



# TIMBERSCOMBE C OF E FIRST SCHOOL

Nurturing our unique acorns, for the infinite possibilities of the mighty oaks they shall become.

Inspired by John 10:10, Gideon 6:11 and Corinthians 13:4



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## Head Teacher's Blog

This week brought the news of the extended time frame for school closures. I know for many of you this may not have been a surprise, but equally the news still hit many hard. Homeschooling, juggling work, supporting more than one child of differing ages, learning new technology, worrying about are we doing too little, too much, meant that for many, the pressure of the announcement was felt acutely. Please know, you are doing so well! All of you, getting the children into their live lessons, getting them up and motivated, guiding them through and helping them. Take a step back with me for a minute, and look at how much together we have achieved since schools closed again. Look at how you are now navigating Google Classroom as one strand of progress alone! The relationships between us all are so much stronger, cemented in the reality of seeing into each others homes, realising teachers and parents are working side by side to make this work, closer than we ever have before. You know my staff better now than you ever have, you have seen them juggle their own families, you have seen them write back to you early in the morning and late at night, you have seen how they care and laugh with your children. You have seen them teach, teach in a new forum learning as they go, you have seen them succeed and fail with technology and then continue to try. You have helped us and we have helped you.

So, yes, I am ridiculously sad that schools are to remain shut for longer, not surprised, but sad. Yet, I am also massively heartened by this new found deep rooted partnership working with you all. Please be proud of your children, of your selves and these phenomenal staff of mine.

Thank you for your feedback to the staff on how things are working for you, keep talking to them, talking to me, this is new territory and together we will get this remote provision the absolute best it can be for our children. The balance for us between screentime, wellbeing and the curriculum is key.

Thank you and well done! Have a safe and happy weekend.

Mrs Naomi Philp

*Our school is about kindness, caring for others, ourselves, and our world.*

*Our school values our faith, our location, our community and most of all each other.*

*We aim to instill a life long love of learning.*

## Little Oaks News

The children continue to be happy and settled in our new surroundings and this week loved joining in with The RSPB birdwatch on the school field. The clipboards were a great hit and they were excellent at spotting and trying to identify the different birds. They also enjoyed making 'animal food' by collecting different leaves, twigs and grass and mixing it up with water. The freedom to run around in a large space was great fun too.

Please keep an eye on the Little Oaks section of the website for new activities and links to help keep your little ones busy and active at home, including yoga with Cosmic Kids on YouTube.



## Safeguarding



### SIX TOP TIPS To Keep Primary Kids Safe Online During School Closure

Children are bound to spend lots more time on devices during school closure. **DON'T FEEL BAD ABOUT IT** – lots will be schoolwork or catching up with friends. But there are ways to keep them safe, healthy and happy.

**Don't worry about screen time; aim for screen quality**  
Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



**Check the safety settings are turned on**  
Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? **Internet Matters** has hundreds of guides to parental controls.

**Get your children to show you their apps and games**  
You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** or **NSPCC's NetAware**. And why not download the **BBC Own It** app?

**Don't try to hide the news about coronavirus**  
If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel – there is guidance from **Childline** to help you.

**Remind them of key online safety principles**  
There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, **THAT'S A LIE!**

**If you aren't sure, ASK!**

Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at [reporting.lgf.net](http://reporting.lgf.net), including ones to tell your kids about (they might not want to talk to you in the first instance).





## Key Dates

12.02.21—Last day of half term

04.03.21—World Book Day. Watch this space

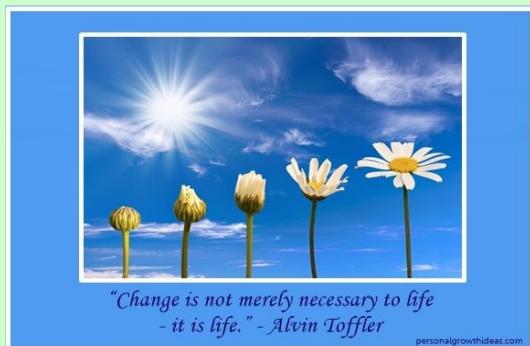
### An Extract from Thought for the Week

*Ed Gregory  
Director Education  
Diocese of Bath and Wells*

Kamala Harris is 'The first female, the first black, the first south Asian American vice president.' (BBC News, 20/1/21.) Change is happening and this election outcome has not only changed American politics it has changed views, hopes and aspirations across the whole world.

Speaking in the context of the pandemic, just before her inauguration last week, Harris said that her 'Abiding hope, abiding prayer, is that we emerge from this ordeal with a new wisdom, to cherish simple moments, to imagine new possibilities and to open our hearts just a little bit more to one another.'

