



DIGGLE STARS

★ **All our children** - Whether they have remained at home or come into school our children have thrown themselves back into learning with gusto. Well done everyone.

★ **All our parents** - For responding so positively to facing at least 6 weeks of home learning once again. For communicating positively with school and engaging with the new platform Google Classroom. You are all doing an amazing job.

★ **All the staff** - For your positive and resilient attitude. Your acceptance and humour in what has been a very tricky 10 days has meant that the children in school have been welcomed and made to feel happy and safe and the children remaining at home have a structure of excellent home learning to follow and know you are there to support them.



HEADTEACHER'S COMMENTS



Happy New Year. I almost did not use this greeting for fear that you would think I was being sarcastic! However, despite the fact that the year has definitely not started the way we wanted it to, 2021 will hopefully be the year when the vaccine gets rolled out and we can all get back to some form of normality.

I want to say a huge thank you to all those parents who have taken the time over the last week to send messages of support to both myself and the staff. Your kind words mean so much to us and really help us to keep being positive.

I count myself very lucky to lead a school where the staff team face every new challenge with positivity, determination and a healthy measure of humour. They worked flat out from about Thursday last week when we had an inkling of what might be coming. We strived to put in place plans "just in case" and that might never be used. All this whilst still planning and getting ready for a normal return. It was this dedication that ensured that we were able to be up and running on Tuesday.

The later part of this newsletter has lots of tips on dealing with on line learning and lockdown. I believe the community around Diggle School is strong and resilient. By Children, staff, parents and governors working together as a team we will get through this and be stronger for it in the end.

DATES FOR YOUR DIARY

As we find ourselves in national lock down again, no activities or events will be taking place this half term.

Fri 12 Feb – Close for Half term
15-19 Feb – Half term
Mon 22 Feb – lessons start again –
online or in person ...



As with last lockdown, we'd like the weekly newsletter and our Facebook page to continue to be a celebration of the wonderful work being done by you all at home – please send pictures of your children and their work / interesting things they are doing in lockdown to their class teacher each week.
Thank-you

Class R

This week Class R have started our new topic; Traditional Tales. They have been very busy at home learning features of Traditional Tales and drawing pictures of their favourite stories. We have also started to learn actions for story language, which will help us retell the Traditional Tales we learn. In Maths, we have looked at Estimation, Time and one more, one less. The children had great fun jumping on giant numberlines and playing guessing games. Thank you so much to parents for all the fab observations on Tapestry. Mrs Bradbury and Miss Leach have really enjoyed seeing what the children are up to and are looking forward to seeing the activities to come. Martha Chamberlain managed to complete her 100 reads just before Lockdown. Congratulations!

Class 1

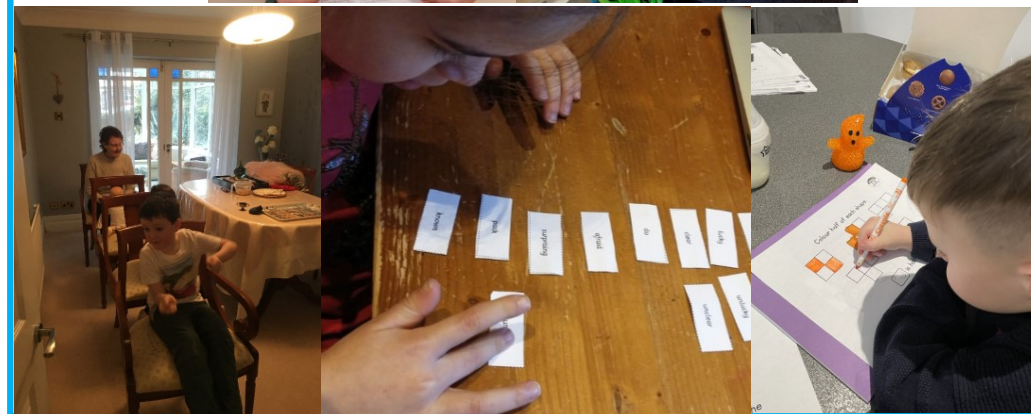
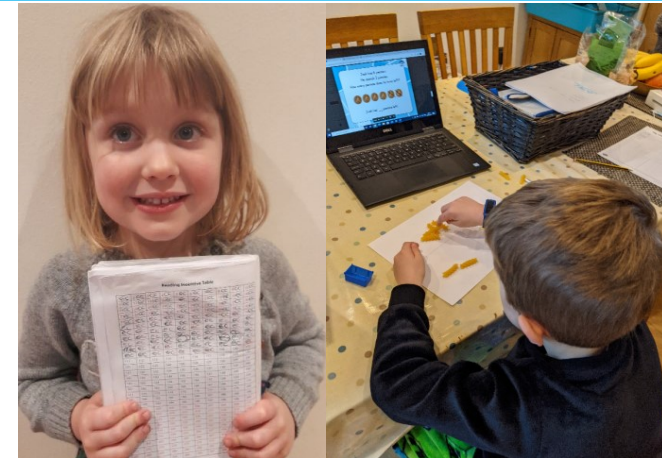
This week in Maths we have been completing assessments on adding /subtracting, shapes, halves and quarters and counting in 2s 5 and 10s. I have been very impressed with how well everyone has done!

