



**Cliddesden Primary School**  
**Headteacher's Newsletter**  
**Spring Term Issue 2**  
**15 January 2021**

Dear parents, carers and members of our school community

I hope you are all well and coping during this lockdown.

The teachers enjoyed catching up with your children this week using *ParentCloud* and I hope the children enjoyed their meetings too. We will have these meetings every two weeks and you will be able to book your next one from 4pm on Sunday 24<sup>th</sup> January 2021.

I had a go at preparing and recording a remote lesson for Oak Class this week. I can really appreciate the hard work that goes into doing this! Oak will watch my lesson on Monday and I shall also be providing some Geography for Chestnut Class. I just need to keep practising my IT skills which are in no way as strong as those of my staff!

During lockdown, there is a **national** concern that children who are working from home may not be getting sufficient exercise. The Chief Medical Officer recommends that children should get 60 minutes of exercise daily. This however, does include getting out for a walk or playing in the garden, which I hope you are managing to do.

To support your child's fitness and wellbeing, Debs is producing daily 10-minute exercise videos that you can find on *Google Classrooms*. Although only ten minutes long, the activities can be repeated. Each individual exercise is for 30 seconds but your child can do longer. I have been following with my children when I get home and we really enjoy the daily workout with Debs.

In addition, I have attached a list of weekly exercise challenges that have been produced by Hampshire School Games that your child may wish to take part in. You may also be doing PE with Joe Wicks or even coming up with your own ideas. The choice is yours; just try to encourage your child to do what exercise they can. Not only will it be good for their physical health but their mental health too.

We would like your child to keep a record of their daily exercise. I have attached an example record sheet that they could use or you may make your own. We will not need you to return these records to school but in the week before half-term break, we will be sending out a questionnaire for you and your child to complete that will ask them for this information, so keep hold of your record sheets.

For the children who are in school, there is a weekly PE lesson and of course time to play outdoors. However, it would be great if they could also watch and take part in Deb's Daily Challenge at home as we are unable, for safety reasons, to do exercise in the classrooms. Before they come to school may be a good time or when they get home.

Something that I would also ask parents to do over this period is practice using a knife and fork with your child. A lot of our younger children struggle holding cutlery properly and cutting the food on their plate. This is the case for the children who are in school too, so please practice this at home. Staff having to cut food for children means very close contact and handling their cutlery. This is not ideal under the current circumstances.

We still have 10 Vodafone **data only** SIM cards to give out. As nobody has asked for one yet, they are now available to whoever contacts us first. They can be used in a Vodafone contract or pay as you go phone, an unlocked phone (you can call your provider to unlock your phone for you) or a smart laptop that has a slot for a SIM card.

I am looking forward to seeing the children again at our Achievement Assembly later this afternoon and don't forget that every Monday I will be reading a story at 2:15pm for EYFS and KS1 and 2:30pm for Key Stage 2 on Google Classroom.

To those parents who have children currently in school, I ask that they are extra vigilant in ensuring that they check their children's health every morning before sending them to school. There have already been several cases in Basingstoke schools since 4<sup>th</sup> January. I am pleased that from 25<sup>th</sup> January the DfE will be providing regular testing for **staff** in school. We are awaiting our kits and instructions. As ever we are doing everything possible to keep all the staff and children here safe. May I also thank the parents for diligently following our drop off and pick up rules.

Thank you also to all those supporting your children with their learning at home. I am sure you are also juggling many other tasks including your own work. While we have a statutory requirement to provide remote learning for your children we also understand your commitments. Of course, we would like your children to complete all their learning tasks but we also understand that this may not always be possible. Remember we are here every week day for help and advice. The office is open to receive calls from 8:30am to 3:30pm and you can message teachers through Google Classroom.

Have a safe and restful weekend

*Kenneth Davies*  
*Headteacher*