will be advertising our own directory of local support for families and fine tuning our Family Wellbeing Centre offer, so keep on the lookout for up and coming changes and offers of new support services.

Today it has been non-uniform day; I think that these days brighten up the majority of our children at the end of their busy school week. However, I know that this was one that was missing off the planner, my apologies! Our Head boy and Girl were keen to not let Children in Need go missed and I know there will be lots of Pudsey action on TV tonight to entertain the family during lockdown. So a great big thank you to all of you who have supported the charity, and to Ronnie W and Eva P for organising class competitions and prizes today - I apologise in advance for playdough and slime in some of your homes ☺

Family conference letters went home last week advertising our new virtual meeting schedule. Tonight you will receive a response slip with your dedicated time, please check book bags. Next Wednesday be on the lookout for an invitation via e-mail (the one you provided us with in your reply letter) this will have the same time on it as you will receive on your slip today. Teachers will be on the look out for your acceptance email return. You can do this when you open the email, you will have a choice of saying yes, no, or maybe to the invitation email by clicking on one of the labelled boxes at the top of the email. The teacher will then be able to arrange an alternative time with you via class dojo messenger. It is really important that you let us know as soon as possible if your time is not suitable or that you are unable to attend the meeting. We have allowed for plenty of time to get this organised as the meeting is not until the 2nd December, this is a new way of working and we wanted time for everyone to feel prepared.

Many thanks this week to our oldest children for their Remembrance service, a good time to reflect on our life in the past and the safety of our future. Next week is anti-bullying week and we are one week closer to getting our school ready for Christmas!

PREPARE FOR THE COMING WEEK

Anti-bullying Week

Monday

- 1.30pm swimming for Chestnut Class

Wednesday

- Family conference letters return please

Friday

- 2.45pm Whole school virtual Celebration assembly with Mrs Craddock
- Family conference family times sent home for meeting on 2nd December



Everyone Experiences Excellence

CELEBRATORY NEWS - EVERYONE EXPERIENCES EXCELLENCE...

Friday brings us smiles, and celebrations. This week join our team in giving due praise and recognition to our shining stars of excellence and champions of behaviour.

The children who have stood out exceptionally well for demonstrating aspects from our behaviour charter our very own **Behaviour Charter Champions** are:

Little Acorns Classes (Mrs Kelly, Mrs Spafford & Team): Alahna T & Lilly H

Maple Class (Miss Chapman & Team): Ava D-Mc

Yew Class (Miss Goodwin & Team): Luke W

Sycamore Class (Mrs Whitelaw & Team): Ellie C

Silver birch Class (Mrs McIntyre & Team): Matthew L

Elder Class (Mr Roberts & Team): Jennifer G

Oak Class (Miss Cavanagh & Team): Connie R

Chestnut Class (Mrs Macpherson & Team): Ethan R

Beech Class (Miss Birtwhistle & Team): Thomas H

Rowan Class (Mrs McNally & Miss McCann): Lexi D

We can also not forget to mention and give praise to those who have demonstrated **Excellence within their learning, our EEE winners!** Those who have truly excelled and impressed are:

Little Acorns Classes (Mrs Kelly, Mrs Spafford & Team): Harvey N & Harry Mc

Maple Class (Miss Chapman & Team): Rosa K

Yew Class (Miss Goodwin & Team): Kanishka S

Sycamore Class (Mrs Whitelaw & Team): Emily A

Silver birch Class (Mrs McIntyre, & Team): Amir E-T

Elder Class (Mr Roberts & Team): Lincoln T

Oak Class (Miss Cavanagh & Team): Jackson R

Chestnut Class (Mrs Macpherson & Team): Matilda C

Beech Class (Miss Birtwhistle & Team): Daniel M

Rowan Class (Mrs McNally & Miss McCann): Shayne H

Be sure to ask your child to tell you all about the work they have displayed proudly in school and shared today.

Our Hudson Reading Challenge and EYFS Nursery Rhyme Certification really helps us to reward those children taking Literature seriously. This is a real challenge and we love to celebrate these achievements throughout the school year. Last week we relaunched this challenge with each class having access to the books from the challenge list in their classrooms.

This week we already have some keen readers who have met the **bronze challenge!** These amazing children are in Reception Class our wonderful Maple children: George E, Fern D, Romy W, James S, Harry M-H and CeCe S.

Our final reward is our **Kindness Cup**, and this week our ambassadors of kindness are our trainee teachers: Miss Jackson, Miss Beattie, Miss Leaney and Miss Irving in Little Acorns Nursery Class. They have been absolutely amazing at supporting our Early Years Team, they have helped us out tremendously and will be greatly missed. Thank you for having the biggest Hudson hearts and taking good care of our little ones!

Love is stronger than fear

SAFETY NOTICES

Please be aware that the parking outside of school is limited, but we need to be considerate of the neighbours and not park over driveways or on grass verges.

This can be extremely hazardous and you could be fined, it is also causing the residents great stress!

We are a community school that thrives on building respectful relationships with our community.

In the Maghull Community pages of social media the school is being badly advertised for careless community parking, please help to eradicate this.

