



Yorke Mead School Newsletter



Friday 1st May 2020

This week at and away from Yorke Mead!

#YorkeMeadstilllearning

I continue to be totally inspired by the work you have all been completing at home. This week the following pieces have really caught my eye!



Teaching & Learning Support

THE ART of CONVERSATION

It is well known that simply being able to hold a conversation, listen to the ideas of others and share your own ideas in a way that can be understood is an important skill and one that helps children become successful adults.

KEEPING MOTIVATION

Let's be clear – it is very hard to keep motivated when we still do not know when something will end. Here are a few tips:

- Do things together. Work together, read together, write together. If your child sees you doing things they are still learning they may want to join in more

These skills are learnt around the dining room table, with the TV off and electronic devices away. A good chat can be a springboard for improved vocabulary and this in turn leads to better comprehension of what we read and higher quality writing.

The crux of this message is that a good conversation is actually good learning!

- Praise, praise, praise – this is always the key to success. However, praise the effort not the outcome
- Don't worry about mistakes. Celebrate these as learning and give more focus to the effort

"If you're feeling yourself getting really angry or frustrated with your kids, take a step back," Dr. Carothers recommends. "Put things into context."

It's also important to keep your goals in perspective: Make sure to focus on the effort put in and commitment shown instead of the outcome. If you expect perfect achievement from a child who is struggling everyone suffers; you and your child.

THE IMPORTANCE of BRAIN BREAKS!

We all need to give our brains a time to have a break, and absorb the information we have just filled it with. Jumping from one task to another is a challenge for anyone – adults and children.

I know so many parents are working incredibly hard at the moment – being teachers to their own children, whilst also trying to do the job they are paid for.

Take a break. Do less better.

MINDFUL PRACTISE More ideas

1. Establish a gratitude practice. Learning to be grateful for small things is a fundamental component of mindfulness, and if ever there was a time to be grateful for things we previously took for granted this is it.
2. Try the SpiderMan meditation. This meditation teaches children to activate their "spidey-senses" and their ability to focus on all they can smell, taste, and hear in the present moment. Such a clever idea!
3. Check your personal weather report. In Sitting Still Like a Frog, Eline Snel encourages children to "summon the weather report that best describes [their] feelings at the moment." Sunny, rainy, stormy, calm, windy, tsunami? This activity allows children to observe their present state without overly identifying with their emotions. They can't change the weather outside, and we can't change our emotions or feelings either. All we can change is how we relate to them. As Snel describes it, children can recognise, "I am not the downpour, but I notice that it is raining;

Letters sent out this week

- ❖ Yorke Mead Assembly
- ❖ Video learning, free school meals
- ❖ Year 4 and Year 6 letters about trips
- ❖ Music lessons

When will school re-open?

I am sorry to say that I will not be answering this question here – school leaders found out that we were closing when you did, and I am sure we will find out that we are re-opening as you find out too. However, I can assure you that we are already beginning to plan, as much as we can do, for when school re-opens. There is much speculation around when, how and for whom schools will open first. When the school does re-open we will focus first of all on ensuring your children feel emotionally safe and well and on re-establishing the learning routines.

Some people have mentioned things such as school uniform fitting and worries about getting access to these things. We will manage everything and what matters most is that we come back happy and positively.

As soon as we know anything we will ensure you know too.

Keeping Connection

One of the most important things we need to do at the moment is help our children maintain their connection to the school. You will be doing this with family and friends, and we are working to try to help your child keep connection with school staff. We are trying to video stories, assemblies and other little bits. If these are helpful please let us know – none of us relish the camera and it is always easier if you know these are achieving something positive.

Eco Minute

You may have noticed (less so this week) the bluer skies and the wonderful sounds of the birds singing. However, take a look at these amazing nature pictures <https://www.bbc.co.uk/newsround/52487581> winning entries for the German Nature Photographers yearly competition for 2020.



Lucille Pollard
Head teacher