

**SPRING TERM  
2020-21  
NEWSLETTER 16**  
Friday, 29<sup>th</sup>  
January

# CHERRY TREE PRIMARY SCHOOL

## Our Mission Statement

*Bringing out the best in each other as we blossom & grow*

## Our Values

*Happy, Aspirational, Resilient, Independent, Open-minded, Compassionate*



## SCHOOL NEWS

Friday, 29<sup>th</sup> January 2021

Dear Parents and Families,

It is hard to believe that it is February next week and we will be entering week 5 of Lockdown 3.0. I know it has been a difficult time for everyone but as the infection rate is falling, we **hope** that we will be able to open again at some point in March. This may be a phased opening with some year groups returning before others, but I have no further information on this. As I have mentioned before, the government's plans are revealed in the national news; we do not get advanced notification.

### Remote learning

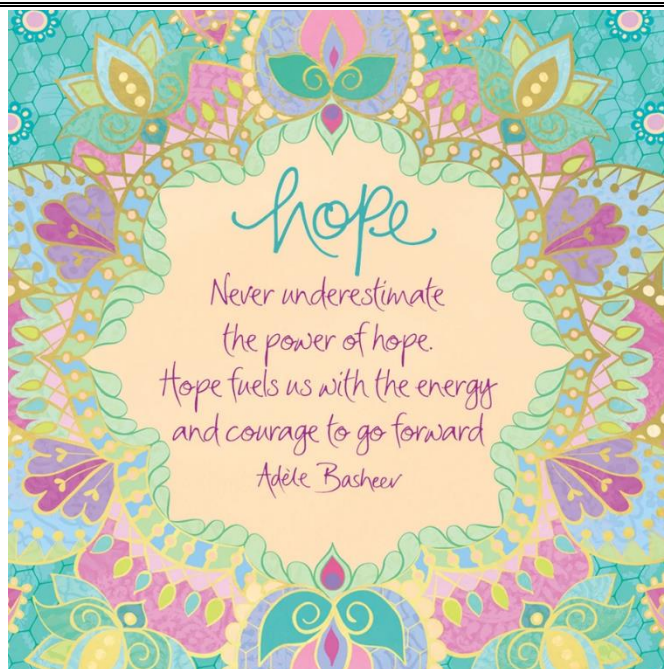
I have seen some brilliant online learning this week. For example, Year 5 have created adverts and Podcasts, with some very creative interviews. These have included starring roles from family members! The children in Year 3 each contributed to a class poem about pirates; I loved the costumes that some were wearing. Class F are adapting well to live lessons and are enjoying the chance to see their friends on screen.

We feel we are doing our very best to keep the children learning and engaged; thank you for your tremendous support at home! Has it tempted any of you to retrain and become a teacher? We are all very much looking forward to having your children back in school!

As the only alternative to face-to-face teaching, remote learning is working well. The majority of lessons across all age groups have 100% attendance/engagement! This shows true commitment by our children and families towards ongoing learning. Thank you!

However, research shows that being on-screen for too long is not advisable for anyone and particularly young children. Our teachers incorporate screen breaks for the children in between their live lessons and aim to keep lessons within the recommended screen-time guidelines. Part of our Computing Curriculum involves 'Online Safety,' including teaching children key skills to enable them to benefit from their screen time. For more information follow this link which gives more detailed advice for families around helping your child to develop a 'healthy digital diet': <https://www.internetmatters.org/issues/screen-time/>

As part of our drive to get the right balance between written work and screen time, we have purchased workbooks for the children to complete, under the direction of their teacher, and as part of their timetabled home-schooling activities. (Please do not ask your child to work their way through these books independently.) Thank you for coming to collect these books from our school hall; it was a real treat for me to be able to see many of you in person, albeit briefly!



Another way we are addressing the current heavy-usage of electronic devices is to have a 'Screen Free Afternoon'. On **Wednesday, 10<sup>th</sup> February**, our teachers will ONLY set activities that do not require a screen to be used.