NEWS FROM THE SCHOOL OFFICE

Parentpay - Can I just ask that everyone just spends a few minutes on their child's parentpay account over the weekend and make sure this is up to date with payments please. If sessions need to be deleted, then please contact me via email or phone. Any problems or queries or just new to the system, then give me a call, thanks.

Photographs - return date for our photographers is Friday 27th November at 9am. So any children who were absent last time or new to school can have their photo taken.

Flu nasal spray - for children in reception - year 6. There are a few outstanding consent forms. If these are not in after the half term, then your child could possibly miss out on receiving the nasal spray in school. Thursday 17th December is the date.

Reminder Just a reminder that the school phone line is not available between 1.00-2.00pm daily. All answer machine messages are picked up at 2.00pm

Best wishes, Niki Cradock and Team.



SCHOOL EVENTS 2020-2021 - AUTUMN TERM 2

Week	Date of event	Event title and details
9 th November	Friday 13 th November	Family conference confirmations go home All family conference times will be returned today.
16 th November	Whole week	Anti-bullying week, themed activities for all children A very important event for the children at Hudson, a time for self-checking and understanding. Lots of important activities will be ongoing to make this memorable and purposeful for all children.
16 th November	Whole week	Book Fair arrives (2 weeks) & Nursery Rhyme Challenge for EYFS A time for our Hudson children to become immersed in a love of Literature. Books can be purchased from the Book fair across two weeks after school.
23 rd November	Whole week	Assessment week - all children's first assessment of the year Please ensure your child has good attendance and punctuality this week. We will be working hard to showcase all they have learnt so far in the year, celebrate successes and make plans to support any difficulties.
23 rd November	Friday 27 th November	Christmas jumpers at the ready - Every Friday children can wear their Jumper instead of their school jumper. It is Christmas decoration day! Children can get good wear out of their Christmas Jumpers each week if they wish to do so. Children will take part in making their classroom areas festive.
30 th November	Wednesday 2 nd December	Family conference - school closure at 1pm for meetings Families to attend their meeting at their allotted time
30 th November	Thursday 3 rd December	Christingle Service Christmas has arrived, watch the children read, sing and begin their exciting Christmas celebration.
14 th December	Wednesday 16 th December	Christmas performance A chance for Hudson to present some family entertainment
14 th December	Friday 18 th December	Snow Business Winter themed Talent show Our annual winter talent show.
14 th December	Friday 18 th December	Party day - Own clothes Today we will host a special Christmas party day, with games, treats, crafts and a special surprise treat.
14 th December	Friday 18 th December	End of term - school closes at 2pm Please remember that today your child needs collecting at 2pm and unfortunately there will not be any Willow den after school care available.

Hudson mental health and wellbeing support

Lockdown during the winter ideas...



RELY ON EXPERIENCE

One advantage of lockdown is we know what to expect. Look back over the summer months and decide what worked and what didn't. Adjust your expectations to more realistic ones and use coping strategies that worked last time.



STAY CONNECTED

Whether that is colleagues, friends or family - stay connected by scheduling a weekly video call. Make a special effort to keep in touch with people who are on their own or are shielding.



HAVE A ROUTINE

Make a plan for the week ahead. If you have big, difficult tasks, try breaking them up into smaller and more manageable jobs. Try and get outside too. Go for a walk or run or meet a friend. Fresh air and exercise is great for our mental health.



LOOK AT YOUR SLEEPING HABITS

Sleep is essential for our mental health and if you are having trouble because of worry there are things you can do to improve your sleep, from relaxation to not watching TV in bed.



BRAVE THE WEATHER

Getting outside even on those rainy and cold days can have huge benefits in terms of cognitive function, attention, emotional wellbeing, and, of course, physical wellbeing.



GET COSY

As it is starting to get cold perhaps it could be a time for reflection by doing more things like reading, relaxing, getting warm and cosy and recharging our batteries.



LIMIT YOUR NEWS INTAKE

It is easy to slip into the habit of checking the news every hour, to constantly check for updates on the lockdown status and so on, but this can lead to a spike in anxiety and an increase in interrupted sleep (which can, in turn, impact mood).



MAKE THE MUNDANE SPECIAL

Create a routine with some excitement in it. Maybe you decide to have a fancy dinner once a week where you all dress up as if you were at an expensive restaurant. Maybe you could have a virtual film club where a new person chooses the movie each time, make cinema style snacks and discuss the film.



GIVE YOURSELF A REWARD

It's important to celebrate small wins. A win could be clearing a work task or getting through a tricky moment like a supermarket trip. It could just be getting up and dressed. A hot chocolate after a walk outside, a magazine or even a moment of peace on the sofa are all small rewards.



GET SUPPORT

Seeking out support can help you to process your emotions and be able to deal with them in a healthier way. Staff at college are still available to speak to if you need them or take a look at the resources on the college website.



GET CREATIVE

Focus on an activity such as making items for a charity, learning a new skill, make homemade Christmas decorations.



TAKE STOCK

Winter is a slower, reflective season. What are your plans for the future and how might you do something towards them now despite the restrictions? Can you research a topic or profession, do some extra reading or make a map of the steps towards your goals?