

# POTTER STREET ACADEMY NEWS

Dear Parents / Carers

As we come to the end of another week, I would like to reiterate that as teachers and parents our most important role is to ensure our children are safe and physically and mentally well.

As you know, we are proud of our high expectations and we have set lots of work and activities. We expect all children to complete homework set by the teacher each week. However, if you are struggling with the amount of work set and/or completing it and accessing live learning please continue to contact your teacher who will support you.

We are very aware that lots of you are juggling your own jobs, your children's work and all the other worries that we may have during a pandemic. We realise that everyone's circumstances are different, and we appreciate all that you are doing to work in partnership with us.

Please ensure that we hear from you all during the week. If we do not, we will conduct home visits to make sure you are safe and well.

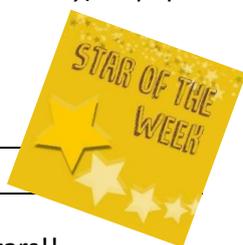
With that in mind, next week is Mental Health Week. Teachers will set Mathletics activities instead of live teaching Maths. In the session that would have been Maths, teachers will be focusing on mental health and PSHE activities instead.

We are mindful of all the other subjects, so from next week a day a week of live teaching will be devoted to a subject. Next Wednesday (the 3rd February) all pupils will be engaging in Geography live learning.

Mrs Holland

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## Star of the Week



Congratulations to this week's stars!!

Beatrix Class	Keira
Cobb Class	Ollie
Hockney Class	Anthony-James
Boyce Class	Ilyer
Burman Class	Chloe G
Lowry Class	Jessica
Ofili Class	William
Anderson Class	Preston
Banksy Class	Grace
Hirst Class	Lacie

Make sure they look out for the post!!

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## Parent Survey – Remote Learning

We would like to thank all the parents and carers who completed the online survey we sent out relating to our remote learning provision.

Thank you for so many positive comments, it is lovely that everyone's hard work is appreciated. The School Leadership Team will review all comments and communicate with you any changes that have resulted due to your comments and suggestions.

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## Road Safety Interactive Online Comics

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During these current times, where walking is being encouraged, the Safer Essex Roads Partnership has two on-line Road Safety interactive comics, "Road Rangers" suitable for EYFS and all of Key stage 1, and "Safer Steps" suitable for all of Key stage 2.



Both on-line comics are free of charge. The stories in these on-line resources cover a different topic that is accessible directly through the website on a computer, mobile or tablet device.

The free on-line resources can be found at-  
Road Rangers: <https://theroadrangers.co.uk/>

Safer Steps: <https://safersteps.co.uk/>

Username: **essex**

Password: **saferroads4all** (The same username and password will access both.)

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## Supervision Room

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If you require a space in the supervision room, please let the school know by the Thursday before the week that it is needed. If you do require a space please email [office@potterstreetacademy.com](mailto:office@potterstreetacademy.com). Thank you for your help.

We have been notified by the Department for Education that schools will be closed over the February half term break, meaning our supervision rooms will be closed during this week. We will not provide remote learning activities for the half term so that children, parents, and staff can have a much-deserved break.

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## Emotional Health and Wellbeing

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Next week at Potter Street we are proud to be supporting children's mental health week. 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. Children can do this through art, music, cooking, drama, photography and doing activities they enjoy.

Here are a few simple ways you can encourage your child to express themselves.

- 1) Build on an existing interest or passion A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts.
- 2) Trying new things can be a great way to find a new creative outlet. There are lots of online tutorials and video demos that you and your child could be inspired by... could you try out something new together? Or perhaps ask someone you know to share their creative hobbies and give them a go.
- 3) Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.
- 4) Listening carefully can help children feel more comfortable and confident when expressing themselves. Try to minimise distractions and give your child your full attention when you're spending time together, being aware of your own body language and eye contact. You might want to try summarising what they've shared and acknowledging their feelings.
- 5) Children are expressing themselves all the time but not necessarily with words. 'Listen' to everything they are trying to tell you with their behaviour, or with

their play and creativity or with their silence. It's all self-expression.

- 6) Remember – you don't need a lot of expensive equipment to get creative at home. Recyclable materials or older items you no longer have a use for can provide amazing inspiration, and of course there's no limit to your imagination.

If you have concerns about how you or your child are managing during these wet, winter months please reach out to your child's class teacher or call/email the office and ask to speak to one of our Wellbeing Team in school. The NHS have some great information about supporting children's mental health and well-being. More information can be found here: [https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/?WT.tsrc=search&WT.mc\\_id=EMMParentsSearch&gclid=Cj0KCQiA3smABhCjARIsAKtrg6Jnw0XSYAV19-3E8p32PZANwrkcg54yZcw4OBaJuX9XEgCArdzRGLwaAvzuEALw\\_wcB](https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/?WT.tsrc=search&WT.mc_id=EMMParentsSearch&gclid=Cj0KCQiA3smABhCjARIsAKtrg6Jnw0XSYAV19-3E8p32PZANwrkcg54yZcw4OBaJuX9XEgCArdzRGLwaAvzuEALw_wcB)

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## Support

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Are you concerned about the impact of Covid-19 on you or your family? These organisations can support you.

### **Citizen's Advice Harlow**

free impartial advice  
01279 770189

### **Safer Places**

domestic abuse support  
03301 025811

### **Healthy Minds**

talking therapies & self help  
0300 222 5943

### **Job Centre Plus**

job search, benefits and support  
0800 055 6688

### **Harlow Council**

council tax, housing benefits & general housing advice  
01279 446655

### **The Essex Wellbeing Service**

practical, emotional & specialist support  
0300 303 9988

### **Harlow Community Hub**

Covid-19 general advice on food shopping & prescriptions  
01279 927005

**Wishing you all a lovely weekend, please continue to take care of yourselves and your families.**

