



GOSDEN HOUSE SCHOOL MINI NEWS

5th February 2021

My grandmother told me that if I watched too much telly I'd get square eyes. Avoid square eyes! Here is a newsletter devoted to a healthy mind in a healthy body. There is a lot of advice and support in this one, so maybe read it while doing Joe Wicks or tracking dinosaurs....

Cindy

Don't forget to keep an eye on our website for updates and useful information:

[Home Page](#)

[Class Pages](#)



A close-up photograph of a black Scottish Terrier dog with wiry fur and pointed ears, looking directly at the camera. The dog is wearing a red and black plaid coat with a matching collar. A red leash is visible on the left side of the dog. The background is a blurred green lawn.

UPDATE FROM ANGUS

“What do you think of my new coat?
It’s hand made by Gemma, one of
our TA’s in Periwinkles and I love it!
It’s keeping me nice and warm,
especially when it snows... woof!”

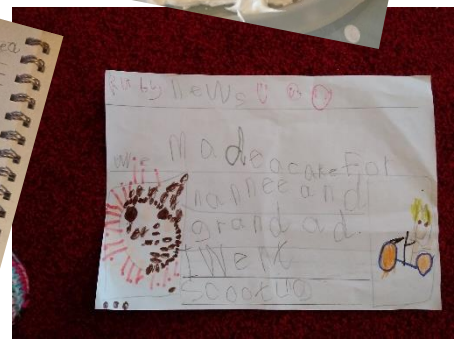
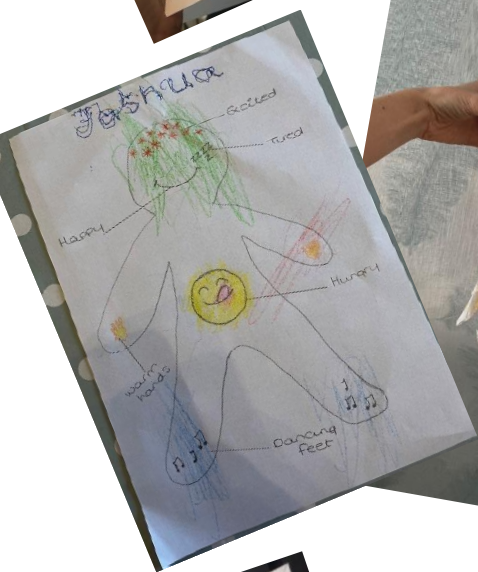
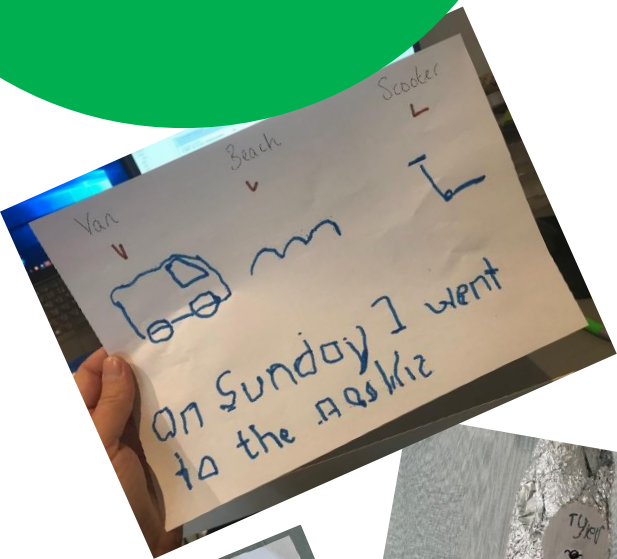
UPDATE FROM SHREK

Over the last couple of weeks, we have been learning about dinosaurs. When the dinosaur egg landed in class, we knew we had to build a nest to help look after it. We wrote replies to the mother dinosaur who asked for our help caring for her baby egg. Fox and Badger class explored different types of dinosaurs that could be in the egg as well as discovering how tall we were in dinosaur feet! Everyone has loved the dinosaur topic and are enjoying creating our giant dinosaurs out of different materials.



UPDATE FROM SHREK

This half term, the Badger and Fox classes have been doing lots of amazing learning at home. They have been exploring in the snow, practising their careful counting, flying to space, visiting the dinosaurs and diving deep under the sea! Our wonderful learners have been busy working on PSHE, Literacy, Art, PE, Maths and Phonics, and have shown such fantastic enthusiasm and dedication. We have been and continue to be so proud of you all, for all of your efforts in learning and what you have produced. Here is some of what we've been up to!



