

Highlees News

4th May 2020



Dear Highlees Families,

I do hope you are all keeping well and safe. It is a difficult time for us all, we all have good and bad days.

We are still sending out our google form on a Monday and Thursday. If you have any worries, big or small, then please let us know and we will ring you to see how we can help.



If we phone, please answer. We still have a duty of care to the children and if we can not get hold of you this may mean we have to contact other agencies for support.

We are missing you all, please take care
Mrs Stroud



Thank you for all the kind words and messages sent to staff through the wellbeing text service. It is lovely to read them.



West Raven Community Cafe

During this difficult time, families are struggling for food. Westraven Cafe is working hard to support families in the local area and can offer food bags. If you are in need call 01733 330040 and ask for `Christine, let her know you are a Highlees parent. Follow them on Facebook WESTRAVENBIGLOCAL for more details.



Food Bank Vouchers

We are also able to offer support through the Foodbank. Please contact Highlees if you do not have enough food as we can issue you a voucher.



If home isn't safe, support is available

If you or someone you know is experiencing domestic abuse, you can get help:

Cambridge Women's Aid (City, East, South Cambridgeshire): 01223 361214

Refuge (Fenland, Huntingdonshire and Peterborough): 07787 255821

National Domestic Abuse Helpline: 0808 2000 247

Men's Advice Line: 0808 801 0327

LGBT Helpline: 0800 999 5428

In an emergency call 999

For more information visit www.cambsdasv.org.uk



Cambridgeshire & Peterborough Council
Council & Social Services
18th Floor, City Hall

Hall of Fame!

Last week our Whole School challenges were set by Miss Lingard and Mrs Steel. Children were asked to 'take their pencil for a walk' to create their own art and to think about their ideal pet. Here are some of our favourites! Keep an eye on Google Classroom, Twitter and the Website for the next challenges.



My pet horse!

My horse's name is Chestnut, she is a brown colour with a light brown mane. She has the most beautiful, mysterious eyes, which glisten in the dark. Chestnut likes to go for rides and eat apples. My horse likes to take me on rides to the hill and is very speedy. My horse will do anything to get some carrots, apples or strawberries. Sometimes he can get quite cheeky but is always my favourite!



Google Classroom

Work continues to be set on the Google Classroom and Tapestry (for EYFS) daily. There is a wide range of activities being set including sports and art challenges. There is something for everyone!

We would love to see more children accessing the tasks being set.



Teachers will be phoning parents and children to help and encourage further engagement ... they can't wait to speak to you all!

Free School Meals

We are really pleased to be able to offer a choice of fortnightly vouchers or weekly food parcels to families who qualify for Free School Meals.

If you do not currently receive Free School Meals, but feel you may qualify, please email the school office who can support you with this.

Email: highleesoffice@hefed.org



Online Safety: The internet is a great tool that is helping us all keep in touch at this strange time. Please can we ask parents to closely monitor what the children are accessing and when. Contact school if you have any worries.



ACTIVE COPING CALENDAR: APRIL 2020

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you
12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time		

ACTION FOR HAPPINESS

Is your child feeling anxious?

There is a fantastic list of books on the NSPCC website that are great for supporting children who are worried or anxious. Follow the link on the Wellbeing tab on the school website.