As a team, we will also be going screen-free for the afternoon. This will give the children and staff team's eyes and brains a break from electronic light and stimulus. Our goal is also to raise awareness of the importance of considering the impact that excessive screen time has on their well-being. We hope to equip our children over time, with the tools to be able to self-regulate their own screen-time. Feel free to go screen-free with us, if your work allows!

### Extra-Curricular Clubs

I have previously mentioned in a Newsletter that we hope to restart the clubs that were planned for this half term, as soon as we are able to. We are aware that many of you have paid for these clubs and yet the new start date is uncertain. Thank you for your patience.

ParentPay take a percentage of any money we take for the provision of their service. They also charge us for refunding parents. If we were to refund all of the payments made for clubs, we would have to pay for each transaction- the payment for the club, the refund and potentially when parents re-book for the new date. With our current deficit position this is not a cost we would like to incur. Your payment will be honoured and a club will take place when we are fully open.



### Happy NEWS *This week's uplifting news*



- ✓ *Before Christmas we had a Christmas Jumper Day to raise money for the 'Save the Children' Charity. I am very pleased to tell you that we raised a total of £241 for this great cause.*
- ✓ *We are pleased to welcome two new children to Cherry Tree. Tisha has joined Year 6 and Esme has returned to Class F, after leaving for a few months. This brings our school to a total of 214 children on roll, which is 4 over our recommended number of 210.*

---

### FUTURE EVENTS

---



#### Children's Mental Health Week – 1<sup>st</sup> to 5<sup>th</sup> February

Next week is Children's Mental health' week. This year's theme is '**Express Yourself.**'

Mental health has always been high on the agenda for us at Cherry Tree, but particularly during the pandemic. Each class will be set some activities to support the mental health of all children next week.

Attached to this Newsletter is a document outlining an extensive range of resources to support mental health for children and adults.

Please do not hesitate to reach out to someone for support if you or a family member is struggling with mental health issues.

#### How common are mental health problems?

- 1 in 4 people will experience a mental health problem of some kind each year in England.
- 1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week in England.

(Above statements taken from the Mind website.)



## Charity Event for Muscular Dystrophy- Friday, 5<sup>th</sup> February

On **Friday, 5<sup>th</sup> February**, we had planned to hold a 'Go Bright Day' in school to raise much needed funds for Muscular Dystrophy UK (MDUK). Two of our year 6 pupils - Oscar & Sebastian Spink - have a progressive form of muscular dystrophy and have been supported by this charity since they were diagnosed in 2019. Most of our children will now be at home on Friday 5<sup>th</sup>, therefore we have decided to make this a virtual event instead. **We would like to invite all children either at home or in school, to create a wacky hairstyle and wear bright clothes.** Please make a donation to MDUK via ParentPay.

MDUK are also holding a 'Virtual Balloon Race' with a first prize of £500 cash. It costs £3 to enter and the link is as follows: <https://ecoracing.co/user/page/1238>

You can find out more about MDUK and Oscar & Sebastian's story at <https://www.justgiving.com/campaign/oscarandseb>



## Screen-Free Afternoon- Wednesday, 10<sup>th</sup> February

As mentioned above, we are having a screen-free afternoon on Wednesday, 10<sup>th</sup> February.

Join us in giving your eyes and brain a break from an electronic screen.

Join us in setting a good example to our children by stepping away from the screen.

Why not go outside; do something creative; read a book; meditate; do some physical exercise; write a story; or read a book.

## Love and Hope Theme- 8<sup>th</sup> to 12<sup>th</sup> February

As we approach Valentine's Day, we are having a '**Love and Hope**' themed week in school. We have been capturing inspirational messages of love and hope on pieces of fabric, to make into bunting. I look forward to sharing the end results with you.

Jenny our cook has used this theme to inspire her meals for the week, see below. For those children who are in school, we hope they will opt for a school meal each day!



