

# TOGETHER

## THE ACRE HALL NEWSLETTER



5th February 2021

Website: [www.acrehall.trafford.sch.uk](http://www.acrehall.trafford.sch.uk) Twitter: @AcreHall

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### STARS OF THE WEEK

WE ARE SO PROUD OF OUR CHILDREN AND HOW HARD THEY ARE WORKING IN THESE STRANGE TIMES—THEY ARE STARS WHETHER THEY ARE IN SCHOOL OR LEARNING FROM HOME !

<b>Nursery</b> —Mrs Jones	Carter M and Eva Barrett
<b>Reception</b> — Mrs Moore	Emily B and Evan L
<b>Reception/Y1</b> —Miss Breslin	Zavier R
<b>Year 1</b> —Miss Forlani	Emma V
<b>Year 2</b> —Mr Brierley	Logan H and Amaya A and Lucas A
<b>Year 3</b> — Mrs Kan	Bella D and Susu H
<b>Year 4</b> — Mrs Edwards	Issac B and Georgia W
<b>Year 4/5</b> — Mr Stevenson	Theo S-K and Amelia B
<b>Year 5</b> —Miss Atherton	Joe S and Poppie A and Conan T– B
<b>Year 6</b> —Miss Thake	Aantoni P
<b>Mrs Griffin/ Mrs Schofield</b>	Esa U
<b>Miss Cook</b>	Rory P
<b>Miss Manton</b>	Aaron W and Tallulah S

### School Meals

We are happy that we are now able to revert to the usual school meals menu as per the EVOLVE system. Please log on to order meals for the following week by 9pm on Sunday evening. If you have difficulty in doing this you must email us at the time or ring before 9am on Monday morning. We can no longer select or alter meals for the week after 9 am on a Monday morning . If no option is chosen then a jacket potato with beans will be served every day. Thank you for your patience whilst meals have not been as per the menu. Any costs for meals served over the last few weeks have been added to your Evolve account.

### FSM vouchers

Vouchers from the government's scheme for children entitled to Free School Meals will not be sent to cover the half term period. Instead Trafford will be sending a link to school which we will forward to parents and they will be able to claim vouchers from the Trafford Family Information Service for the half term holiday. This is funded from the government's Winter Food scheme.

**Half term holiday**—school will be closed over the half term holiday and no remote learning will be set. School will close on Friday 12th February and re open on Monday 22nd February for vulnerable children and those of critical workers etc.

## Coronavirus Update

At the time of writing, we have had no further Covid cases in school this week although a number of cases in pupil households have been reported to us.

We have also been made aware of some pupils visiting people not in their household or support/childcare bubble and respectfully remind everyone that for lockdown to ease and school to re open fully, then everyone must follow the rules to stop the virus spreading.

We thank everyone who has been doing so.

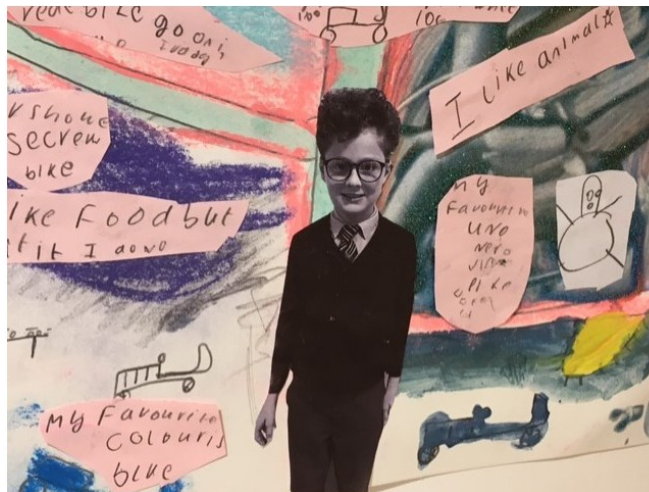
## School Capacity

The increasing number of critical workers that have required places at school for their children during this lockdown, means that the school is currently at full capacity in most classes. We ask that parents/carers who are considering taking on a new job, which may lead them to require a critical worker place for their child, should contact school first to check if there are spaces available in their child's class.

## Children's Mental Health Week

Children in school and those at home have been learning ways to express themselves and their feelings as part of Children's Mental Health Week. On Monday we held a 'Dress to Express' day and our school twitter account has lots of photos to show what happened.

Children in school and pupils learning at home have been creating artwork to express their feelings and tell everyone about themselves. Here are just a few examples.