UPDATE FROM SAPPHIRE

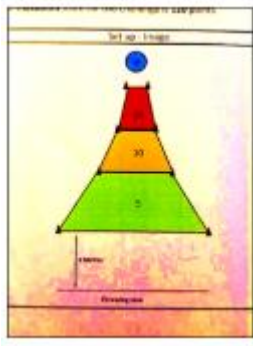
Do/Don't poems

Inspired by the poems of former Children's Laureate, Michael Rosen, pupils came up with their own versions of poems on dos and don'ts



Boccia

We are participating in a virtual Boccia competition and this week, we completed two individual events and one team event.



Pointillism

Art was fun as we learnt about using just the tip of our paint brushes to create masterpieces using pointillism - a form of art developed by two French artists in the late 19th century where small strokes or dots of colour are applied in a way so that from a distance they visually blend together.



UPDATE FROM SAPPHIRE

Life skills – cooking

Who knew a bit of puff pastry and cheese could make such exciting snack options? But the pupils proved just that with their creativity

Cheese Shapes



A snowy walk

And we made the most of the leftover snow before it all melted away, when we returned to school on Tuesday following school closure the previous day after the heavy snow at the weekend.



UPDATE FROM SAPPHIRE

Sapphire Home Learners have been busy learning about some of the things the Ancient Greeks invented or discovered that are still in use today. I have been REALLY impressed with their commitment and creativity as they have wrestled with their home learning tasks, including writing their own names using the Ancient Greek alphabet; making lighthouses out of Lego and cardboard and building watermills out of virtually anything they could find.

This included making water wheels from paper plates, plastic cups, polystyrene, Amazon delivery boxes (a sign of the times!) loo rolls, kitchen rolls, Lego, spoons, pencils, straws, bits of plastic milk bottles, lids and small pots. Many of them actually worked under a tap in the kitchen sink. Fantastic!

Well done Sapphire Home Learners - the Ancient Greeks would be proud of you!

Sapphire Home Learners - Express Yourself

We have looked at different ways of expressing ourselves with a theme for each day

Monday - Feelings

We created our feelings through drawings or models



Thursday - Creatively

In PSHE, we looked at Be who you want to be. We expressed ourselves in different creative ways

Tuesday - Music

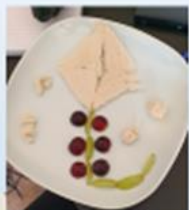
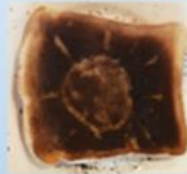
We explored how music makes us feel. We shared a piece of music that was special to us and said how it made us feel

Friday - How we look

We expressed ourselves through our clothes, hair, make up and jewellery
We designed an outfit to help us feel good

Wednesday - Food Art

We created our feelings through food



UPDATE FROM HOME LEARNING TEAM

Dear Our Gosden Families,
In this unusual time of Covid-19,
you stepped in and helped in
remarkable ways to educate your
child. We know this wasn't easy
and although staff have worked
hard to teach your children, your
help has not gone unnoticed or
unappreciated.

This award is for you in recognition of everything you have
done to support your child's learning. THANK YOU for
everything you have done. We will get through this and
come out stronger.



CERTIFICATE OF EXCELLENCE :

 *Honorary Teacher*

PRESENTED TO THE FAMILY OF

*for successfully helping to educate your child
at home during the Covid Pandemic*

DATE CLASSROOM TEACHER

CHILDREN'S MENTAL HEALTH WEEK



This week has been Children's mental health week and have been focussing on the mental wellbeing of our students. This is something we do consistently well as a school already and we are really aware of our children's needs and different ways we can support their mental health.

The theme of this year's Children's Mental Health Week is
Express Yourself.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

For more information visit:

<https://www.childrensmentalhealthweek.org.uk>

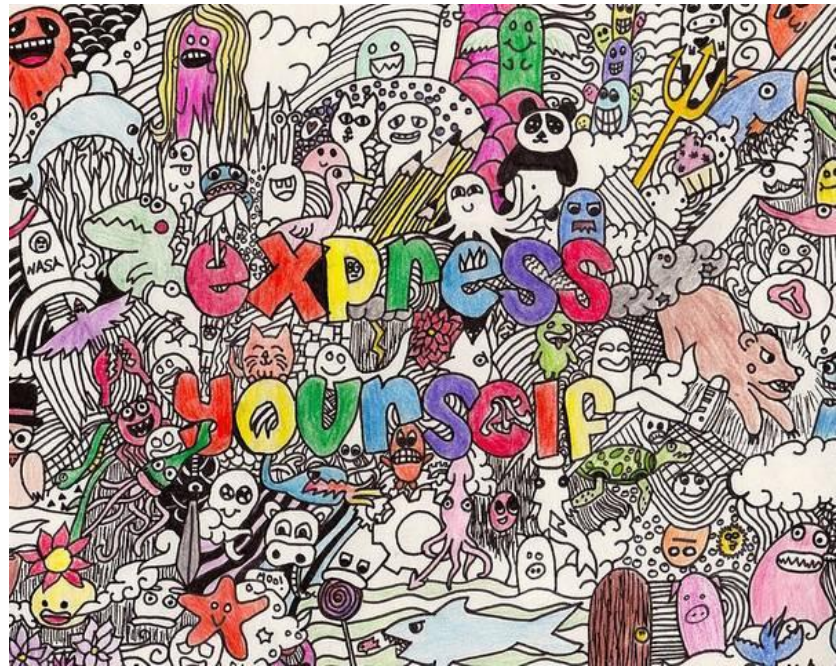
Place2Be have a youtube channel with lots of art activities and meditations including this 'drawing your feelings' activity which some of our children have been doing this week.

https://www.youtube.com/watch?v=STdJ_8ORyE&feature=youtu.be

Another lovely resource is the Childline Calm Zone

<https://www.childline.org.uk/toolbox/calm-zone/>

CHILDREN'S MENTAL HEALTH WEEK



Me, Myself & I

Draw around a body template, fill it with images that represent your identity

Expressive Arts

Choose a medium to express how you feel today or how you feel about the pandemic or about online learning (drawing, painting, collage, dance, singing, musical instruments).

Can you explain how you represented your feelings?

A Hand of Helpers

On the outline of your hand, write on each finger someone you could talk to when you don't feel great. In the palm, write a sentence starter to get these difficult discussions started eg. Can I talk to you for 10 minute? I am feeling...

Debate

Hold a debate with your family: 'Do you think people can say anything they want? Pass around an object – you can only talk if you're holding it. Everyone can give their opinion with no judgement.

Relaxation

Learn 3 minute relaxation technique on 'the mental health teacher' [you tube channel](#)

WELLBEING FOCUS GET MOVING

Some useful ideas and YouTube Channels to help you Get Moving!



Youtube Links:

- [Cosmic yoga](#) - story telling yoga
- [The body coach](#)- live in the mornings but clips are uploaded to YouTube
- [Kidzbop dance along](#) - easy to follow
- [Get kids moving](#)- Super hero inspired hiit sessions
- [Pancake manor](#), music for younger kids
- [Go Noodle](#) - a mixture of moving and mindfulness

Ideas:

- 30 second challenge- how many exercises they can do, great for competitive spirit
- Dice roll- each number corresponds to the number of repetitions
- Bottle flip - two bottles, if both stand up 20 repetitions, if both down 10 and one up one down 5
- Old school static stretches



WELLBEING GUIDE FOR PARENTS & CARERS



Videos

- [Stress relief 'tapping' exercise](#)
- [Finger Breathing / Finger Breathing 2](#)
- [Colour Breathing](#)
- [The Butterfly Hug](#)
- [Relaxation Exercises](#)
- [Mindfulness for Busy People](#)
- [5 minute Mindful Breathing](#)



Apps

- [3 Good Things](#)
- [The Gratitude Garden](#)
- [Calm](#)
- [Headspace](#)
- [My Life – Stop Breathe Think](#)
- [Stress & Anxiety Companion](#)

Guides

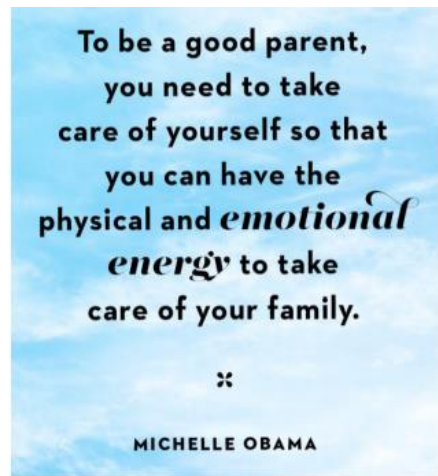
- [How to... Sleep Better \(Mental Health Foundation Guide\)](#)
- [5 ways to well-being during isolation \(NHS Devon\)](#)