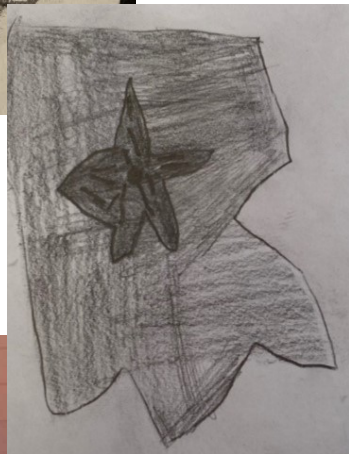
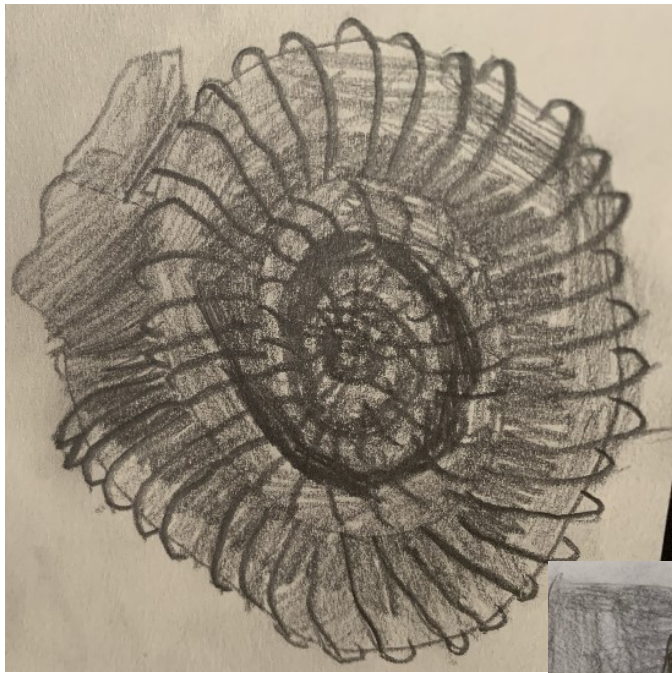
In English we have been writing about our Christmas holidays, learning about the prefix 'un', adding s and es to make words plural and practising writing words ending in the long 'e' sound written as y. We have started our new Theme 'Famous for more than 5 minutes' by considering what being famous means and what people could be famous for. We also thought about the famous people we already know of. We learnt about the life of Rosa Parks and her determination for equality in America. Lots of the children enjoyed learning about how she refused to move to the back of the bus and what a brave lady she was.

This week in photos. Our Facebook page will continue to have updates – just maybe not as many as usual.

Class 2

Class 2 have had a good first week back after the Christmas holidays and have really settled into their learning, both at home and in school. They have been responsible and resilient. In our English work, as well as working on ge and dge spellings, we have completed spelling quizzes using Purple Mash, looked at how to use conjunctions to write good sentences and repetitive language in fairy tales. Some of us even wrote an alternative ending. In Maths work we have investigated counting in 2's, 5's and 10's, 3 digit numbers and repeating patterns with shapes and pegboards. We also enjoyed a walk to look at the natural environment around us and how things change in different seasons. It was fun to see the snow!!





