



## Newsletter for Parents

5th June 2020

### Phase 1 Reopening

We have been pleased to welcome many children back to school this week in our first phase of reopening. If your child has attended school this week, we hope it has been an enjoyable experience for them. The focus for learning activities for all children this week has been on health and wellbeing and we hope that your child has found this focus beneficial and rewarding. Next week we begin to focus again on core subjects in school and home learning.

Thank you to those parents who have shared such positive feedback with us – it is very much appreciated by all our staff.

*“Thanks to everyone at the school for the fantastic home learning opportunities you are providing for the children”*

*“Thank you to all the staff of Hook Junior School who are working so hard during this time”*

***A reminder that school is open only for pupils who are children of keyworkers and vulnerable children.***

Parents of children in year 6 who will be attending in Phase 2 of our reopening on 15 June will be informed of their class allocation and teacher in due course.

### Mrs Heaslop is taking her maternity leave

Mrs Heaslop is now starting her maternity leave and we send our best wishes to her and her husband as they anticipate the arrival of their first child.

### One to one instrumental lessons in school September 2020

We are delighted to let you know that we will now be offering one to one lessons with private instrumental teachers of Violin, Flute, Trumpet and Piano during the school day. Lessons will take place during the afternoons. Places for each instrument will be limited. If you are interested in finding out more please contact the teacher(s) directly by email and they will provide you with further details.

Parents of Flute and Violin pupils currently learning with Hampshire Music Service, who wish to continue with lessons in school, will also need to contact Sam Gill and Diane Wakefield directly by email.

Violin: Diane Wakefield [dianewakefield.com@gmail.com](mailto:dianewakefield.com@gmail.com)

Flute: Sam Gill [samgillmusic@hotmail.com](mailto:samgillmusic@hotmail.com)

Trumpet: Nicky Raimbaux [nraimbaux.music@gmail.com](mailto:nraimbaux.music@gmail.com)

Piano: Michele Linehan-Hill [michele@linehan-hill.co.uk](mailto:michele@linehan-hill.co.uk)

## PSHE – Covid-19 Song Challenge

Thank you for all of the fantastic efforts to re-write famous songs – the teachers have been smiling all day listening to and reading the great variety of songs! To make you all smile, see Class 4's rewrite of the Friends theme tune!

### “I'll be there for you” by Class 4

So no one told you life was gonna be this way,  
You can't see friends or family,  
Unless your 2 metres away!  
It's like your always sanitizing your hands,  
And you can't go to the park, the pool, the beach,  
It's ruined your plans.

But, I'll be there for you,  
Whilst we're in quarantine,  
I'll be there for you,  
While we're waiting for a vaccine,  
I'll be there for you,  
'Cause you're there for me too.

You're still in bed at ten,  
And school began at eight.  
My Ipad needs a charge,  
Things aren't going great!  
Your Mother warned you to wear masks like these,  
And now you're ill from virus particles  
Sent on a sneeze,

But, I'll be there for you,  
During Covid-19  
I'll be there for you,  
Clapping for our NHS team,  
I'll be there for you  
'Cause you're there for me too.

Wanna build a world with me?  
Win a victory royale with me?  
I'm sat at home, all alone,  
Wanna play online with me?

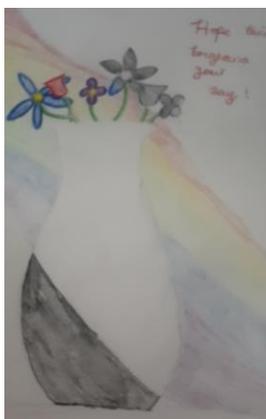
Someone to duo with!  
Someone to battle with!  
Someone to race with!  
Even if we fail, it's fun with you, Yeah!

It's like your always sanitizing your hands,  
And you can't go to the park, the pool, the beach,  
It's ruined your plans.

But, I'll be there for you,  
Whilst we're in quarantine,  
I'll be there for you,  
While we're waiting for a vaccine,  
I'll be there for you,  
'Cause you'll be there for me too.  
I'll be there for you,  
During Covid-19  
I'll be there for you,  
Clapping for our NHS team,  
I'll be there for you  
'Cause you're there for me too.

## PSHE Artwork

Art is often used to express key moments in time, and many famous artists have been representing the coronavirus in different ways. This week, the children have taken inspiration from various artists to create their own piece of positive art. The work created by both those in school and online will be sent to the care homes in Hook to spread joy to some of the most vulnerable people in the local community. We are proud of the time and effort that has gone in to creating their work and here are a few examples of finished pieces across the school.



