

# Poplar Farm Weekly Newsletter

Monday 29 June 2020

A number of you have been asking about school provision over the summer break. Last week, I received information from the CEO of CIT Academies Trust stating that as a trust, we cannot offer any summer school provision or school-led activities at present. Unless there is a clear directive from the Government that we should open during the summer, no schools across the Trust will be open.

During this period of school closure, one of our families has suffered a bereavement of their newborn baby girl. This is devastating news, and I am sure you will join us in sending love to the family at this sad time. The family has set up a 'Just Giving' page to raise money to fund a family bereavement suite at Lincoln County Hospital, in memory of Amelia Rose for the parents who have just lost a child. If you would like to contribute towards this, please use this link

[https://www.justgiving.com/crowdfunding/amelia-rose-suite?utm\\_term=AR3D58zNw](https://www.justgiving.com/crowdfunding/amelia-rose-suite?utm_term=AR3D58zNw)

As always, if you have any questions or queries about school, please don't hesitate to contact us on Class Dojo, or at [enquiries@poplarfarmsch-cit.co.uk](mailto:enquiries@poplarfarmsch-cit.co.uk)

**Mrs Hodson**

Head Teacher

## Term 6 Updates

### Sports Week

Sports Day is usually an annual event in school, and due to the current pandemic, we are unable to host one this year. However, to avoid the children from missing out, Mrs Thorpe has planned five different activities for the children to complete at home. More information is on the school page on Class Dojo.

We look forward to receiving the video clips during the week and sharing them with you in short movies during the week!

### Meet your teacher sessions

We are planning some 'meet your teacher' sessions on Monday 20<sup>th</sup> and Tuesday 21<sup>st</sup> July.

These will be slightly different to usual, due to social distancing and will take place outside on the school field and in small groups rather than the full class inside school.

During this week, you will receive more information about the timings for these 'meet your teacher' sessions.

## Diary Dates

**Monday 29 June** - Weekly theme 'The Circus'

**Monday 6 July** - Peacock, Parrott and Penguin groups in school

**Monday 6 July** - Weekly theme 'Polar Regions'

**Tuesday 7 July** - World chocolate day

**Friday 10 July** - End of year reports home to parents

**Monday 13 July** - Peacock, Parrott and Penguin groups in school

**Monday 13 July** - Weekly theme 'Fairy Tales'

**Monday 20 July** - Weekly theme 'Fairy Tales'

**Monday 20 July** - Meet your teacher day

**Tuesday 21 July** - Meet your teacher day

**Tuesday 21 July** - Last day of academic year

**Thursday 3 September** - Term 1 begins

**Friday 25 September** - Photographer in school for class photos

**Thursday 22 October** - Last day of term 1

**RESILIENCE CALENDAR: JUMP BACK JULY 2020**

**SUNDAY** We can't control what happens to us, but we can choose how we respond

**MONDAY** 5. Avoid saying "must" or "should" to yourself today

**TUESDAY** 6. Put a problem in perspective and see the bigger picture

**WEDNESDAY** 7. Shift your mood by doing something you really enjoy

**THURSDAY** 8. Get the basics right: eat well, exercise and go to bed on time

**FRIDAY** 9. Help someone in need and notice how that gives you a boost too

**SATURDAY** 10. Don't be so hard on yourself. It's ok not to be ok

**SUNDAY** 11. Reach out to someone you trust and share your feelings with them

**MONDAY** 12. When things go wrong, be compassionate to yourself

**TUESDAY** 13. Challenge negative thoughts. Find an alternative interpretation

**WEDNESDAY** 14. Set yourself an achievable goal and make it happen

**THURSDAY** 15. Go for a walk to clear your head when you feel overwhelmed

**FRIDAY** 16. When things get tough, say to yourself "this too shall pass"

**SATURDAY** 17. Write your worries down and save them for a specific 'worry time'

**SUNDAY** 18. Let go of the small stuff and focus on the things that matter

**MONDAY** 19. Notice something positive to come out of a difficult situation

**TUESDAY** 20. Ask yourself: What's the best thing that can happen?

**WEDNESDAY** 21. If you can't change it, change the way you think about it

**THURSDAY** 22. Make a list of 3 things that you can feel hopeful about

**FRIDAY** 23. Remember that all feelings and situations pass in time

**SATURDAY** 24. Choose to see something good about what has gone wrong

**SUNDAY** 25. Notice when you are feeling judgemental and be kind instead

**MONDAY** 26. Get back in touch with a supportive friend and have a chat

**TUESDAY** 27. Write down 3 things you're grateful for (even if today was hard)

**WEDNESDAY** 28. Catch yourself over-reacting and take a deep breath

**THURSDAY** 29. Think about what you can learn from a recent challenge

**FRIDAY** 30. Ask for help from a loved one or colleague. Be specific

**SATURDAY** 31. Remember that you are not alone, we all struggle at times

**ACTION FOR HAPPINESS**

[actionforhappiness.org](http://actionforhappiness.org)

Daily actions to look after ourselves and each other as we face this global crisis together

Keep Calm - Stay Wise - Be Kind

Action for happiness have released their July calendar. There are some great ideas on here!

As always, if you complete any of these with your child, please send a photo to school so we can share it on twitter.

Thank you!