The resources on the following page are specifically to support families during Children's Mental health Week—they will also be added to the 'Covid' tab on our website for future use.

## COVID rate around school

↓ **222** Per 100,000  
Grafford  
Decrease of 78 from 300 last week

↓ **236** Per 100,000  
Flixton & Moorside and surrounding local areas  
Decrease of 112 from 348 last week

Data last updated on Thursday 4th February 2021

# How can I support my child during lockdown?

- **Talk with them about what's going on, keeping communication as open as you can.** Let them know that it's okay to feel however they feel – whether that's scared, worried, angry, sad or something else. You can find our tips on starting a conversation with your child [here](#).
- **Try to answer your child's questions and reassure them in an age appropriate manner.** While you don't need to know all the answers, talking things through can help them feel calmer.
- **Encourage your child to do the things that help them when they're finding things difficult.** This will be different for everyone – it could include things like doing exercise or going for a walk, watching a favourite film, reading a favourite book, cooking or baking, talking to friends, or drawing or writing.
- **Reassure them this will pass, you're there for them, and you will get through this together.** Having returned to some of their normal activities over the summer, going back into stricter measures might feel frustrating for your child. They may even be worried that things will never get better. Recognise how difficult this is, while also letting them know that the pandemic will not last forever.
- **Spend time doing a positive activity together.** This can help them to feel calmer by giving them a short break from everything that's going on. It's also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. You can have a look at our [activity ideas](#) for younger children, and for [teenagers](#), to help you.
- **Keep as many regular routines going as possible to help your child feel safe and secure.** This can include things like having regular times for going to bed, waking up, eating meals and doing hobbies.

## THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled with affection, love, security and attention. Some seem to have a full cup most the time, or they have good ways to get a refill. It's only natural for children to get nervous from time to time when their cup gets near to empty.

We can measure many aspects of children's health – how much they weigh, how many portions of fruit and veg they eat, but a child's mental wellbeing – their ability to function in society, handle their feelings and cope with the demands life throws at them – is much harder to quantify.

# Emotional Cup



What happens when a child has an empty cup every day or gets near empty?

## Coping Mechanisms Children Use When Having an Empty Cup:

- Steal some from another's cup
- Acting out negatively to show they need a refill
- Misbehave for attention
- Can't stay still for a refill
- Actively refuses refills
- Competes for every refill

### Filling the Cup:

- Playing
- Praising
- Friendships
- One-on-one time
- Love & Affection
- Connecting
- Succeeding
- Choosing their own activity of interest



### Emptying the Cup:

- Stress
- Rejection
- Loneliness & Isolation
- Yelling & Punishment
- Built to fail
- Fatigue
- Doing uninterested forced activities

## Our favourite 'tweets' from this week!

**Year 1 - Miss Forlani** @AHMissForlani · 4 Feb

We then looked on google at some of the buildings in Rome and found out what they looked like many years ago. The children were amazed and are now making a colosseum out of blocks. #history #rome #italy



You Retweeted

**Reception - Mrs Moore** @AHMrsMoore · 2 Feb

We created masks to express our feeling. We talked about how it is ok to feel lots of different emotions. #ExpressYourself #childrensmentalhealthweek2021 🍷🍷🍷🍷🍷🍷🍷



**Reception/Year 1 - Miss Breslin** @AHMissBreslin · 6h

Our feel good Friday treat is "fun with 🍷" we have made fruit kebabs and attempted to write our names, for some reason the chocolate kept disappearing 😊😂



**Nursery - Mrs Jones** @AHMrsJones · 2h

Nursery children enjoying a Friday afternoon outside play.



**Year 3 - Mrs Kan** @AHMrsKan · 3 Feb

We have had some great word art today. Which words do we feel best describe ourselves? #ChildrensMentalHealthWeek



**SSC2 - Miss Cook** @AHMissCook · 2 Feb

We completed our 'Express Yourself' mental well-being artwork. Children used different coloured dots to represent thoughts/feelings they have. We then wrote the words & added them to our art. 😊😂😂😂😂😂 #MentalHealth #Arttherapy #Wellbeing



**SSC 3** @AH\_SSC3 · 2h

We have been busy reporting on the mysterious dragon egg that appeared in our playground earlier this week. 🐉🍷 We even interviewed Mr Adshead and included a quote within our newspaper report. 📰🍷🍷🍷



**Year 3 - Mrs Kan** @AHMrsKan · 1h

We were very lucky in school today as our resident violinist surprised the children just before lunch with a short recital. Thank you Mrs August for expressing yourself through music. #ChildrensMentalHealthWeek



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