## PE With Daisy

This week, the children were asked to design their own workout session, inspired by Joe Wicks' daily PE sessions. The teachers were really impressed with all of the workouts sent through and they have picked a winner. Congratulations to Daisy M, of Year 5, who has produced a fantastic workout, themed around some of the new experiences we have all come to terms with during Lockdown.

### MY LOCKDOWN THEMED WORKOUT

By Daisy M

Do 30 seconds of exercise and 30 seconds break.

Do all 10 exercises, have a 2 minute break and then do them all again!



#### 1) Toilet roll dash

Toilet roll is back in stock - 30 seconds of running on the spot



#### 2) 2 metre measure

Touch your toe take two side jumps and touch the other toe.



#### 3) Waving at your friend

You see your friend in the park - do star jumps to get their attention



#### 4) The sofa squat

Hold your sofa squat for 30 seconds.



#### 5) Clap for carers

Squat and clap and then jump to face the other way and clap - repeat for 30 seconds



#### 8) The daily bike ride

Lie on your back with your arms in the air and pedal for 30 seconds.



#### 9) Delivery driver

Pick up your parcel jump forwards, put the parcel on the doorstep and jump away



#### 6) Rainbow

Stretch sideways to the ground and draw a rainbow with your arms to the other side.



#### 7) The NHS Superhero

Lie on your back and pull a Superman pose. Swap sides for 30 seconds.

#### 10) Stay alert

Jump around being very alert. Moone really knows what it means so just jump about,

## Safeguarding and Mental Health

### Family Wellbeing Pack Produced by Southern Health NHS

[This wellbeing pack](#) has been produced specifically for Hampshire to introduce the **ChatHealth** text messaging service for young people age 11-19 in Hampshire to text messages to a dedicated number for support, and advise of updates to school nurse services. However, the pack is being shared wider as it also includes a host of useful advice, resources and contacts for other services, not Hampshire specific, to help parents and carers support their children with education, health and wellbeing, with some useful advice about self-care too.

### CEOP 'Think You Know'

[A guide to sharing images – for parents and carers:](#) new video guides for parents/carers of both primary and secondary ages, which explore the positives and risks of sharing images online and offer practical advice on:

- What they can do to reduce risks
- How they can seek help if they are concerned about an image that has been shared

**Work with Primary School Children:** A key part of education with children is talking to them from a young age about what they share online. [Jessie & Friends with 4-7s](#) and [Play Like Share with 8-](#)

[10s](#) are age appropriate resources to explore issues around consensual and non-consensual image sharing in a developmentally appropriate way.

**Home Activity Packs:** Support at home through age specific activity packs and parent help sheets, to support keeping children safe online during lockdown. The focus of latest packs and resources is sharing images online. All links are available on the [Home Activity Packs](#) webpage

### Young Minds 360

Supporting parents and carers during coronavirus

- [Parent to Parent Guide](#)
- [Wellbeing Activity Calendar](#)

### Parent Zone

- [10 Mental wellbeing apps for the family](#)
- [6 online activities to boost children's digital resilience](#)

### Parent Info (CEOP & Parentzone)

- [What questions parents and carers should be asking about screen time](#)
- [6 fun online activities to boost your child's digital resilience](#)
- [Dove's new #SelfEsteemAtHome videos](#)
- [County Lines - what is it and who is at risk?](#)
- [June school re-openings - What parents need to know](#)

### Rock Pool – SPACE (Supporting Parents and Children Emotionally)

SPACE is a new Rock Pool programme for any parent who wants to better understand and support their children's emotions, as well as their own, helping them understand what is meant by a Trauma Informed approach and to familiarise them with the Trauma Informed language being used in schools and organisations who are working with and supporting their children.

- [#1 Factsheet 'Being Safe'](#)
- [#2 Factsheet 'Keeping Connected'](#)
- [#3 Factsheet 'Understanding Resilience'](#)

### Stars of the Week

Year 3: Ishwyn R, Elsie O, Ines A, William M, Jun L, Darcy D

Year 4: Kiera S, Laila W, Abigail G

Year 5: Eliza V, Sophie M, Tom S, Eloise M

Year 6: David M, Felix F, Hannah B, L Coolbear, O Coffin

### Find out more...

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