This week in photos. Our Facebook page will continue to have updates – just maybe not as many as usual.

Class 3

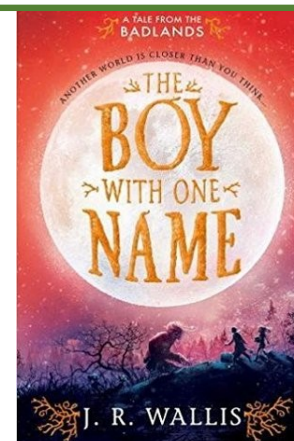
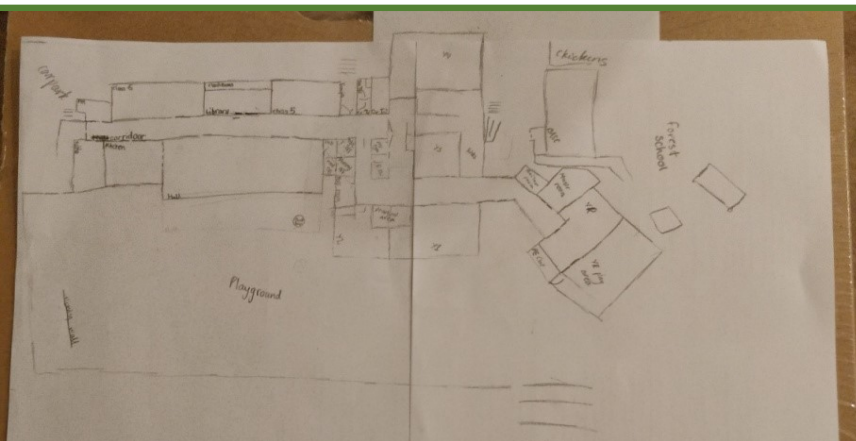
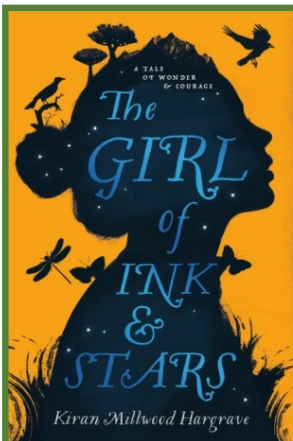
In English this week we have been practising using our known conjunctions and learning how to use new ones. We have looked at subordinate clauses and used conjunctions to write these. We have also used these, alongside other writing features, to produce a leaflet to teach people about Ancient Egyptians. In maths, we have been focussing on properties of 3D shapes and times tables. We enjoyed using videos and singing to improve our knowledge and speed for our 3, 4 and 8s. In science, we looked at fossils, learning about how they are made. We also did some art when we sketched fossils and had fun with coding in ICT when we had to write a program to collect a number of fossils on Purple Mash. We even had to 'debug' our program when things went wrong!

Class 4

We began our Spring term by further consolidating the column method of subtraction. We first of all started with some simpler questions before moving onto word problems. In English we have recapped how to punctuate direct speech and had a go at a few tasks on Purple Mash to help us click and drag different punctuation. We finished off our final lesson of our autumn science unit by looking at, and creating our own, food chains and food webs. We also found time to have fun with a bit of French and even some music. The children have done well to complete the tasks I have set and I could not be prouder at the quality of their work. Keep it up Class 4!

Class 5

This week in Class 5 we have started to read our Class novel 'The Boy with One Name.' the children have made predictions based on the front cover and the blurb and have also read the first chapter and have been introduced to the characters Jones and Maitland. In Maths the children have looked at factors and multiples; learning the definition of them and understanding the difference between them. The children have also started a new Theme this week; Diggle Great Escape, where they have thought about what they like about their local area and also ways in which it could be improved. They have also started to draw a bird's eye view of the school grounds.



Class 6

This week, in English, we have started looking at our new novel, 'The Girl Of Ink And Stars'. From this, we have spent time looking at the front cover and the blurb to make predictions about the story. For this, we had to give evidence to justify our predictions. We have then read the first chapter and used this to see whether our initial predictions were correct. We have also been answering questions about what we have read. In maths, we have spent time on TTRockstars as well as Maths Whizz. We have also been solving problems involving the four operations (addition, subtraction, multiplication and division). We have started our new theme - The Diggle Great Escape - for this, we have had to draw a bird's eye view of the school. We then checked our drawings on Google Maps to check how accurate they were.

