



# Hunters Hall Primary School

## Stay at home Snippets

Issue: 3  
January 2021

### Headteacher's Message

Dear Parent/Carer,

I hope this edition of Stay at Home Snippets finds you well and being kind to yourselves.

There is no guide book to help us live through a world-wide pandemic, so all we can do is try to eliminate unnecessary events, thoughts and fears, and focus on doing what we know will make us feel good and support us. If watching or reading the news worries us, then we owe it to ourselves to turn it off. What we watch and read is our own choice. If the sensationalist reporting of Covid-19 alerts us and makes us anxious, then it is our duty to ourselves to limit news coverage.

The Thrive Wellbeing Kit published in this edition is full of suggestions of ideas and activities we can do and focus on to help us stay more positive, or lift our mood when we realise we are not feeling content. Please read the ideas and decide which ones are the easiest to try by yourself and with your family to help stay calm and content.

Remote learning is demanding for everyone involved. I know that as both a Headteacher with the responsibility of providing learning for every child registered at Hunters Hall, and as a mother of a teenager working at home. The staff are doing their very best to deliver lessons and check in with all pupils. You are doing your utmost to teach your children the lessons provided. It is essential that we keep all lines of communication open so we can do the very best for our children. Please contact the year group emails with any questions and the staff will respond to them during school hours.

I wish you all a safe, healthy happy weekend.

Selina Frazer,  
Headteacher.

#### Communication

We continue to use our ParentHub and/or Twitter feed  
<https://twitter.com/Huntershallps> to communicate messages during the time that the school is closed to most pupils in order to provide childcare to critical workers' children. Home Learning activities, which are updated regularly, can be located here:  
<http://www.huntershallprimary.org.uk/home-learning/489.html>

Remember that each year group has an email address:

[Reception@hunters-hall.bardaglea.org.uk](mailto:Reception@hunters-hall.bardaglea.org.uk)  
[Yone@hunters-hall.bardaglea.org.uk](mailto:Yone@hunters-hall.bardaglea.org.uk)  
[Ytwo@hunters-hall.bardaglea.org.uk](mailto:Ytwo@hunters-hall.bardaglea.org.uk)  
[Ythree@hunters-hall.bardaglea.org.uk](mailto:Ythree@hunters-hall.bardaglea.org.uk)  
[Yfour@hunters-hall.bardaglea.org.uk](mailto:Yfour@hunters-hall.bardaglea.org.uk)  
[Yfive@hunters-hall.bardaglea.org.uk](mailto:Yfive@hunters-hall.bardaglea.org.uk)  
[Ysix@hunters-hall.bardaglea.org.uk](mailto:Ysix@hunters-hall.bardaglea.org.uk)

You can send questions or work to the relevant year group. (Responses will be given during working hours Monday to Friday)

#### Expectations during any live contact

Each year group is going to offer an opportunity to partake in either a daily or weekly live Microsoft Teams session. As a school we have high expectations of behaviour and conduct.

A parent or carer from the household must be on-site for the duration of each session. They do not have to remain in the same room but can do so if they wish.

The chat function within Microsoft Teams/Zoom will be disabled. The children must be on mute but will be able to speak on Teams when asked to unmute by the teacher. Usual expectations of behaviour will be in place. Language must always be appropriate, including any family members in the background

All participants must wear suitable clothing (i.e. Clothing appropriate for a non-uniform day or school uniform), as should anyone else in the household.

Any devices used to access Teams/Zoom should be in appropriate communal areas of the home, for example not in bedrooms; devices should remain in one place for the session, to minimise distractions for both your child and other participants

Each session will be recorded: this is for safeguarding reasons. No attendees will be able to record the session.

Screen shots and photographs of the screen during the session must not be taken. No permission is given for any part of any session to be documented in any way, and no permission is given for any part of any session to be shared on social media platforms of any kind. Participants will not have the option to record the session from within Microsoft Teams.

You must ensure your child's screen name is their first name in full, and their surname initial – e.g. Joe Smith = Joe S.

Anyone not adhering to the usual school behaviour policy will be warned, and possibly removed from the session. In addition, anyone not adhering to the above procedures and expectations will be removed from the session.

## Wellbeing Kit

Wellbeing activities for children up to 11 years old.

### Thank you

Make a poster of all the people you are thankful for. For example your teacher, the postman or the person that delivers your weekly food shop. Display in your window!

### Feel the beat

Make a playlist of your favourite feel-good music. Spend some time dancing to music from your playlist daily.



### Mindful view

Draw a picture of what you can see out of your window, or visit a [window from around the world](#). What do you notice, what interests you, what surprises you?

### Be kind

List seven kind things you can do for someone else. Do one from your list each day.



### Move your body

Try out [Joe Wicks' 5-minute](#) exercises classes (you could add it to your diary!)

### Get active

Make a weekly exercise diary. Include step count or distance walked if you have a tracker.



### Dance off

Arrange a video call with friends and dance together to each other's playlists.

### Thirsty work

Are you staying hydrated? Research the benefits of drinking water and track how much you drink a week.

