



Whittingham  
C of E PRIMARY SCHOOL

# Headteacher's Blog



Friday 14th January 2022  
1 page issue.

Dear Parents, Carers and Friends,

After a week where we have had a number of cases of COVID 19 across the school I would like to thank you all for being so positive and supportive, keeping in touch with school and ensuring any children who have been in close contact are taking a daily lateral flow test. Because of the percentage of pupils in our small school testing positive for COVID 19 this week I had to report this to Public Health Northumberland. As a result of this they check through our procedures, risk assessment and check that we are doing all that we can do to stop the spread of the virus in school. I am pleased to say how impressed they were with all that we have in place and that we are doing our utmost to contain any spread of the virus in school and to keep one another safe.

From Monday 17th January ( this does not apply to positive cases reported before Monday)- Covid self-isolation period to reduce if after 5 full days there is a negative test with a lateral flow device (LFD) test on both day 5 and day 6; (as before the days run from the day after the positive test or symptoms); and they do not have a temperature.

"For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6

Thank you for your help and continued support.

Best wishes,

Belinda Athey - Headteacher.

## Fundraising

As you will know, a lot of our funding for treats, trips and little extras comes from the PTA. We have been unable to have any fundraisers since March 2020 and therefore our funds have not been added to in a long while. An easy way to help raise funds for school is to join Your School Lottery. If you join this week are continue to buy a ticket you will have a chance to win a weekly cash prize plus a 'staycation' as seen in this photo.

If you haven't signed up yet visit our lottery here - <https://www.yourschoollottery.co.uk/lottery/school/whittingham-c-of-e-primary-school>



## Mental Health and Wellbeing

As you know, we are a Thrive accredited school. I am an accredited provider and Mrs Marsden is coming to the end of her training to be one too. I was sent this article this week and I thought it might be interesting to share with you:

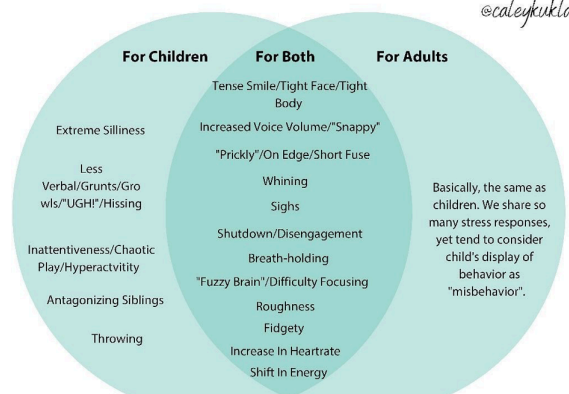
Recognising when we are triggered into a stress response can help us be more empathic with children who experience the same stress we do. Often we label this behaviour in children as low level disruption, rudeness or even aggression.

As adults, we often engage in this non problem solving behaviour too and when we are self aware enough to recognise it, we can have compassion and empathy for children who are still learning to deal with their emotions

## Parent Survey Feedback continued

As a result of our parent questionnaire we appreciate it is time to review our homework provision. We are just waiting for cases of COVID to decrease and then we will be contacting you to join our Homework Forum - Watch this space!

## Early Signs of Dysregulation



When we consider these behaviors as indicators of stress, discomfort, dysregulation, or signs that expectations exceed skills/ability, we can PAUSE and focus on regulation/decreasing stress FIRST.