Google Classroom Help



Our new IT technician Nigel has set up an email address which parents can use to contact him with any technical issues relating to Google Classroom

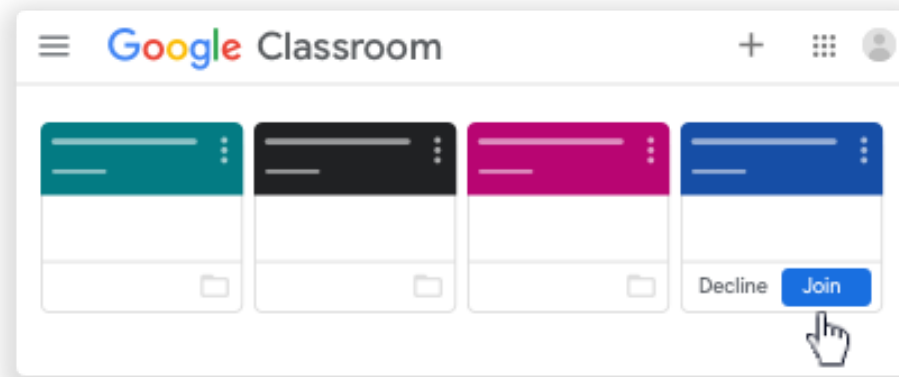
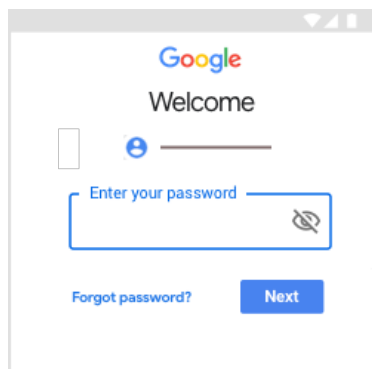
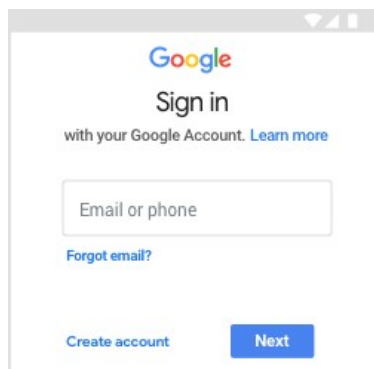
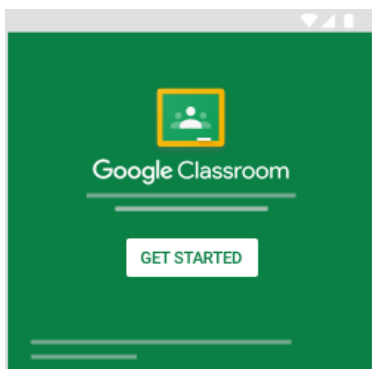
technical@diggleschool.co.uk

We really do appreciate that helping your children access the online learning can be a challenge; be it lack of familiarity with the platform, or limited IT skills, or demands of your own work in terms of either time or use of available devices to use.

As well as using your child's teacher, Nigel on the above email address, and of course each other in the parent community, here are a few hints and tips to try and help with some of those teething problems:

- ✓ **Please ensure that you are only logged in with the child's account on any device or Google Apps, this will ensure that the classroom work is always available. In most cases where the work cannot be seen it is because a personal Google account is in use.**
- ✓ **Remember to click "hand in" to send the work back to the teacher.**

Please remember we are all in this together, and we all want your children to continue to grow and thrive, even in lockdown. If something isn't working as you think it should in what has been set on Google Classroom – please let your child's teacher know. They will do their utmost to support you but I ask you to remember that the teachers too are learning as they go along so please be patient.



PS4

1. Turn on PS4
2. Use your controller to scroll to the far right of the bar with games to *Library*
3. Select *Library* application
4. Within the library use the search bar to type in *Internet*
5. Select the *Internet Browser* app
6. Start Internet Browser and press the triangle button on the controller to search
7. Once on the internet, type in the search box *Google Classroom* and select the first link that comes up:
Classroom: manage teaching and learning Google for Education - link below'
<https://edu.google.com/products/classroom>
8. Select *Go to Classroom*. Then log in using student email and password.