### Treat yourself

Try making your very own smoothie - [here are some ideas](#) to start you off.



### Enjoy routine

Pick an activity that you enjoy and do it every day. For example riding your bike, playing football or dancing.



### Clear your mind

Explore the power of meditation. Try some of [these ideas](#) and find what works best for you.

### Relax

Create a [healthy sleeping poster](#) and include some tips for a good night's sleep that you can try.



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## Wellbeing Kit

Wellbeing activities for children up to 7 years old.

### Be active

Sing 'heads, shoulders, knees and toes' or another action song.

### Eat well

Make a fruit kebab by putting an assortment of fruit on a stick.



### Feel calm

Lie down on the floor with an adult, close your eyes and let the adult describe a happy time that you have shared together.

### Spend time outside

Pretend to blow out the candles on your birthday cake 5 times and breathe fresh air in and out.

### Digital detox

Challenge yourself to have a whole weekend day without any electronics.



### Pamper yourself

Ask an adult to run you a bubble bath, bring all water-safe toys you have, play with these together and have fun with the bubbles.

### Enjoy special time

Share a goodnight cuddle while an adult reads you a story in your bed.

### Enjoy routine

Introduce some music time into your day. Stream a new or old song you love.



### Positive touch

Enjoy a hug while an adult watches your favourite TV programme with you.

### Be creative

Use your recycling waste to create something new for 2021.



### Sleep well

Make a dreaming den with a blanket, a pillow and a teddy and have a nap.

### Mindful time

Tell an adult: 5 things you can see 4 things you can touch/feel 3 things you can hear 2 things you can taste 1 thing that you can smell

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## Wellbeing Kit

Well being activities for children up to 16 years old.

### Digital detox

Limit device use to 2 hours daily (online schooling is allowed). Uninstall unused apps and mute devices when you're with others. Try to switch off by 9pm.



### Morning treat

Mix frozen banana, 1tsp coco or cacao powder, 1tsp peanut butter, milk, honey or maple syrup.

### In the moment

Bring your attention to the space you are in. What can you see, hear and feel?

### Did you know?

Mindfulness is practiced by performers, athletes and more. [Click here](#) to learn more and start your mindful journey.

### Relax

Getting enough sleep has a huge impact on how you feel and think each day. [Check out these top tips.](#)



### Sit with sensations

Scan your body from head to toe. Notice, label and observe them, without judgement.

### Reflective journal

Keep a daily journal of thoughts and feelings. Record what you are grateful for each day.

### Routines

A list of daily rituals helps keep you on track and in tune with your life. [click here for ideas.](#)

### Stress catcher

Life can feel really challenging, it is important you develop some [coping strategies.](#)

### Take a walk

Being in nature could help you to stay in the present and focus a [wandering mind.](#)



### Natures ornaments

Beat the lockdown blues by getting outside and creative! Have a go at making an [ice ornament.](#)

### Express yourself

Express your internal feelings by creating a comic for teens on managing this situation, how are villains and the heroes? Paint, draw or write it.



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## Parent Hub

We would like all parents/carers to join us on Parent Hub.



Parent Hub is a FREE app that helps keep you up to date with what's going on at school. You'll receive messages, pictures, documents and newsletters, all in one handy place.

1. Download the Parent Hub app from your app store (iPhone or Android).
2. Create yourself an account.
3. Choose "Add a School" and enter:  
**@HuntersHallIPS**

## Ava

Our Hunters Hall family consists of all of our staff, their families, our pupils and their nearest and dearest too. Therefore, when anyone is in need of support we will always be there. Some of you have already added to little Ava's fundraiser, and the family are most grateful. Here is the link if you would still like to contribute:



[https://www.gofundme.com/f/for-ava-and-family?utm\\_campaign=m\\_pd+share-sheet&utm\\_medium=copy\\_link\\_all&utm\\_source=customer](https://www.gofundme.com/f/for-ava-and-family?utm_campaign=m_pd+share-sheet&utm_medium=copy_link_all&utm_source=customer)  
<https://www.barkinganddagenhampost.co.uk/news/fundraiser-for-ava-cottle-smashes-target-6916162>

## Home learning on our website

We have added a new home learning tab on our website opening page.

Click the image below to be taken directly to the page.

**Hunters Hall Primary School**

Home | **Home Learning** | About Us | Pupils | Parents & Carers | Staff & Governing Body | News | Contact Us | Statutory Requirements | Sitemap | Privacy/GDPR

*there is a reason for every behaviour.*

**Home Learning**

In preparation for any remote learning that may be needed during the year. Click the following link:

