



Newsletter 12

Well done to all at Spring Grove for completing a very challenging half term. The determination and resilience of our school community has shone through. I hope that over the half term break everyone is able to have some time away from a screen – fingers crossed for some decent weather so some outdoor activities can be enjoyed!

We await the announcement from the government on 22 February about the reopening of schools. As soon as we have news, we will share details of arrangements and timescales with you.

It was Safer Internet Day this week and children have enjoyed activities on this theme. Check out our school Facebook page and website for useful guidance and information.



It will be **World Book Day** on **4th March** and we will be celebrating this remotely with the children through a range of activities. Lookout for your digital £1 book token which will be sent out in March. Watch this space for more details!

Please remember to contact Mrs Colley if you have any favourite books that you enjoy as a family and would like to let others know about this. We would really like to include a Family Book Corner feature in the newsletter each week.

The Importance of Home Languages

Message from Mrs Parulekar, who supports our EAL pupils at Spring Grove

It is important to keep using home languages both in the school and at home. This lockdown is an opportunity to develop home language skills as both parents and children are at home together.

Developing and maintaining a home language as the foundation for knowledge about language will support the development of English and should be encouraged. Insistence on an English-only approach to language learning in the home is likely to result in a fragmented development where the child is denied the opportunity to develop proficiency in either language. The best outcome is for children and their families to have the opportunity to become truly bilingual with all the advantages this can bring.

“Bilingualism is an asset and the first or home language has a continuing and significant role in identity, learning and the acquisition of additional languages. Children need to develop strong foundations in the language that is dominant in the home, where most children spend most of their time. Home language skills are transferable to new languages and strengthen children’s understanding of language use.”

From Oxford University Press.

So why not use this time during lockdown to read stories in Home languages?

Here's a website which is free to use with stories in 31 languages! <https://worldstories.org.uk/>

World Stories is a growing collection of stories from around the world. The collection includes retold traditional tales and new short stories in the languages most spoken by UK children.



Family Maths Half Term Challenge

Hi Mathematicians,

Thank you so much to those of you who had a go at last weeks' origami challenge. I saw the most wonderful ice creams and it has made me think of the summer. Some of you produced amazing videos, thank you, I really enjoyed watching them. I especially like the ones where the whole family had been involved. A special well done goes to the whole **Malik family, Naivedya Agarwal, Anahat Mishra, Valonia Dias, Sarina and Amelia Khan.**

As some of you may know I love mathematics, however I also love baking. I think the two are definitely linked. This week I thought I'd share a recipe with you. You can have a go at making this as a family, weighing and measuring the ingredients or you could bake something else. You could all cook dinner together making sure it is nutritious as well as delicious. It's up to you but I would really like you to discuss the maths you use while doing this. Please post photos of your finished product.

Ingredients

- 225g grated strong cheddar cheese
- 4 tbsp. unsalted butter at room temperature
- 1 tsp salt
- 125g plain flour
- 2 tbsp. iced water
- 3 tsp chilli flakes (optional)



Method

Preheat the oven to 180°C

Method put the cheese, butter and salt into a bowl and mix it so it combines. Next add the flour and chilli flakes (if you are using them) and mix it in. Add 1 tbsp. of the iced water, mix and then add the second tablespoon of iced water, continue mixing, it should appear crumbly. Mould into two balls and cover in greaseproof paper. Put them into the fridge for 30 minutes. Take them out and then roll each ball with a rolling pin. Cut it into small squares or fun shapes. Place onto a baking tray lined with greaseproof paper and bake for 13-15 minutes. Take them out and leave them to cool for a little while before eating them. Enjoy!

Mrs Jasavala

HALF TERM HOLIDAYS – Monday 15th to Friday 19th February 2021

Next week is half term and the school will be closed for all during this week.

Remote learning and the childcare provision for children of Keyworkers will resume from Monday 22nd February 2021.