Did you know...

You can use an XBOX or some PlayStation consoles to access Google Classroom?



1. Go to Home Menu
2. Select *My Games and Apps*
3. Scroll down to Apps
4. Go to *Microsoft Edge* application
5. Type in a search for Google Classroom
6. Select *Go to Classroom*
7. You will need to log in using your student email address and password.

Technical Help Sheet

Mr. Coulson, who runs our cyber talks in school, has drawn up a help sheet on the different ways you can access Google Classroom, which may help those of you who may be juggling using a device between siblings or for your own work requirements.

This help-sheet is attached to this newsletter as a separate document.



How do I login on an Apple or Android device?

You need to add the account first. This is usually easiest done by going into the settings and adding a google account (this is the child's email address ending in @diggleschool.co.uk – your child's teacher will have given you this). You may be asked to accept the conditions and also reset the password. Once the account is added, then install the Google Classroom and Google Meet app from the AppStore or Playstore.

Then go into Google Classroom and ensure you are selecting the right account. You may need to select 'I'm a student'. You will then see two classes.

I have no or limited internet access at home

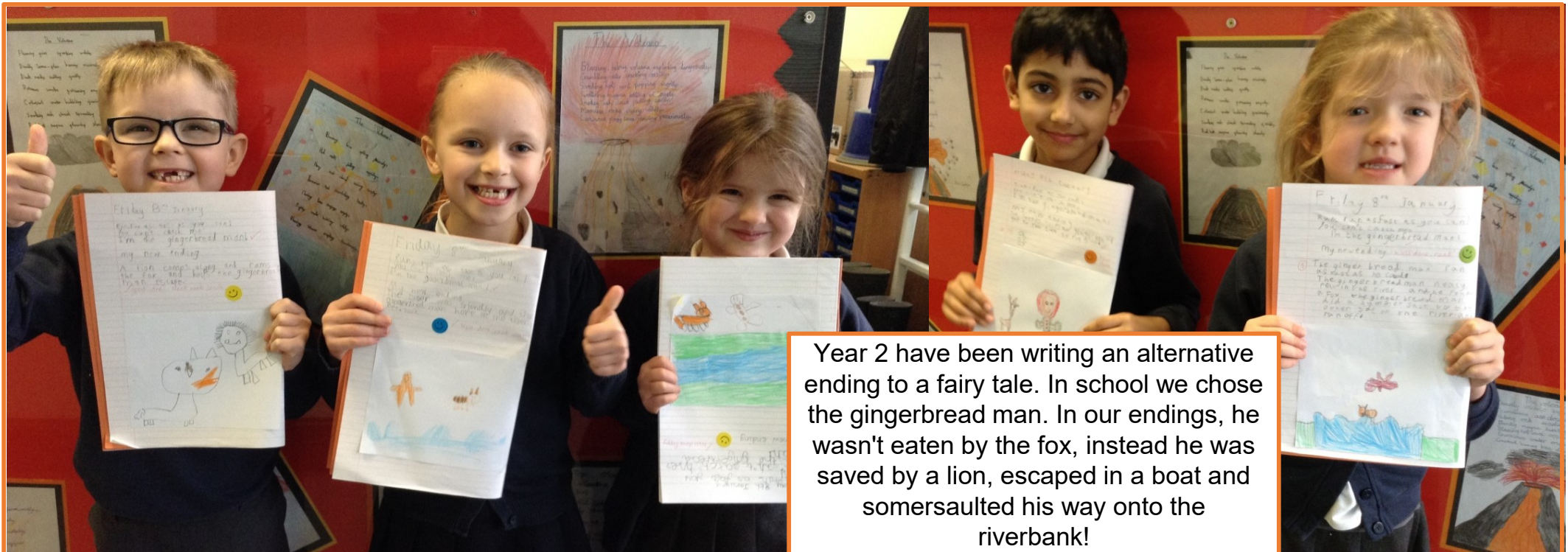
Schools & families can request free mobile data increases for students without broadband and/or who can't afford extra data for devices. Three, Smarty, Virgin Mobile, EE, Tesco Mobile & Sky Mobile all taking part in the scheme. More info here: <https://get-help-with-tech.education.gov.uk/internet-access>

This link outlines how to request additional data free of charge and how to request a 4G router which can help provide broadband provision to your home.

