

# Ladysmith Federation

## Ladysmith Federation News

Friday 15<sup>th</sup> January 2021

### Federation News



We want to say a huge well done and thank you to all staff, parents and children for the way in which you have all engaged with remote learning.

The level of engagement in all year groups, across both schools has been staggering. Please do not feel guilty if you miss something or don't manage to get it all done—it is important to look after each other's wellbeing and take time to enjoy each other's company. Similarly, if you are still finding it difficult to engage your child with remote learning, get in touch with your child's teacher and they will do their best to help.

BBC

Bitesize



#### Home Learning—additional links

##### Nursery and KS1—Children aged 0-7

<https://www.bbc.co.uk/tiny-happy-people> - Children aged 0-5.

<https://www.bbc.co.uk/bitesize/levels/z3q4d2p>

Story time

<https://www.booksfortopics.com/storytime-online>

KS2—Children aged 7-11

Maths

<https://www.bbc.co.uk/bitesize/subjects/z826n39>

English

<https://www.bbc.co.uk/bitesize/subjects/zv48q6f>

Wider Curriculum

<https://www.bbc.co.uk/bitesize/levels/zbr9wmn>



Having a clear out? Please bear us in mind for your old toys, suitcase, pans but not the kitchen sink!

We need to restock our OPAL supply for when we get 'back to normal!' Please drop any donations off to the office in the Infant school and we will quarantine it before we use it.



Ladysmith Infant & Nursery School 01392 271596

Ladysmith Junior School 01392 255554

[www.ladysmithfederation.net](http://www.ladysmithfederation.net)

# TALKWORKS FOR CHALLENGING TIMES

Looking after yourself during challenging times is important. TALKWORKS can help. Learn basic day to day stress-management techniques today.

Learn how to manage worry, set routines and reduce stress.

## FREE TALKWORKS FOR CHALLENGING TIMES WORKSHOP

- Various dates available
- 2 hours
- Held on Microsoft Teams

To book a place please call or email us and provide a few details to register with TALKWORKS.

t: 0300 555 3344

e: [dpt.talkworks@nhs.net](mailto:dpt.talkworks@nhs.net)

For more info visit: [www.TALKWORKS.dpt.nhs.net](http://www.TALKWORKS.dpt.nhs.net)

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**Talkworks Sessions** are for aged 18+ and are free of charge. Upcoming dates for the above online workshops are:

**Monday 25th January, 5:30pm-7:30pm**

**Wednesday 10th February, 5:30pm-7:30pm**

**Thursday 25th February 2.30pm-4.30pm**

Find out more here: <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support/sleep-and-wellbeing-workshops>

## **Challenging Behaviour - Sunshine Support**

Challenging behaviour can be really difficult to manage at home and in the classroom. During the Zoom session there will be a chance to discuss what causes it and how to prevent it.

Sunshine Support are asked all the time to support families who's children display what is commonly known as "challenging behaviour". They are delighted to bring their expertise into a webinar where they aim to share their knowledge and improve understanding of behaviour. The first stage in being able to manage behaviour to

ensure it's healthy and appropriate is to spend time understanding the reasons behind it. THERE WILL ALWAYS BE AT LEAST ONE REASON (often more!).

Find out more and book a place here: <https://www.facebook.com/events/751353719095287>

## COVID-19 WEEKLY UPDATE



### **National Lockdown**

[Please follow this link to see a summary of what you can and cannot do during the national lockdown.](#)

### **Testing**

#### **When to get a test**

If you have symptoms, get a test as soon as possible.

Book a visit to a test site to have the test today. Test sites are open 7 days a week. Order a home test kit if you cannot get to a test site.

#### **England and Northern Ireland**

You need to get the test done in the first 8 days of having symptoms.

On days 1 to 7, you can get tested at a site or at home. If you're ordering a home test kit on day 7, do it by 3pm.

On day 8, you need to go to a test site - it's too late to order a home test kit

[Follow this link to the NHS testing information page](#)

Please follow this link for advice on when and how to get a coronavirus test.



@ladysmithfed



### Making Rock Cakes!



### Year 1 Hook Day

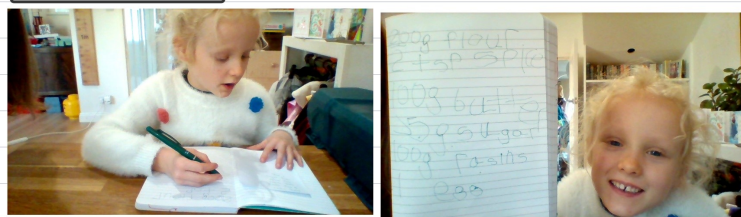
It was lovely to see lots of children in school **AND** home joining in with today's year 1 Space Day! Year 1 spent the day thinking about what they already know about space and exploring the sorts of things they will be finding out about over the coming weeks. The children made rock cakes and created their own rockets! We also saw some amazing

videos and pictures of children who have been joining in from home.



Rock Cakes.

You will need.



## DATES TO REMEMBER

### Infant and Nursery School

15th—19th February—Half Term break

### Junior School

15th—19th February—Half Term break