

Nechells E-Act Academy

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w/c Monday 29 June 2020

Dear Parents/Carers

I hope you have had a good week. Once again another week of onsite and home learning has flown by and we have seen a vast array of activities being completed by the children. I would like to express my thanks and gratitude to you all for your continued support during these uncertain times.

You may have heard on the news that the government are preparing for schools to welcome back all children in September 2020. We will keep you updated when more details are released

We will still be adding work to our Virtual School on Google Classroom for our pupils who will not be attending the Academy. Please continue to encourage your child to log on and complete their work.

Miss Allen has recorded a video for the new Reception children in which she is reading a story. If you would like to watch this please follow the link below:

<https://drive.google.com/file/d/1TKqQZZIWTYSQb2YMLJdrye0oLSvr1Sh6/view>

Mrs Ahmed will be leaving us at the end of term as she moves on to explore another Career Path, we wish her the best of luck.

Wishing you a safe and happy weekend, and once again, thank you all for your continued support.

Mrs L Mahony  
Headteacher

Pupils attending school enjoyed a themed Thai Menu on Thursday and the delicious food was enjoyed by all. Thank you to Aspens Catering for offering our pupils this Opportunity. Our themed Thursday next week will be a 'Picnic'



## Amended pupil collection times

To support families who are collecting siblings from different bubbles, pick-up collection times have been amended to the following:

Reception and Year 1 - 2:50pm-3:00pm

Key workers 3.00pm-3.10pm

Year 5 and 6 to be collected from 3.10pm-3.20pm

Parents/carers to continue to follow the one way system, entering from the gate on Eliot Street and leaving via the Crompton Road gate. Please wait at the playground gate and staff will call out your child from their designated waiting area to come to you. Please ensure you maintain the 2m social distance limit throughout collection times.



## Safeguarding

*Safeguarding is everyone's responsibility*



### What's Up? - A Mental Health App

What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more!

#### Top Features

- 12 common negative thinking patterns and simple methods to overcome them
- 10 great metaphors to help you cope with negative feelings
- A comprehensive diary to keep your thoughts and feelings together in, including the ability to rate feelings on a scale out of 10
- A positive and negative habit tracker. Set goals to practice those good habits while ending the bad ones!
- A catastrophe scale. Put your problems into a better perspective when things are too much
- A grounding game containing over 100 fun questions to help keep you grounded and in the present when stress is taking over
- 3 simple breathing techniques for keeping calm and relaxed
- Forums! Talk with people that may be feeling just like you from all around the planet, without worrying about the like/dislike system
- More than 70 positive quotes, with the ability to add your own and share them with the world!

### Online Gaming Chat – ThinkUKnow Guide

Online games are really popular amongst children. **59% of 5-15 year olds play online games**, as games like Fortnite, Minecraft and Roblox become increasingly important part of their social lives.

While playing games online is often great fun and a good way to chat, there is a chance that your children will play with people they don't know who may use in-game chat inappropriately to expose them to harm or risk.

That's why we've put together this guide to help you understand why your children will chat online, what risks there are and what measures you can take to protect them while they're playing their favourite games.

[https://www.thinkuknow.co.uk/parents/articles/in-game-chat/?utm\\_source=Thinkuknow&utm\\_campaign=176d7bc4c3-TUK ONLINE SAFETY AT HOME 30 06 20&utm\\_medium=email&utm\\_term=0\\_0b54505554-176d7bc4c3-64767977](https://www.thinkuknow.co.uk/parents/articles/in-game-chat/?utm_source=Thinkuknow&utm_campaign=176d7bc4c3-TUK%20ONLINE%20SAFETY%20AT%20HOME%2030%2006%2020&utm_medium=email&utm_term=0_0b54505554-176d7bc4c3-64767977)

## Safety alert from West Midlands Police



**Birmingham Police**

3 hrs · 🌐

It's going to be hot, very hot and we know you'll all be looking for ways to cool down ☀️ With swimming pools closed it might seem like a great idea to cool down in open water, lakes and rivers 🌊

PLEASE stay out of the water ⚠️ There are too many risks that you can't see hidden below the surface - it is extremely dangerous and claims lives every single year ❌

We cannot emphasise this enough !



## Message from Library of Birmingham Summer Reading Challenge

Where do you read your Silly Squad Summer Reading Challenge books?

I hope you've all been enjoying reading for the Summer Reading Challenge this year. I know I have. It's a bit different this time and instead of working in the Children's Library at the Library of Birmingham, I've been working from home. Many of you will probably have been at home too. This got me thinking about all of the different places you can read, and really you can read almost anywhere...

Many people read in bed or have a bedtime story. This is where I usually read before I go to sleep. I have read in a car, on a train and on an aeroplane. Very occasionally, if a book looks really good, I'll have a quick look before I put it back on the shelf at work. The garden is a good place to take a book and I've seen people reading as they walk down the road (much too dangerous!) When my sister was young, she would often make a den next to the radiator behind the sofa so no one could find her and she would read for hours!

We have thought of our top 8 silly places to read a book:

1. On top of a mountain
2. Inside a whale
3. During a church service
4. While driving a car (very dangerous & illegal!)
5. Underwater
6. On top of a chimney
7. In a library
8. On top of a potters' wheel

Where is the silliest or most unusual/imaginary place you have read or listened to a book or magazine? Find out more by clicking on the link below.

Website: <http://summerreadingchallenge.org.uk/>

## Virtual Learner Stars of the Week

These pupils have been chosen by their teachers for their excellent work this week.

	Google Classroom:	Maths:	English:	Wider curriculum:
Reception	Drood	Ayaat		
Year 1	Hamza	Momina	Muna	Hashim
Year 2	Sumayyah	Maria	Aaron	Maryam O
Year 3	Ella-Grace	Abdullahi	Aleena	Inayah
Year 4	Saida	Aleena	Mohammed	Kaleem
Year 5	Adam	Hanzaib	Saaleha	Hannar
Year 6	Ameera	Farhiya	Pari	Mame