My child is struggling to access the learning due to lack of technology

Please let your child's teacher know if you are struggling to access online learning due to limited or lack of access to technology. We only have a limited number of devices we can loan out, which have already been allocated, but we are working in getting more, and if we know about a problem like this, we can do our best to help.

Equally, if your work means you are unable to support your child's learning during usual working hours, that is fine too – let your child's teacher know they may not be able to do everything every day and work out with your child's teacher what the priority is for your child.



Year 2 have been writing an alternative ending to a fairy tale. In school we chose the gingerbread man. In our endings, he wasn't eaten by the fox, instead he was saved by a lion, escaped in a boat and somersaulted his way onto the riverbank!

Coping with Lockdown

There are lots of things on social media at the moment about how best to cope with this lockdown. While we are in a stronger position now than last time because we have done this once already, and we have a vaccine being rolled out; for some the fear and uncertainty of last time has been replaced with an anxious dread of facing the next few months in lockdown, especially with young children.

As well as thinking about the children or young people in your care, it is important to take care of your own mental health and wellbeing. Children and young people react, in part, to what they see from the adults around them. When parents and carers deal with a situation calmly and confidently, they can provide the best support for their children and young people.

See [guidance on how to look after your mental health and wellbeing](#) during the COVID-19 pandemic or visit [Every Mind Matters](#) for clear advice and actions to take care of your mental health and wellbeing.



Some tips are:

- Try and maintain a daily routine, which includes your allowable daily exercise
- Don't compare yourself to others – there is no 'one size fits all'. Springing into productivity can be a coping mechanism for some, whilst others are then left comparing themselves; feeling like they should be doing more. You don't.
- Don't be too hard on yourself or those around you. Some days will be good days, some days won't.
- Try not to judge others – this pandemic is affecting us all differently
- While social media can provide a lifeline link to friends and family you are not getting to see, people aren't always honest about what they are up to, and false news is also spread this way. If being on social media is making you feel sad or anxious, take a break for a few days.
- Talk to your family and share your worries with them, encourage them to do the same, and listen to those around you with kindness.
- Ask for help when you need it
- Limit your exposure to the media.
- Ask everyone in your house to name something they are grateful for each day.
- Celebrate the little wins rather than dwell on the things you didn't do





**YOUNG
MINDS**



**every mind
matters**



**Children's
COMMISSIONER**



Useful Resources for Support

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Tips, advice and where to get support for your child's mental health during the coronavirus (COVID-19) pandemic.

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

Whether you're working from home with your kids or supporting children with anxiety due to coronavirus, we've got tips and advice for you.

<https://www.nhs.uk/oneyou/every-mind-matters/>

Support for parents and other adults. Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

<https://mindedforfamilies.org.uk/>

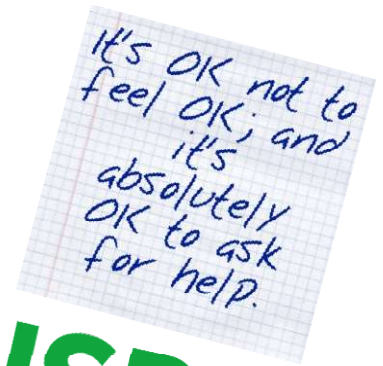
MindEd is a free learning resource about the mental health of children, young people and older adults.

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>

It helps children if they can talk openly about what is happening and when parents can provide honest answers to any questions they have. The Children's Commissioner has written a guide to Coronavirus to help with these conversations.

www.kooth.com

Kooth is an online mental wellbeing community. Access free, safe and anonymous support.



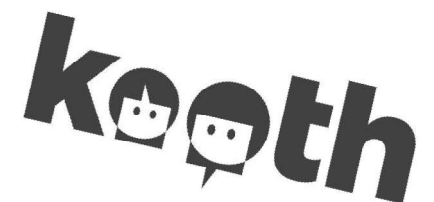
It's OK not to
feel OK; and
it's
absolutely
OK to ask
for help.