**Remote Learning 2020-2021**

ARP EYFS (Tapestry) Year 1 Year 2 Year 3 Year 4 Year 5 Year 6

Remote Learning Research EEF Remote Learning Policy

## Useful Links During Lockdown

- Parent Zone: articles and resources to help you navigate parenting during a pandemic – [www.parentzone.org.uk/lockdown-advice-and-resources](http://www.parentzone.org.uk/lockdown-advice-and-resources)
- Ollee: a digital friend from Parent Zone and BBC Children in Need, helping children to talk about difficult topics with their families – [www.parentzone.org.uk/Ollee](http://www.parentzone.org.uk/Ollee)
- Place2Be: advice and tips from educational psychologists plus a wealth of creative ideas – [www.place2be.org.uk/coronavirus](http://www.place2be.org.uk/coronavirus)
- Relate: relationship support – [www.relate.org.uk](http://www.relate.org.uk)
- Kooth: an online counselling and emotional well-being platform for children and young people – [www.kooth.com](http://www.kooth.com)
- Childline: telephone and online support – [www.childline.org.uk](http://www.childline.org.uk)
- Refuge: support for victims of domestic abuse – [www.refuge.org.uk](http://www.refuge.org.uk)

## MS TEAMS SMART DEVICE LOGIN PROCESS

### Step 1:

Download the app from App Store for IOS devices these include iPhone / iPad / Macs.



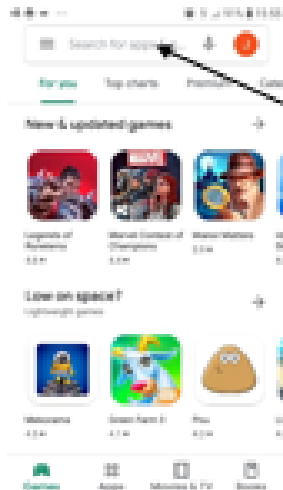
For Android devices its Google store.

Look for these icons on your mobile phone or tablet.

iPhone

Android

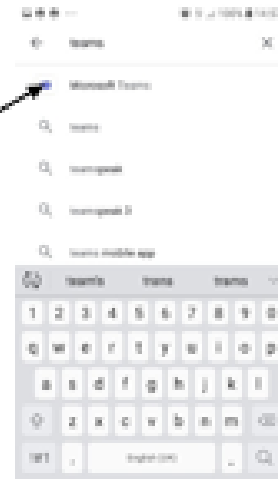
### Step 2:



When you open the app store you will see a search bar at the top.

Type in Teams and click Microsoft Teams when it comes up in the list

This is the Teams logo to look for.



### Step 3:



Once you have clicked on the Teams app it will say install, click this and the app will download. Once it has installed press open, this will take you to the app on your phone or tablet.

You do not need to do anything further now

**When you receive an email with some joining instructions to a meeting**

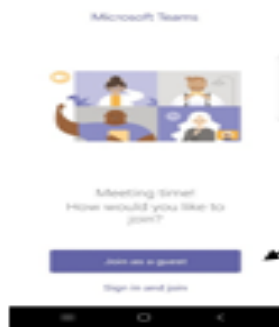
### Step 4

You will be sent an email with a link that looks like this:

[Join Microsoft Teams Meeting](#)

Click on the link, this will direct you to the Teams app that you have just downloaded.

## Step 5



Once you are on the Teams app you will see the option to join as a guest. Click this

## Step 6



When you have joined as a guest enter your name and click. This will join you to The Get Together!!

There will be a short period of time to wait whilst one of the organisers clicks to let you in to the get together – don't worry we can see you are waiting

So we can see and hear you click on the video camera and microphone icons when you enter the meeting – if they have a line through them it means they are off so click them again.

We hope to see you there!!



## **Reading Hyperlinks**

Click a link to be taken to a brilliant reading resource:

<https://www.bbc.co.uk/bitesize/subjects/zgkw2hv>

<https://home.oxfordowl.co.uk/reading/free-ebooks/>

[https://www.amazon.com/Best-Sellers-Kindle-Store-Childrens-eBooks/zqbs/digital-text/155009011/ref=zg\\_bs?\\_encoding=UTF8&tf=1](https://www.amazon.com/Best-Sellers-Kindle-Store-Childrens-eBooks/zqbs/digital-text/155009011/ref=zg_bs?_encoding=UTF8&tf=1)

[Free Kid's eBooks and NOOK Books | Barnes & Noble® \(barnesandnoble.com\)](https://www.barnesandnoble.com/)

[Simple Search \(childrenslibrary.org\)](https://www.childrenslibrary.org/)

[Storyline Online](https://www.storylineonline.net/)

[Books in Children's Literature \(sorted by popularity\) - Project Gutenberg](https://www.gutenberg.org/)

[About this Collection | Children's Book Selections | Digital Collections | Library of Congress \(loc.gov\)](https://www.loc.gov/)

[Words to the Wise: Aesop's Fables Interactive Book | Read.gov - Library of Congress](https://www.read.gov.gov/)

[Phonics Games for the Classroom and Home - Phonics Bloom](https://www.phonicsbloom.com/)

[Reading games and stories with Roy the zebra](https://www.roythezebra.com/)

[Reading Games • Free Online Games at PrimaryGames](https://www.primarygames.com/)

[Free Online Reading Games | Education.com](https://www.education.com/)

[Reading Games | PBS KIDS](https://www.pbskids.org/)

[Reading Games | Free Educational Computer Reading Games for Elementary Students | RoomRecess.com](https://www.roomrecess.com/)