Regardless of your political views or opinions, glass ceilings are being shattered, new horizons are emerging and more people are inspired to flourish. This is good change, refreshing change, long overdue change. 'Change is not merely necessary to life, it is life.' This quote, by Alvin Toffler in his book 'Future Shock', dates back to the early 1970s and yet is so relevant for us today as we face changes that are good alongside changes that are so painful. There will always be change and yet there will always be wisdom, hope, community and dignity too. If we have the right vision for the future, underpinned by the right core values, we are well placed to grow in wisdom, to hopefully imagine new possibilities, to open our hearts to one another in community and to cherish simple moments with dignity.



**Our Star of the week is Teyha, for being a smiley and enthusiastic member of our live sessions.**

**Class 1** Mr Deeks is awarding 2 Achievement Awards this week—Noah for working hard at all his home learning, which has resulted in some fantastic maths. Hermione has also worked hard and her wonderful growth mindset has helped her achieve some brilliant phonics work

**Class 2** Miss Sparks has nominated Sam for an Achievement Award this week for brilliant maths. Stanley gets the Kindness Award for being so lovely to the other children in the keyworker provision



## ECO NEWS

29th—31st January 2021

Remember this weekend is The Big Garden Birdwatch. It's not too late to sign up:

<https://www.rspb.org.uk>



Next week is Children's Mental Health Week and the theme this year is " Express Yourself."

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

When children are able to find creative ways to share their feelings, thoughts or ideas, it can help them feel good about themselves and who they are. Children can do this through art, music, writing and poetry, dance and drama, photography and film, and doing activities that they enjoy.

As parents and carers, you play an important role in your child's mental health. You can check out some free resources here:

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

### Growth Mindset Weekly:

*"don't wait until you reach your goal to be proud of yourself. Be proud of every step you take."*

*Karen Salmansohn, author*

# Wellbeing

By Kelly Twiss



## Everyday Mindfulness – Eating



Mindful eating is about using mindfulness to reach a state of full attention to your experiences, cravings and physical cues when eating.

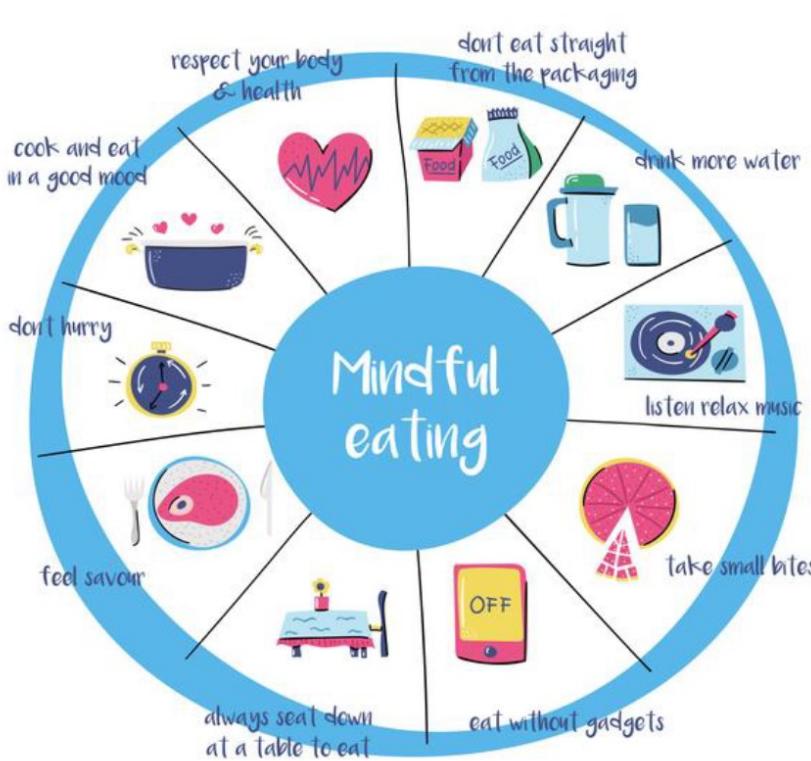
This practice not only leads to a more present and enjoyable eating experience, but also helps us appreciate the great communal effort that goes into growing, harvesting, and preparing each ingredient

Food affects the way you feel physically, how you respond emotionally, and how you manage mentally. It can either boost your energy or drain you. That said, in today's fast-paced world, eating has become a mindless, mechanical act, wherein people are no longer able to understand their body's cues regarding satisfaction, hunger and satiety.

Why not try to bring some mindful eating to your dinner table this week, sit together as a family, without distractions and really take in the range of colours, smells, observe the body, are you experiencing hunger pangs? Is your mouth watering in anticipation for your food?

Take turns placing a small amount of food in your mouth and try to describe the taste, the smell and the texture of food as you chew.

Try putting the cutlery down as you chew, easier said than done! I have to constantly remind one of my girls to stop shovelling the food in and take a breath!



When you do get into the habit of eating slower, you will be more conscious of feeling full much sooner, so you don't eat more than you need.

Some of these tips may not feel natural at first, because the practice of Mindful Eating is foreign to us in our active, fast-paced culture. But if you motivate yourself to try, you can feel confident in knowing that it will soon become a habit and eventually second nature.