If you are experiencing a mental health crisis, please seek support from one of these organisations: [Mental health charities and organisations - NHS \(www.nhs.uk\)](#)

Support sites

- [Shout](#)
- [Samaritans](#)
- [Mind](#)
- [SANE](#)
- [SupportLine](#)
- [CALM](#)
- [Anxiety UK](#)
- [Get Self Help](#)
- [Action for Children](#)
- [NSPCC](#)
- [Winston's Wish \(bereavement\)](#)

WELLBEING GUIDE FOR PARENTS & CARERS



Websites

- [Coping practically and emotionally during the Covid-19 outbreak \(Family Lives\)](#)
- [Practical advice: family life and home schooling \(Action For Children\)](#)
- [Mental health advice for parents during coronavirus \(Parent Club\)](#)
- [Working from home tips and ideas \(Parent Club\)](#)
- [Managing parental loneliness \(Action for Children\)](#)
- [Managing parental guilt \(Action for Children\)](#)
- [COVID-19 advice and support for parents and carers \(NSPCC\)](#)
- [Supporting Families During COVID-19 \(Child Mind Institute\)](#)

Practical tips- for you

- Set achievable goals and celebrate small successes.
- Remember to be kind to yourself, you are potentially juggling work, childcare, and your own worries.
- Consider limiting how much you read about COVID-19 and limiting social media if it is adding to your anxiety.
- Stay connected with others virtually, weekly check-ins with friends and family will keep you grounded.
- Practice self-care as a priority, set aside some time for yourself to engage in something like mindfulness, exercise, relaxation, whatever works for you.
- You cannot pour from an empty cup -whilst time for self-care might seem scarce right now, you will be better placed to help your family.

If things are getting you down, it's important to recognise this. Talk to someone you trust and see what they think. Many people go on struggling with very difficult situations because they feel they should be able to cope, and don't deserve any help.
[Parents survival guide \(youngminds.org.uk\)](https://www.youngminds.org.uk/parents-survival-guide)

Practical tips- home learning

- Have realistic expectations
- Most children can only manage around 9:30am- 2pm (Child Mind Institute, 2020)
- Use a timetable to reinforce structure and routine
- Try to encourage children to maintain social bonds with peers online
- Plan in movement breaks/daily exercise
- Some days will be harder than others, and this is okay

SAFER INTERNET DAY



Safer Internet Day 2021 is being celebrated around the world on Tuesday 9th February 2021.

The global theme is 'together for a better internet' and this year in the UK we are putting the focus on how young people can tell fact from fiction, and work together to create an internet we trust.

Here are some Top Tips for Parents & Carers...

Talk together

Communication is the key to identifying online misinformation....

Talk regularly with your child about how they use technology and where they go for information online. Discuss who they follow, what types of adverts they see, and what stories they find surprising or suspicious. Listening to your child will give you the best possible idea of how you can support them. Not sure where to begin? Have a look at our suggested 'Conversation Starters' for parents and carers.

Set an example

Show your child how you question and evaluate online content....

If you come across a fake news story, or get sent a phishing email, discuss with your child how you spotted it and what you did. Why not ask them for a second opinion? Your child may have already heard about it or seen something similar, and if not, it's a learning opportunity for both of you. Seeing a parent actively question and evaluate online content teaches young people the importance of doing the same.

SAFER INTERNET DAY

Think before you share

Fact-check and reflect before sharing content, posts or pictures....

It can be tempting to share surprising or attention-grabbing online content with your child or your family group chats, but make sure to fact-check these links before you do.

As it's come from a parent, some children may believe it without questioning it, and older children may find it difficult or awkward to point out if it is false or misleading. This is another chance to set a good example in how to share information responsibly online.

Check in with your child

How does misleading information they see online make them feel?

False and misleading content online can be upsetting and confusing, e.g. harmful claims that target specific groups, or unhealthy lifestyle tips. Young people may feel powerless when faced with the amount of unreliable content they see. Regularly check-in with your child about their online life and ask them how what they see makes them feel. This is an issue that affects all of us. Reassure your child that you are there to talk about things that upset them and to support them with how they feel.

Seek help and support

Ask other parents how they address misleading online content....

Just as we ask young people to talk about what they are unsure of, make sure you do too! Chances are that you'll find other parents or carers who are trying to figure out how to help their family avoid false information and get the most out of the internet.

