



Weekly Newsletter

Friday 8th January 2021

Thank you to all the critical workers and key workers who have made the difficult decision to keep their child/children at home for the safety of pupils, staff, and the wider community.

Government guidelines state that parents who are critical workers and key workers should aim to keep children at home if they can.

If your child has a place at school and your circumstances change or you change your mind, you can withdraw your child from school to complete remote education.

If your child has been invited to attend school during this lockdown, we expect them to attend every day unless you advise us that you are withdrawing them to learn at home. If your child is unable to for any reason (for example, they are unwell), please report this as usual by calling us and leaving a clear message on the absence line. Your message must include your name, your child's name, their class and the reason for absence.

Donate your used laptops for use by children

Throughout the pandemic we have been working with the [Hook and Odiham Lions](#) to provide children with little or no access to technology with refurbished laptops in order for them to continue learning while at home. A number of children attending Hook Junior School have already benefitted and we are keen to ensure that we can continue to direct the devices that the Hook and Odiham Lions are offering to children who really need them.

A number of parents have contacted us with an offer of a used device and we will gratefully receive these on behalf of the Lions. Please email the school office in the first instance confirming your details and the offer. We will provide further instructions thereafter. Devices should be in good working order and will be transferred to the Lions for preparation which includes the secure erasing of all data before being issued to a pupil in the community.

Mental Health and Well-being

The coronavirus pandemic has brought many new and unexpected challenges to everyone's mental health and wellbeing. In the current climate, it is more important than ever that we support positive mental health.

Coronavirus has changed lots of things about family life. And we know that some parents and carers might be worried about how to manage stress and changes to their daily routines. It's important to remember that everyone copes with change and stress in different ways.

Being a parent can be challenging in everyday situations. Now, more than ever, taking care of your mental health is important. Staying at home more or having to work during a difficult situation can put different pressures on everyone. If you're struggling, it's okay to reach out for support from friends, families and organisations that are here to help.

IT'S OKAY TO
NOT BE OKAY

In the coming weeks, we will be signposting families towards practical help, advice and support both at school and in the local area. If you need to speak to someone at school regarding your child's mental health then please contact Miss Carne via the school office.

Ways to help your child look after their mental health

Talking – Support your child to talk about their problems and how they are feeling.

Wellbeing – Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce anxiety and stress.

Self-Care – Make sure your child has time and space to look after themselves.

Relaxation – Help your child to relax. Teach them relaxation skills such as deep breathing.

Play – Promote play and creativity with your child. Allow them to explore.

Sleep – Support your child to build positive sleep habits. Develop a good sleep environment with your child.

Most importantly, Parenting can be difficult so it's important to **look after yourself too**.

School Meals this week

It has been necessary to provide cold food on Thursday and Friday of this week in lieu of hot meals. This has been due to a staff shortage as a number of kitchen staff have been required to self-isolate. Hot meals will return to the school menu from Monday 11th January.

Flu Immunisations

It's not too late to have the flu immunisation. If your child missed their flu immunisation in the autumn term you still have the opportunity for them to receive this. Contact the immunisation team directly to book an appointment at one of these clinics. You must book an appointment – do not travel unless you have an appointment. You can contact the School Immunisation Team on 01252 335142 or by emailing shft.northeasthantsimmunisationteam@nhs.net with their child's full name, DOB, name of school and preferred clinic.

The Hampshire School Immunisation Team are running community clinics on the following dates;

Wednesday 20th January – Aldershot Centre for Health

Wednesday 3rd February – Liss Triangle Centre

Friday 12th February – Petersfield Community Hospital

Find out more...

Follow [@hookjunior on Twitter](#) and [visit our Facebook page](#) for more updates and photos.

Key Dates

15 Feb 2021	Spring Half Term
22 Feb 2021	INSET Day
2 Apr 2021	Easter Holiday
31 May 2021	Summer Half Term
26 Jul 2021	Summer Holidays