NSPCC



**MindEd
for Families**



kooth

Community Spirit Support

As Mrs Newton has said in her comment this week – we are very lucky to have a strong, supportive community spirit at Diggle School. This has already been apparent on some of the class WhatsApp groups, where parents are supporting each other accessing the work set for the children.

We know from the first lockdown that it is easy to get a little isolated into your own family bubble, and then end up feeling a little put out when emerging out of lockdown to find all the things others have found / done which would have been helpful to you had you known about them.

Therefore we thought it would be a nice idea to have a place where we can all share things we have found to be helpful. This could be a website which your child has enjoyed using, or a series on Netflix or YouTube you/they have enjoyed watching, or a game you have played while out walking, or a tutorial on using Google Classroom you found helpful!! You get the idea. Please email your contribution to info@diggle.oldham.sch.uk and we look forward to sharing collective wisdom with you all.

A few ideas to get us started;



You may have seen in the media that PE with Joe is back Monday, Wednesday and Friday at 9am. Your child doesn't have to do this live at 9am, they can do them any time as they are all available on his Youtube channel – search The BodyCoach. All his previous lockdown PE sessions are also there, if you want something on the other days too!

The BBC is devoting several hours of TV airtime to children's education from Monday on the CBBC channel, the red button, and on the iPlayer. Check your TV guide / the BBC website for full details. (This may be useful if you are trying to work from home and have an important call to make without interruption and need your child to be safe and occupied for a short time!)



Check out <https://biglifejournal-uk.co.uk/pages/podcast> for a free positive podcast for children in short episodes to help children think resourcefully and be more resilient. You can also register for free weekly emails containing activities for children. (Please note you do *not* need to buy any of the resources to enjoy the podcasts or the free weekly emails!)

And for the adults in the house, for a bit of light relief after a hard day, or to accompany a solitary stomp over the local hills, check out the BBC Sounds app. As well as music, there are lots of free podcasts to choose from ... *Fortunately* with Fi Glover and Jane Garvey, *You're Dead To Me* with Greg Jenner, and *Grounded* with Louis Theroux are just a few to try.



Parent-Teacher Communications

We are very lucky here at Diggle that the parent teacher relationships are strong, and the email communication between parent and teacher is already established. So many of you have already been very supportive, and we are very grateful.

Your child's teacher is on a rota to be in school 2-3 days a week, either at the beginning or the end of the week. They will do their best to respond to all queries in a timely manner, but when actually in school, it may take them longer to respond.

While we understand the time that may be most convenient for you to send communications to your child's teacher may be in the evening, your teachers are not expected to be on their email out of hours, so you may not get an immediate response if you email during this time. Please also remember that while there is only 1 of you, your child's teacher is receiving email from all the other parents in the class too. Please be patient – they do want to help you and will respond.

We also appreciate that it can be frustrating for parents trying to help children with their home learning when things are done so differently to when you were at school. Please let your child's teacher know if your child is having difficulties that you cannot resolve and they will do their best to help them and you. If a few children/parents are having issue with the same thing, the teacher can then share the response with everyone in the class too.

Please also remember to let your child's teacher know when something worked really well ... a piece of work really engaged your child, or something they really enjoyed learning about.
A bit of good news goes along way at the moment!

Notices

Parent Pay

We appreciate things are financially challenging right now, but while we are in lockdown, please can we ask that you make every effort to clear any dinner money and BASC debts you may have so you can start back in credit. Thankyou.

As we are hoping that this lockdown will not be endless, any credit you have in BASC or school dinner accounts will be held on your parent pay account ready for our return.

Childcare Vouchers

If you pay for BASC using childcare vouchers please check whether you need to amend your payments while school is closed.

Music Lessons

All parents of children taking music lessons have been contacted either via Parent Pay or, if you responded to the request last term to get in touch with your child's teacher and they have your email address – by the teacher directly.

Lessons are continuing, mostly delivered from school, either face to face to the children in school, or via zoom link where the children are at home.

You MUST return the consent form for the live lesson to go ahead.

If you are unable to hold the lesson at the given time, please let your child's teacher know asap. The teacher may be able to record the lesson for you to be viewed at a more convenient time.

