

Cavendish Church of England Primary School

Cavendish Church of England Primary School
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29th January 2021

Dear Parents and Carers

Thank you once again for your support for another week's learning both in school and at home. We are really pleased to see the creativity of the children and the way they are responding to their challenges. For your support and convenience we have included a home learning tab on our new website and this includes details of how to upload and return work and has many links to our frequently used external sites.

Can we remind families that the daily allocation of learning includes an expectation that children are spending 15 minutes reading, 15 minutes on spellings and tables and 15 minutes on RM Maths. RM Maths is especially useful as class teachers can see areas of strength and areas which require further support and adjust the programme content remotely. Feedback this week is that whilst some children are using this regularly, some do not appear to have this as part of their daily routine.

Next week we are focusing on Children's Mental Health Week. Please see the attached sheet for your further information. Further resources for adults can be found on <https://www.healthysuffolk.org.uk/advice-services/children/children-and-young-peoples-emotional-health-and-wellbeing>

[Children and Young People's Emotional Health and Wellbeing - Healthy Suffolk](https://www.healthysuffolk.org.uk/advice-services/children/children-and-young-peoples-emotional-health-and-wellbeing)

Online: Help your family stay mentally well through Suffolk's new online 'Emotional Wellbeing Gateway'. Families and professionals looking for emotional wellbeing and mental health support can find practical advice and local support services on the new Emotional Wellbeing Gateway website.. For online help and support around dealing with emotional or mental health difficulties, visit ...

www.healthysuffolk.org.uk

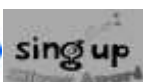
Keeping safe online:

We have been asked by Suffolk County Council to raise awareness to families about an inappropriate TikTok challenge.

We are aware that for many households, screen time has increased considerably. Best practice is to ensure children's devices have robust control settings but wider advice is given below if you think your child may have come across something scary or disturbing online.



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Challenge, Creativity, Compassion: Create a pure heart in me – Psalm 51:10

Tell them to:

Stop – what they're doing and turn off their screen or shut down their device

Breathe – pause and stay calm

Think – try not to focus on what they saw in great detail, and remind themselves that there is no immediate danger to them and that they are safe

Talk – they should find a trusted adult to talk to about what they've seen and how they feel

Remember that most sites have a reporting CEOP button for inappropriate content.

Social Distancing

We would remind families that the school is following a County approved Risk Assessment for managing social distancing and bubble groups within school and would ask for your support in maintaining social distancing outside of school and ensuring that you are following national rules and guidance during this time.

Big Birdwatch

We hope you have all enjoyed taking part in the Big Birdwatch Challenge this week. This runs over the weekend so if you wish to take part as a family the reporting links and resources are still open.

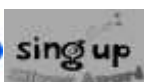
Kind regards

Cheryl Wass

Headteacher



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