



Woodthorne News Inclusion Team 1.6.20



This week's newsletter is about staying positive and having fun (or trying to!). Even though there's been some uncertainty about schools reopening to certain year groups this half term, it's still a good idea to make this week a 'fresh start' if that's possible. Re-evaluate what's working and what's not, with home learning, and make a few changes if you feel you need to. Maybe you can make a bit more time to be outside?

*Please contact us via your child's **year group email address** with **Inclusion Team** as the subject, or phone 01902 558544 during school hours. We might not be able to answer straight away, but we'll respond as soon as we can.*

Here are some ideas for free family fun:

- ◆ Now we're finally allowed out more, go out for a long walk or cycle ride together. Take photos of your expedition and start a photo album or PowerPoint of summer days out.
- ◆ Take a virtual tour of [Birmingham Museum & Art Gallery](#).
- ◆ Try the [Cosmic Kids](#) yoga channel.
- ◆ Play a board or card game together. **Uno** is a great game to try.

Gingerbread
Single parents, equal families

I can work from home, but the pressure of juggling work and a preschooler with no support at home is intense! Thank you for the great work you're doing to help those less fortunate right now.
Bronni

Hats off to all single parents...you are amazing!
Sonya

Good luck with your appeal... you guys do amazing work!
Gareth

You helped my Dad immensely when I was a kid, thank you for being there for single parent families!
Gem

Gingerbread helped me when I needed it. A little bit might help other people.
Anonymous

Practise social distancing **Self-isolate with cough or fever** **Wash hands regularly**

catch it, bin it, kill it

If you need to cough or sneeze: You should wash hands with soap & water or hand sanitiser

Catch it **Bin it** **Kill it** **Other lessons & report** **Before leaving & waiting** **SCHOOL ETC.** **After using the toilet** **Before leaving home**

✓ Try not to touch your eyes, nose, and mouth with uncleaned hands. ✓ Do not share items that come into contact with your mouth, such as cups & bottles. ✓ If unwell do not share items such as bedding, clothes, towels & toys.

Some resources for parents:

- ◆ [Wolverhampton Citizens Advice](#)
- ◆ [How to look after your mental health using mindfulness.](#)

Go on a [gratitude scavenger hunt](#) to help focus on the good things around you. There are lots of different versions on the internet, but this is a nice simple one to start off with.

