

# Ladysmith Federation

## Federation News

Friday 29th January 2021

*Another week ticked off!*

*Well done to everyone for their amazing efforts over the last week. We have been so impressed with the perseverance, resilience and positive attitudes of everyone in our school community. There are 2 more weeks until half term so lets keep the positivity and momentum going. We have some exciting things coming up over the next few weeks for you all to get involved in too!*

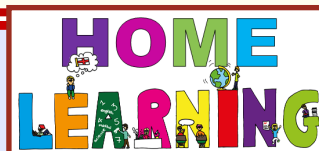
*Try the following links if you want a 'pick me up' or a something to put a smile on your face*

<https://www.youtube.com/watch?v=WF1Nv8j78Js> Uptown funk Cbeebies Edition

[https://www.youtube.com/watch?v=bplVXmFsWZc&list=PLDOOWSH1HdjCurN1atTQC7ed0GEQswTH\\_&index=2](https://www.youtube.com/watch?v=bplVXmFsWZc&list=PLDOOWSH1HdjCurN1atTQC7ed0GEQswTH_&index=2)

Sport changes lives

[https://www.youtube.com/watch?v=ky\\_bZuC\\_4vk](https://www.youtube.com/watch?v=ky_bZuC_4vk)—Inflatable dinosaurs at a bounce park



Well done for the amazing home learning (and in school learning) that you've all been doing.

We know it can be tough spending long amounts of time of tablets and screens so on Tuesday we would love for you to take a break! We are encouraging you to take a day off all screens if you can. There will be some activities posted on to the various platforms for you to do throughout the day. There is a photography activity below and Bakeoff challenge you could choose to do also!

<https://www.thenational.academy/blog/top-tips-for-parents-supporting-home-learning>

*Help with remote learning*

[https://speechandlanguage.info/portaljoin?utm\\_source=https%3a%2f%2fschools.tecl.co.uk%2feducationcompany6lz%](https://speechandlanguage.info/portaljoin?utm_source=https%3a%2f%2fschools.tecl.co.uk%2feducationcompany6lz%2f)

*Support for those with speech and language needs*



Change4Life have created recipes and shopping lists for families which can be used to create lunches for around £15 each week.

<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>

We are having some issues with cars parking outside the School Gates before and after school. This is resulting in increased traffic on Ladysmith Road when children are arriving or leaving. It is becoming very congested and cars are reversing back onto a busy road. Please refrain from blocking the school gates or waiting in the road at all times.

Please consider walking the final leg of your journey if possible! Thank you



Ladysmith Infant & Nursery School 01392 271596

Ladysmith Junior School 01392 255554

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

From 1-7 February 2021, we are taking part in Place2Be's Children's Mental Health Week. This year's theme is 'Express Yourself' and we're encouraging children (and adults) to explore the different ways we can express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas. With schools partially closed and lots of uncertainty, children and young people's mental health has never been more important.

There are lots of resources on the Children's Mental Health Week website that you can use with your child at home; including activity ideas, tips for parents and carers and where to find further support (*see links below—you may need to copy and paste into your browser*)

### **Tips for Parents**

<https://www.dropbox.com/s/24sn304w61v52hs/CMHW2021%20-%20tips%20for%20parents%20and%20carers.pdf?dl=0>

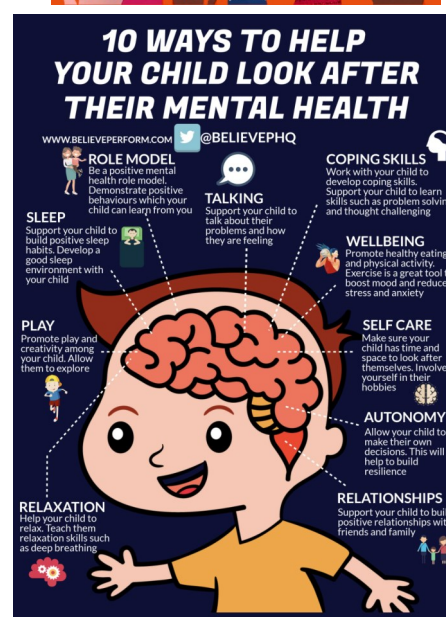
### **Activities to complete with your child**

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

### **Further Information for parents about how to support mental health and details of organisations that can help**

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

If you would like further support from the school, please contact your child's teacher. **These resources are available under the wellbeing tab on the Federation website.**



## **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](#)**



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### Are you a budding photographer?

Over the next term, we are inviting the children to develop their photography skills. Each week we will choose a theme for the children to focus on—probably a colour a week.

We would love the children to take a photo based on that theme and send it to school. We can then create our own lockdown photo wall to share with the children when we welcome them back.

This week the theme is 'Red'. It can be ANYTHING linked to that theme. Clothes, a pet, food, a landscape....be creative!

Send your entries to [events@ladysmithfederation.net](mailto:events@ladysmithfederation.net)

with your class name as the subject

By submitting entries, you give us permission to print for school and/or use in the school newsletter.



The teachers at the Junior School have been taking part in the 'Great Ladysmith Bakeoff' challenge.

Miss Hartland, Miss Sperring and Mr Badenhorst all competed in a technical challenge to make Party Rings.

Miss Hartland wowed the judges with her winning biscuits and is through to the next round. If you want to make your own party rings, the recipe can be found below.

<https://thegreatbritishbakeoff.co.uk/recipes/all/prue-leith-iced-rings/>

We would love to see your efforts so please feel free to send a picture to [events@ladysmithfederation.net](mailto:events@ladysmithfederation.net)

### The #DevonVirtualGames has an exciting opportunity for all the family to get involved in a skipping challenge.

If you don't have a skipping rope at home, don't worry we want to offer you an incentive to join the challenge. Click on the link below to receive a maximum of 2 free skipping ropes per family delivered direct to your door. Go to <https://www.surveymonkey.co.uk/r/DVGSkippingRopes> to register for a skipping rope.

There will be a choice of a Gold, Silver or Bronze challenge that consist of different elements like Single Bounce, Double Bounce, Run, Slalom skip and Speed Skipping to complete in sequence. If you are not sure what these are, head over to [https://www.youtube.com/channel/UCC2o9VYIBVkwTl-2\\_QMdIZg/videos](https://www.youtube.com/channel/UCC2o9VYIBVkwTl-2_QMdIZg/videos) with Dan the skipping man. He makes it simple and super easy to follow.

The challenge opens on Monday 1<sup>st</sup> February when you will then receive an email with the full challenge details and how to record your results on our quick and easy survey monkey link.



**Devon Wildlife Trust**

**DATES TO REMEMBER**

The Devon Wildlife Trust are running competitions for everyone to get involve with. This week is a bird feeder (Deadline Monday!) Please see the link for details.

<https://www.devonwildlifetrust.org/discover-wildlife/exploring-nature-home>



#### Infant and Nursery School

1st—5th February Child Mental Health Week  
2nd Feb—Digital Down Day  
15th—19th February—Half Term break

#### Junior School

1st—5th February Child Mental Health Week  
2nd Feb—Digital Down Day  
3rd Feb—Bakeoff Round 2 posted @ 3:00p.m



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