



Moreton Headlines

Keeping you up to date with all the happenings at Moreton

<http://www.moretonceprimaryschool.co.uk>

Issue 10: 11th February 2021

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HEAD'S LINES

As part of my partnership work with other schools, I was asked to make a timeline showing all the ups and downs of school life over the past year. When I reviewed it I was amazed at how much has happened and also how far we have come with remote learning. One aspect that I have personally missed is not being able to take part in the many hobbies and activities I love—singing, dancing, acting, surfing, skiing etc. When we went into lockdown it was a week before I was about to perform in a show at the Civic Theatre in Chelmsford; that seems like a lifetime ago. Musical theatre has always played a big part in my life so watching Musicals the Greatest Show on BBC One last Saturday was a must. At the end of Children's Mental Health week and leading into Safer Internet day, listening to 'You will be Found' from Dear Evan Hasen and 'The Wall in my Head' from Everybody's Talking about Jamie reminds us that bullying and prejudice will not be accepted, Also that we all need support in tough times. I hope that you have found support from those you love during these tough times. I would like to say thank you to all the staff at Moreton who have gone above and beyond to support the children and their families during these challenging times. Set aside some time this half term to rest and recoup—this is vital for our wellbeing. May you know God's peace and love. Stay safe and God Bless you all.

Mrs Batt



LENT

Tuesday is Pancake Day—much loved by all children. As Lent starts on the Wednesday during half term, the Diocese of Guildford have introduced an online Calendar of Kindness for use during the season of Lent. Instead of 'Giving up' why not 'Give out' with kindness and love. A simple action every day makes a huge difference; you can be that person who reaches out to someone else.

Lent Calendar

Growing Together in Faith, Knowledge and Love



When Emotions Explode

Last year and the start of 2021 has been extra stressful and, understandably emotions may be heightened at home. It is normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments. Use this poster to help start a conversation to talk about each other's feelings.

Very Angry

Stay calm.
Stay safe. walk
away if possible and
make sure you don't
engage with your
child until you are
both calm.

Frustrated

Reflect what you can see in your child. 'I can
see that you're angry/upset' 'I understand that
this might be difficult for you.' 'I understand
when you did x this made you feel..'

Calm

Use this time to explore your concerns and ask questions like 'what
happened there? How did you feel?' If there has been lots of conflict
reassure them and remind them you still love and care about them.

Come and collect items between 10am and 11am on Monday 22nd February from the school. This will include a Math paper for the pupils to complete independently.

We've also asked pupils to complete their STAR test to assess their reading. If you have any queries about this test please contact the class teacher.



Thank you to those who have bought items from FOMs wish list. It has been amazing to receive so many items that will benefit the children directly during lesson time. We have added to the list to include items for our chill out room. This is a room that we are in the process of decorating to provide a space for pupils to go when they either have sensory overload or when they need some emotional support. This will be a vital space for some children when we return to school.

[FOMs Wish list](#)

Fun and Fitness

Thank you to all those who have participated in our fun and fitness week. It was wonderful for us to see so many of you on zoom. Well done to all those who won T Shirts and thank you to UKA for supporting us with this event. Please could all sponsorship be transferred directly to their bank account:

A/c name: Friends of Moreton School

Bank: Barclays Bank Plc

Sort Code: 20-29-86

Account No: 80642770





This year's focus was **'together for a better internet'** putting the **emphasis** on how young people can tell fact from fiction, and work together to create an **internet** we trust. Children undertook a range of activities to consider how to stay safe on line. We are passionate about the role that parents can play in this and Vodafone have created an online magazine called Digital Parenting which you can view here:

[Digital Parenting](#)

Within it are a range of digital resources to help boost children's minds. We have also been sent details of these apps which can help children to regulate their emotions.

DARE – this app guides you out of stressful moments through calming advice and breathing techniques. The user can select an audio based on how they are feeling, e.g. an audio related to having a panic attack.

CALM – this is a great app for meditation beginners but also provides more advanced sessions for experienced users. Use at bedtime can be very helpful.

BREATHING BUBBLES – a mindfulness app designed to support children and YP in recognising and dealing with emotions. Lots of different types of breathing exercises available.

CHILL PANDA – an app related to relaxation and management of worries. It measures your heart rate and suggests tasks to suit your state of mind.

CATCH IT – learning how to manage thoughts and feelings related to anxiety and low mood. Includes problem solving and challenging unhelpful thinking.

HEADSPACE – relates to meditation, lower stress levels and greater resilience.

Wellbeing Challenge

Are you taking part in our wellbeing challenge? How many things can you tick off? Remember to send your evidence to Miss French at deputy@moreton.essex.sch.uk so that we can put these together for a display within school. We have lots of things from the teachers—we need your family ones too.



WELLBEING BINGO



How many of these can you cross off before half term?

Sing your favourite song at the top of your voice	Go for a local walk, somewhere you have always planned to go or have not been for a while	Take time out and write a letter to someone	Write 3 things that are good about yourself and put on the fridge or somewhere visible.
Try a new form of exercise	Go to bed earlier than you normally would one night	Watch a film that makes you laugh	Take half an hour in a quiet place to read something you enjoy
Make and eat something you find delicious	Shut your laptop and make a cuppa at lunchtime - take time out	Try a new hobby activity	Put on a song you love to dance to and dance
Surprise someone with a little treat	Start a new book	Send a message to someone to tell them how well they are doing or how they've inspired you	Buy yourself a little treat and enjoy



Well done to all of those who took part in the 1km Run down challenge. There were 15 schools that entered and over 306 participants ranging from EYFS to Year 6 coming in 306,000m (306km) of travel. That's the equivalent of London to York! Moreton came 6th only just behind Ivy chimneys and Theydon Bois.