

POTTER STREET ACADEMY NEWS

Dear Parents/Carers,

We are very pleased to be welcoming back everyone on Monday. The following is a letter to children on the Well-School website which we will share with the children next week and I would like to share with you:

We are incredibly proud of you! This last year has been exceptionally difficult. You have shown incredible resilience and adaptability. You have been selfless and put the needs of others before your own. You have made so many sacrifices and yet faced the challenges with strength and determination. There is much you've been told you've lost, including many weeks of your education, but there is much you have gained. You will emerge from this stronger. This may be the greatest challenge you have faced so far but it will not be the last. Next time you will find you have more resources and are better prepared (and even more so the time after that).

We know some of you will be worried about what the future holds. We want you to know we are here for you. We know you will need a chance to reconnect with your friends. We know you will need time and space to play and be active. We know you are desperate to get back to your sports/ music/art/acting and everything else that is so crucial to your development. We know that you are keen to get back to your studies in school and as well. We know that evenings, weekends, and holidays are as important as your time at school. We are committed to ensuring that your opportunities are balanced and wherever your passions lie you have the chance to pursue these. We will be here to encourage you, support you, challenge and help you every step of the way.

You are the future and that future is not written. There are challenges but there always have been and always will be: we know we will get through this together. We have complete faith in you. We want you to know that; more than anything. Do not let us or anyone else tell you what you can or can't be. We don't know. We cannot imagine what you will achieve. But we are so excited to see and be a part of it.

Have a lovely weekend.

Kath Holland
Associate Headteacher
Potter Street Academy

Star of the Week

Congratulations to this week's stars!!

Beatrix Class	Paige
Cobb Class	Amber
Hockney Class	Cian
Boyce Class	Jazmyn
Burman Class	Lexis B
Lowry Class	Ella
Ofili Class	Ioana
Anderson Class	Lacey
Banksy Class	Cameron
Hirst Class	Rio



Parent Letter Regarding Household Testing

Please see the below link from Essex County Council to all parents and carers of school children encouraging you to take up the offer of regular testing for your household.

[Parent Letter - Home Testing for Households March 21.pdf](#)



Return to School – 8th March 2021

For primary school-age children, on site attendance at school on and from 8th March is mandatory.

The advice from Public Health England is that there is no requirement for primary age pupils to be tested for Covid-19 before returning. This is because there are limited public health benefits attached to testing primary pupils in terms of stopping the spread of Covid-19 and younger children are less likely to catch the virus.

Primary school pupils are also not required to wear a face covering at school, however parents / visitors are asked to wear a face covering when entering the school site.

Welcome Back

We are very pleased to announce Mrs Navia will be returning to Potter Street Academy and will be teaching Year 5, Anderson Class, on a Thursday and Friday.

Inset Day

The INSET day which was planned for 12th March has been postponed so 12th March 2021 will be a normal day.

Emotional Health and Wellbeing

As we return to school on Monday, It's important to give children the message that returning to school is a big thing and you understand that. Talk to them in a way that is sensitive to their needs – you will know your child best. Don't intrude or impose yourself on them, but gently open the conversation and let them know you're there for them if they want to talk.

Your child might have worries about the virus, restrictions in place or their education and school. It's important to acknowledge that this is a difficult time. You can explore these and help

them to think of ways to manage them using our Time for Us pack

<https://www.mentalhealth.org.uk/sites/default/files/MHF-Scotland-Parents-Pack.pdf>

or the resources on the Family Links website <https://www.familylinks.org.uk/resources-for-parents>

Sleep is very important for your child's mental health and wellbeing, as well as their development. Try and help your child build a healthy sleep routine which they can maintain whether attending school. You could use this guide on improving sleep, it could be a good place to start

<https://www.mentalhealth.org.uk/publications/how-sleep-better>.

Coping strategies are what you use when feeling stressed, such as speaking with friends or family, doing regular exercise, or using breathing techniques. If you feel comfortable, you could share your own worries and feelings about the current situation and coping strategies you are using to manage these feelings. Acknowledge that it's normal to feel anxious about going back to school – try sharing an example of a time you've felt anxious about going into a new situation. Also talk with your children about the importance of resilience and how finding something positive to focus on (no matter how small) can help us overcome some of our anxieties.

Encourage them to focus on the present and avoid thinking too far ahead. Thinking too far ahead can feel overwhelming. Focus on what is in their control (hand washing, wearing masks, getting prepared for returning such as packing their bag) rather than what they can't control (what might happen with the pandemic in several months time).

We look forward to seeing you all on 8th March, have a restful weekend and take care.