## 'Love and Hope' Themed Menu

Week commencing 8<sup>th</sup> February 2021

*A revised menu will be sent out each Thursday for the following week*

	Monday	Tuesday	Wednesday	Thursday	Friday
Week commencing 8 <sup>th</sup> Feb 2021	Heart shaped pizza wedges or Filled jacket potato Jam heart biscuit	Cheese and ham heart puff and herby diced potatoes or Filled jacket potato Pancake with strawberries	Meatballs with pasta or Filled jacket potato Fruit sticks	Made with love steak pie with mash or Filled jacket potato The Queen of Hearts jam tarts	Chicken poppers and chips or Filled jacket potato Pop cake



Vegetarian alternatives are available daily  
PLUS unlimited salad is available. Fresh fruit, Soreen, cheese and crackers or yoghurt are available as a dessert. Fresh milk or water.



## 'Young Voices' Big Sing- Tuesday, 15<sup>th</sup> June at 2pm

The children from Year 3 and 4 who attend the 'Young Voices' club with Mrs Greason and Miss Birchall, will be taking part in a virtual event called the 'Biggest Sing'. The children in this club started to learn the songs for the Biggest Sing event before the lockdown began. We are hoping to be able to send the links to the music and lyrics home to allow them to practice at home too. The message below is from the YV website:



### ***YV Biggest Sing – Guinness World Records™ title attempt***

*We are aiming to smash our own Guinness World Records™ for the Largest Simultaneous Sing-Along and top the charts with a **charity single!** Not only that now will participants also be able to 'sign' to break the Largest Simultaneous Signed Song record!*

***YV Biggest Sing** will be the flagship event of **Children's Mental Health Week**, hundreds of thousands of children, their teachers and families will come together all over the UK in the safety of their schools and/or home to sing the iconic song '**Lovely Day**' by Bill Withers with special guest artists to raise vital funds in support of **Place2Be**, our chosen charity for 2021.*

*Join us on **15th June 2021 at 2pm** and sing the Bill Withers classic '**Lovely Day**' with **Billy Ocean, YolanDa Brown & Rutii**, streamed LIVE from The O2 arena.*

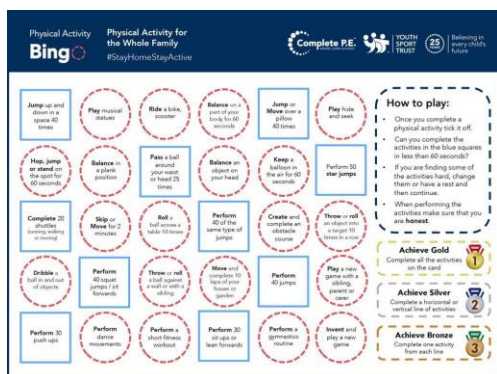
## PTA NEWS



### Amazon Smile

Online shopping is our saviour at the moment! Please remember to select **Cherry Tree School Association** as your chosen charity. Amazon is thriving as a business during the pandemic; they can easily afford to give our school a donation each time you purchase eligible products, so please help us to gain this extra funding at NO COST TO YOU.

## REMINDERS



### Physical Activity Bingo

If you have chosen to take part in Physical Activity Bingo, remember that we are having a prize draw for any child who achieves the Gold Standard. Gold can only be achieved by completing all of the activities. Post photos as evidence on your child's class see-saw page. A winner will be picked from all those who reached Gold on Friday, 12<sup>th</sup> February and will be awarded a prize.

The full-sized bingo card can be found on ParentApp.

- We break up for half term on Friday, 12<sup>th</sup> February at the normal time of 3:15pm/3:30pm. Work will not be set for children during this holiday.

## FINALLY

Wishing you all a happy and healthy weekend!