Find out how to get more support by visiting [Childnet's 'Need Help?' page](#). You can take steps to support your child online by using features such as making a report on a range of apps, games and services, and using privacy settings on social media.

Some more useful links:

<https://www.internetmatters.org/advice/0-5/> - good advice for parents

https://www.youtube.com/watch?v=d5kW4pl_VQw - good to open a discussion around clicking on links particularly useful for younger ones and their use of youtube

Online safety story books:

<https://www.theeducationpeople.org/blog/online-safety-storybooks>

GOSDEN HOUSE PTA UPDATE



Quiz Night

Saturday 27th February at 8pm via Zoom.

Entry is only £6 per screen,

Prize: A family photoshoot worth £150 with [Kim Blondell Photography](#) and a bottle of bubbly.

Tickets are available via

<https://gosdenptaquiznight.eventbrite.co.uk>

New PTA Logo Competition

We need a new logo which will be used in our newsletter, on our social media and in all publicity. So if your child would like to create a colourful image they think will represent the PTA, its partnership with the school and focus on bringing together our wonderful community, get your paints and pencils out - we'd love to see your work!

All entries be submitted via email to GosdenPTA@gmail.com by Monday 22nd February, after which Cindy O'Sullivan will pick her favourite. The winning entry will not only be able to enjoy seeing their creation in print, but will also win a £10 Amazon voucher.

School Lottery

Did you know we've also launched a school lottery? This is a great way to support the school, whilst also giving yourself the opportunity to win some cash and other exciting prizes.

Signing up is easy and can cost no more than £1 a week, so visit

www.yourschoollottery.co.uk/play and search for

Gosden House - you could be in with a chance of winning a jackpot of £25,000 with a guaranteed weekly prize for Gosden entrants which currently stands at £17.

Best of luck!



MENTAL HEALTH AWARENESS



School is always willing to provide advice or support and extra help

You can call and speak to Annie Welch, our Home School Link Worker.
Tel: 07864 721931

Web Page Information:

[School Web Site](#)

Keeping Children Safe Online:

<https://www.childnet.com/parents-and-carers>

For any child or family worries for which you may need additional support or advice you can request it by contacting the Surrey Children's Single Point of Access Team on 0300 470 9100 and press 1 and then option required.

For support and advice around domestic abuse, mental health or safety in the home:

<https://www.gov.uk/government/publications/coronavirus-covid-19-anddomestic-abuse/coronavirus-covid-19-support-forvictims-of-domestic-abuse>

<https://www.healthysurrey.org.uk/domestic-abuse>

MENTAL HEALTH AWARENESS



Surrey and Borders Partnership
NHS Foundation Trust

Adult Services Mental Health Crisis Line

The helpline is for people living in Surrey experiencing a mental health crisis.

Telephone: 0800 915 4644
(24 hours, 7 days a week)

If you have speech or hearing difficulties, you can contact the helpline through:

- SMS: 07717 989024
- Next Generation text service: Dial 18001 0800 915 4644 from your text phone or smart app

The [Crisis Helpline](#) is staffed by professionals who are experienced in working with people with mental health issues and is managed according to the NHS Code of Confidentiality which respects individuals' personal information. However, the service has a duty to respond when someone's thoughts, intentions and actions indicate a specific and significant risk of harm to self or others particularly children). Such cases will be followed up and the relevant service or authorities will be contacted. In an emergency please call 999 or go to Accident and Emergency (A&E) – many of which have psychiatric liaison services. You can find local A&E services at [NHS Choices](#).

Out of hours crisis support for children with a mental health need.

Out of hours crisis support for children, young people and their families has been increased in response to Coronavirus. Children, aged 11 and over, and their families can continue to call our Extended Hope Service for crisis support between 5pm-11pm, 7 days a week. Calls to this service are handled by the Emergency Duty Team and we have now put in place a triage worker to provide an immediate response to anyone calling this number: 01483 517898. In addition, our Mental Health Crisis Helpline is now providing telephone support to children, young people and their families between 11pm and 9am, seven days a week, to ensure they always have access to out of hours crisis support. During normal working hours people can talk to their GP or go to A&E for support and children, aged 10-18, can contact one of the CYP Havens.

Due to public health advice the CYP Havens are currently closed. Instead we are running a virtual service for young people to access support by phone. This service is available every day of the week including bank holidays

"A safe place to get support when I am feeling distressed and worried about how I am feeling"



**CYP
HAVEN**

Call: 01483 519436

Monday to Friday, 4pm-8.30pm. Saturday and Sunday, 12pm-6pm