As per the sign-up agreement, fees for lessons remain due, and Spring Term fees should be paid over the next few weeks via Parent Pay.

Message From Oldham Council About Vitamin D

An announcement about free vitamin D for certain eligible groups (those who a clinically extremely vulnerable) came out just before Christmas 2020.

The website link is here www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/get-vitamin-d-supplements/

Eligible people need to apply by **Monday 11 January 2021** to get the free Vitamin D.

What is Vitamin D?

Vitamin D has the important role of helping the body to absorb the minerals (calcium and phosphorus) that are essential for healthy bones and teeth. It is also used by our muscles for movement and by our immune system to help fight some infections.

What happens if you don't get enough Vitamin D?

A lack of Vitamin D may lead to muscle weakness and bone softening. In children this is called Rickets and in adults, it is called Osteomalacia. Rickets affects developing bones and they can become deformed. Osteomalacia may cause pain, weakness and brittleness of bones that can result in increased fractures.

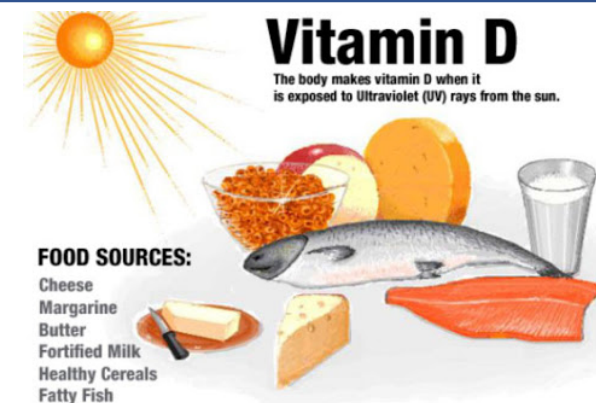
Are you getting enough Vitamin D?

Usually, from late March/early April to the end of September, the majority of people should be able to get all the Vitamin D they need from sunlight on their skin. However, because of the Covid-19 lockdown, everyone may need to follow the guidelines for Autumn and Winter.

During the Autumn and Winter, you need to get Vitamin D from your diet because the sun isn't strong enough for the body to make it. But since it's difficult for people to get enough Vitamin D from food, everyone (including pregnant and breastfeeding women) should consider taking a daily supplement of Vitamin D.

Some people need to take a daily supplement of Vitamin D throughout the year because they have very little or no sunshine exposure or they cannot absorb enough. This applies to those who:

- are not often outdoors – for example, if you're frail or housebound
- are in an institution like a care home
- usually wear clothes that cover up most of your skin when outdoors
- have dark skin – for example with an African, African-Caribbean or south Asian background.



Vitamin D deficiency

In the current situation, where we are all being instructed by the government to stay at home to reduce the risk of getting the Coronavirus, it is likely that some people may not get enough Vitamin D.

Where do we get Vitamin D from?

We can get some Vitamin D from food such as butter, oily fish, cream, red meat, egg yolks and liver, and some foods such as cereals have Vitamin D added. However, it is difficult for us to get the recommended amount of Vitamin D from food alone. The best source of Vitamin D is sunlight. Spending just 15 minutes outside will allow ultra-violet rays to be absorbed through the skin and then the body is able to make Vitamin D.

How much Vitamin D do I need?

The Department of Health recommends that at risk groups should take Vitamin D supplements to make sure they get enough:

Breastfed babies from birth to 1 year of age should be given a daily supplement containing 8.5 to 10 micrograms of vitamin. As infant formula is fortified with Vitamin D, formula-fed babies do not need a Vitamin D supplement, until they are having less than 500ml of infant formula a day.

Children from the age of 1 year and adults need 10 micrograms of Vitamin D a day. This includes pregnant and breastfeeding women and people at risk of Vitamin D deficiency.

Where can I get Vitamin D supplements?

You can buy Vitamin D supplements or Vitamin Drops containing Vitamin D (for under 5s) at most pharmacies and supermarkets.

Women and children who qualify for the Healthy Start scheme can get free supplements containing the recommended amounts of Vitamin D.

For more information visit NHS Choices at :www.nhs.uk/live-well **Free Vitamin D**