Kindest regards,

Helen Graham  
Head Teacher

Please feel free to contact me with any queries,  
[CherryTree.Primary.Head@warrington.gov.uk](mailto:CherryTree.Primary.Head@warrington.gov.uk)

# Resources to Support Mental Health

## Children's Mental Health Week

[Children's Mental Health Week](#) takes place between 1 and 7 February 2021. The theme of the week is "Express Yourself". The aim is to encourage us all to explore ways we can express ourselves and share feelings, thoughts and ideas. The free downloadable campaign resources include materials for both primary and secondary schools and can be adapted for use in school, or at home. The campaign is led by the children's charity, Place2Be.

## Free resources for children and young people

On Warrington's Happy? OK? Sad? site, you'll find links to a range of free services and resources, relating to children and young people's mental health and wellbeing. [Click here for more details](#). The areas covered include:

- Mental health support services for children and young people
- Signposting or referring a child or young person into services
- Free mental health resources for young people
- National In Your Corner materials for schools
- Make Time and the Five Ways to Wellbeing resources
- Better Health, Every Mind Matters resources
- COVID-19 and wellbeing resources for young people
- Free training relating to young people's mental health and wellbeing

## Time to Talk Day - 4 February 2021

The [Time to Talk Day](#) campaign encourages everyone to break down barriers and help change attitudes, by talking about mental health. The theme, "*the power of small*", emphasises that small acts, such as a conversation, can make a big difference. Talking about mental health doesn't have to be difficult. Time to Change has free, downloadable [Time to Talk Day](#) resources.



## Support services for children and young people

The Happy? OK? Sad? site has a page for children and young people, with details of mental health information and support they can access themselves. To find this information:

1. Go to [www.happyoksad.org.uk](http://www.happyoksad.org.uk)
2. Click the blue button "**children and young people**"
3. Then look under the dark heading "**information and support**"



## Young Minds

Young Minds runs a [Parents' Helpline](#), which offers free, confidential advice and support to parents and carers concerned about the mental health of a child or young person (up to the age of 25). This support can be accessed by phone, webchat and email. The Young Minds site also provides mental health and wellbeing information to young people themselves.

## PAPYRUS debrief Service

As well as providing support to young people who feel suicidal and to people concerned about a young person, [PAPYRUS](#) offers a debrief service. People, of any age, can ring HOPELINEUK on 0800 068 41 41, to debrief, after a recent encounter with suicide.

Examples of who the service is for are below:

- A concerned other, after a patient, client, or loved one has attempted suicide.
- A concerned other, after they have asked someone “are you thinking about suicide?” and the answer is “yes”.
- A first responder, after they have attended the scene of a suicide, or an attempted suicide.
- Anyone who has had a recent encounter with suicide, or who has recently witnessed a suicide.

## Mental health support services for adults

The Happy? OK? Sad? site includes a page with details of mental health support for adults. To find this information:

1. Go to [www.happyoksad.org.uk](http://www.happyoksad.org.uk)
2. Click the blue button “**adults**”
3. Then look under the dark heading “**information and support**”

## Urgent support

Details of mental health support services for someone in crisis, can be found [here, more details about the local mental health crisis line are below:](#)

### Local NHS Mental Health Crisis Line

- available **24 hours a day, seven days a week**
- for people experiencing a **mental health crisis**, who need **urgent support**
- for people concerned that a **friend or family member** is in a mental health crisis
- for people who **live in Warrington**, Halton, Knowsley or St Helens
- for **people of all ages**, including children and young people
- **free to call: 0800 051 1508**

More information about the Mental Health Crisis Line can be found on the links below:



**Need urgent help with your mental health?**

Live in **Halton, Knowsley, St Helens or Warrington?**  
Call us on our new **Freephone number!** We can help.

 **0800 051 1508**

[www.nwbh.nhs.uk/help-in-a-crisis](http://www.nwbh.nhs.uk/help-in-a-crisis)

[Crisis Line information for people experiencing a crisis](#)

[Crisis Line information for professionals](#)