

CROMWELL PRIMARY SCHOOL

CROMWELL LEARNING COMMUNITY MULTI ACADEMY TRUST

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Dear Parent / Carer(s),
We hope you remain safe and well.

Remote learning

Thank you to all those parents / carers supporting their child/children and engaging in remote learning. Feedback on the introductory videos providing a context for the lesson has been positive and we are looking to develop this further as time goes on. Additional provision is in place for pupils who, for a range of reasons, are working significantly below age related expectations. If pupils are not to be further disadvantaged by this lockdown, this engagement is key. We appreciate it can be difficult for families, particularly if there is a shortage of devices and children are having to share a phone or tablet, for example. If you are experiencing difficulties however, please contact the class teacher initially and we can hopefully work together to resolve your concerns.



In school 'bubbles'

We are receiving a number of requests for pupils to attend school. We do however have to adhere to the guidance. Places are limited to vulnerable families and the children of keyworkers. Further directives from Birmingham City Council have reinforced this and even if schools feel they can accommodate other pupils safely, they must not do so. It is firmly stated, that wherever possible, children should remain at home.

Telephone calls

We are maintaining contact with all our families, via weekly telephone calls, as part of our safeguarding procedures. During such challenging times, there may be occasions when families need some additional support. If this applies to you and/or your family please alert the class teacher or contact one of the Designated Safeguarding Leads in school – Mrs Darr or Ms Harris.

LFD home testing

From this week, staff within school will be participating in LFD home testing, twice a week. Many people with coronavirus have mild, or even no symptoms, but can still spread the virus. It is hoped that regular self-testing will help slow the spread and protect families and communities.



www.clct.co.uk
www.cromwell.bham.sch.uk

@cromwellprimary



And finally....this week is Children's Mental Health Week and given the current situation it takes on even more significance.



*In a guest blog for Children's Mental Health Week, Place2Be Trustee Professor Stephen Scott CBE writes about the role parents and carers can play in supporting their children's mental health and their need for **love** and **limits**.*

*'By **love**, I mean getting properly involved with your children for 20 or 30 minutes a day. It doesn't have to be longer, we are all busy. But if you can spend this special time, it will be a good investment. Responding sensitively to your child's signals with concern and interest will help them learn that you are there for them. Try to make lots of encouraging comments and praise their efforts, and you will see them continue persisting in what they're doing and playing in a more imaginative way. These skills can be deployed in many everyday situations, turning chores like cooking and washing-up into enjoyable, bonding activities. My own research shows that parents who do this, have children who are more securely attached to them, and more confident in new situations with other people and at school.*

*By **limits**, I mean setting calm, clear boundaries. It is so easy when you are tired and busy to give in now and again, allowing your child to stay up late or have an extra biscuit. And if they start whingeing when you don't, but you eventually let them have their way, you are inadvertently teaching them that if they complain, they get what they want! Result: they will try complaining very loudly next time, since they have learned that it works! Keeping the tone calm really makes a difference to children. For example you can turn away from minor irritating behaviour and ignore them, they won't like this, but as soon as they are behaving half reasonably, turn back and make a positive comment. It is surprisingly effective. But if they are being more difficult, giving them a consequence, such as less screen time, or no bedtime story, or withdrawal of something else they want. Rather than shouting at them for more major annoying behaviour and rule-breaking, such as them having a major tantrum, create a quiet place to take them to (so-called "time out" or "time to calm down").*

*During lockdown with many children having to stay at home, the same principles apply. Of course it is harder all-round to stay calm, for both adults and children who are cooped up inside and not seeing friends. Try keeping clear routines, and both adults and children should try to engage in one each of **PACE** activities per day:*

***Physical** - going outside, or even doing a Joe Wicks type video exercise at home together promotes well-being, releases endorphins and reduces cortisol and other stress hormones.*

***Achieve** - doing something that leads to sense of achievement, be it for the child completing homework, or for the parent tidying a room. It is important to name the activity before and congratulate each other on getting it done.*

***Connect** - planning and then chatting to somebody important, even if it is online. Yes it is not the same as being face-to-face but it does make everybody feel better.*

***Enjoyment** - do something that you really like, and it doesn't have to be virtuous, it could be eating a slice of your favourite cake! Again, celebrating that you have done it is important.*

We live in hard times, and all of these activities will take effort. Sometimes we may fail, so we shouldn't be too harsh on ourselves! The good news is if we can implement the strategies described above, it will help our children's general well-being and also reduce their risks for developing more serious mental health difficulties, such as feeling depressed or developing persistent behaviour problems. Onwards and upwards!'

Thank you all for your ongoing support and hopefully we will see each other very soon!

R.Darr (Mrs)

Rubina Darr

Executive Headteacher