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Celebration Awards

Friday 12th February 2021

Class	Name	Reason
Nursery - Inkpen	Advait	For having a great attitude to his learning.
	Starla	For fabulous phonic work this week and having fun whilst learning.
	Mrs Berry, Miss Walker and Mrs Kasia	For making such fabulous videos for nursery and bring a fabulous team to work with.
Reception - Mckee	Kylan	Exceptional work in maths this week.
	Sara	For completing all her tasks with such enthusiasm.
Year 1 - Donaldson	Aleena, Darin, Rassul, Batool and Nyera	For their amazing reading.
	Ali, Dylan and Ayan	For always doing all of the work on Goggle Classroom.
Year 2 - Grey	Alfie	For his wonderful powerpoint on Van Gogh.
	Sophia	For working hard and producing great work both at home and school.
Year 3 - Zephaniah	Genevieve	For constantly being one of the first to submit her work to a high standard, it is clear that she has worked hard on each piece of work.
	Arnav	Has worked hard on submitting each piece of work and is really engaging with the learning.
Year 4 - Horowitz	Sajna	For her creative work and design of an amazing obstacle course in her home.
	Moukthika	For presenting work in a variety of different ways. She did a wonderful video explaining about Holy Books in our RE topic, Hinduism.
	Aashika	For being a star in producing amazing work and fully participating in a variety of PE activities!
	Sehrish	For being a superstar in the PE Lockdown challenges and working hard on her assignments.
Year 4 - Rauf	Aarav	For a brilliant attitude with his home learning, and getting family members in India involved in The Lockdown Games.
	Meda	For always competing in the Lockdown Challenges and scoring lots of points for Team Rauf.
	Jonah	For his enthusiasm and engagement with our geography work this week using Google Earth.
Year 5 - Rundell	Diana	For always going over and beyond what is expected.
	Jaden	For an excellent piece of work in science reflecting how our brain and emotions are linked.
	Asif	For excellent questioning in science.
Year 6 - Tan	Yasmine	For writing a fantastic story on GC this week - well done.
	Jibran	Making an effort in Maths and other areas of the curriculum - please keep this up!
	Sriram	For lots of enthusiasm in our Live Class Meets - well done.

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Online Working - Useful tips for looking after your eyes, body and mind when using screens

Beacon House
Therapeutic Services and Trauma Team

Online Working

Looking after your eyes, body and mind when using screens

Screens and Seating

Angle the paper slightly, right for right handed, left for left handed

Secure the paper with your non-dominant hand

Hips at 90°

Knees bent at 90°

Feet flat

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Online Working

Looking after your eyes, body and mind when using screens

Screens and Seating

- 10 10 10**
Every 10 minutes, look at an object at least 10 meters away for at least 10 seconds
- Take a break of 15+ minutes for every 1.5 hours you spend on your device
- Your screen should be an arm's length, away from your face. The centre of the screen should be about 10-15 degrees below eye level
- Make sure your feet can reach the floor
- Cut glare by using a matte screen filter. You can find them for all types of screens
- Use a flannel or cucumber slices to refresh your eyes when they feel dry
- Use warmed wheat bag over eyes
- Try putting a humidifier in the room where you most often use a computer or other device
- Check your lighting is bright enough. Your device shouldn't be brighter than the surroundings

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Online Working

Looking after your eyes, body and mind when using screens

10 Minute Screen Breaks

- Runner** = Run on spot
- Chilli = Shiver**
- Beanie Baby** = Hug
- String** = Reach up to ceiling on tip toes
- The Bean Game**
- Call out the beans and ask your child to remember the corresponding move
- French** = Say **BONJOUR**
- Kidney** = Hold your knee and hop
- Baked** = Curl up in a ball

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Looking after your eyes, body and mind when using screens

Adjust Your Devices

- MAKE FONT LARGER**
- Slow down and increase the size and contrast of your pointer and cursor
- Raise the contrast on your screen
- Change the brightness of the screen. It should be no lighter or darker than your surroundings
- Lower the colour temperature of your screen. It gives off less blue light, which is linked to eyestrain
- Raise the device's refresh rate. This lessens flickering

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Online Working

Looking after your eyes, body and mind when using screens

Play eye games to use different muscles and focus

Set a timer on your device to remind you to complete these activities!

Make sure you are sitting or laying comfortably:

Hand Cups

- Rub your palms together quite hard to create some heat
- Next, make your hands into cup shapes
- Close your eyes and place your warmed hands over them. Right hand to right eye and left hand to left eye

Enjoy the heat warming your eyes and relax like this for a few minutes

Blinking

A lack of blinking is one of the biggest reasons for screen induced eyestrain. It dries out your eyes and causes scratchiness so it's very important to blink. Try to blink every four seconds to keep your eyes wet and happy. This sounds simple, but when focusing on a screen it can be difficult to remember so you might have to train yourself to blink more!

Eye Rolling

Just as neck rolling help stiff necks, eye rolling can help your eye muscles.

- Close your eyelids and roll your eyes around in circular motions, or look up and down, side to side

This helps to moisten your eyes and eases the strain on the muscles

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Online Working

Looking after your eyes, body and mind when using screens

10 Minute Screen Breaks

<p>Eye spy using shapes and colours</p>	<p>How many green/red/blue etc things can you see in the garden, or out of the window?</p>	<p>Use different senses: Close your eyes and identify different size, shaped and textured objects in a bag by sound, touch and smell.</p>
<p>BODY MOVES Give directions: "Touch your left ear with your right hand". Build up to 2 or 3 step directions</p>	<p>Play the Bean Game (see page 6)</p>	<p>Play throw, roll and catch</p>
<p>Throw balls at a target as far away as you can still achieve</p>	<p>Play balloon volley ball</p>	<p>Play balloon tennis with a rolled up paper</p>

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To download the above please visit

<https://www.springgroveprimary.london/online-working-useful-tips-for-looking-after-your-eyes-body-and-mind-when-using-screens/>