



Nechells Weekly Newsletter



Nechells E-ACT Academy
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w/c Monday 8th February 2021

Dear Parents/Carers,

We have now come to the end of the first Spring half term. Even with the difficulties caused by having a national lockdown, a regular online learning environment has been successfully established for pupils (helped as always by the continued support of parents and carers). It is always very encouraging to see the pupils participating in all the online activities and still producing some excellent work.

I would like to remind parents/carers that next week is half term so staff will be taking a much-needed rest from teaching and no live lessons will take place next week. Please take this time to also encourage your child to not use technology so that they receive a break from screens. We know that this half term will be trickier than others as we are still in lockdown so we have attached some great ideas of tasks you could do with your child next week. Live lessons will begin again from 9:00am on Monday 22nd February.

On Monday, we received a call from Ofsted to say they were undertaking a virtual monitoring visit on Wednesday and Thursday. The inspection will not result with a change of grade and a letter will be published soon, which we will share with all parents and carers. We had some very positive feedback from the inspectors which will be detailed in the letter when it is published

We are all aware how difficult it can be to think of a variety of healthy dishes to feed children daily, the Change4Life website provides cost effective and nutritious recipes that may come in useful. Why not check out the website by following the link <https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>

Free school meals vouchers for eligible pupils for the weeks commencing 8th and 15th February 2021 have been issued for this week. For the week commencing 22nd February 2021, parents will receive a letter in the post containing details of how to apply for the voucher.

If your child develops COVID symptoms and tests positive after attending the physical school during half term, please could we ask you to email nec.covid@e-act.org.uk as a matter of urgency so that we continue to track and trace any possible contacts who will need to isolate.

I would like to wish you all a safe, restful and enjoyable half term break. I look forward to seeing everyone returning refreshed.

Mrs L Mahony
Headteacher



Dates for your diary

These are upcoming school dates for events in school. If there are any changes from the dates printed below, we will inform you as quickly as possible.

15 th February- 19 th February	HALF TERM- school closed to all pupils
16 th February	Shrove Tuesday
22 nd February	School starts for all pupils at 09:00am on Google Classroom
4 th March	World Book Day- More details to follow
14 th March	Mothers Day



Safeguarding

Safeguarding is everyone's responsibility



Headspace

The app has bespoke exercises tailored for 3-5s, 6-8s and 9-12s. These include the following:

Calm – This is a simple breathing exercise to help children feel calm and relaxed.

Kindness – A visualising exercise to teach children about openness and generosity.

Appreciation – Helps children learn how to appreciate other people and the world around them.

Paying Attention – Using the power of the imagination to help children focus.

Cool Off – This helps 'rebalance' children if they are feeling angry or frustrated.

Sleep Tight – This activity helps children get ready for bed and fall asleep.

Stay Positive – Aimed at children 6 and above to help them manage feelings that may leave them feeling confused, scared or sad.

Goodnight – This activity will help children switch off after a busy day.

Good Morning – This help children start the day right with stretches, breathing to wake up the brain.

Rest & Relax – This is aimed at bringing children down from high energy moments to help them develop calm and balance.

Settling Down – Activity to help young ones 'uncoil and reset'.

As we enter half term, we wish you a restful and well-deserved break.

There are many sources of support available for access during half term week. These include:

- Childline - www.childline.org.uk - 0800 1111
- Samaritans - www.samaritans.org.uk - 116 123 - jo@samaritans.org
- Police - 999 Emergency calls / 101 Non-emergency calls
- ACT: Action Counters Terrorism - Emergency: 999 / Guidance and Support: 0800 011 3764 (non-emergency)
- Children's Services - 0121 303 1888 / Emergency out-of-hours: 0121 675 4806
- Mental Health - Forward Thinking Birmingham - 0300 300 0099 / Pause Drop in Service - 21 Digbeth, Birmingham

Further signposting to support services can be found on our academy website.

Half term activities

10 awesome ways to stay happy, healthy and switched-on during your half-term break!

- 1) Cycle or scoot for 30 minutes every day!
- 2) Read a book, or article, about someone who inspires you!
- 3) Write a daily diary entry for what you're up to!
- 4) Get outside and go on a bug hunt!
- 5) Bake a cake or make home-made pizza!
- 6) Build a LEGO tower that's taller than you!
- 7) Create an absolutely awesome den!
- 8) Paint a portrait of something special!
- 9) Create a treasure hunt and a map to go with it!
- 10) For a daily set of engaging, curriculum-based challenges, join Leo at MorningChallenge.co.uk!

Pupils of the Week

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

	Bug Club Champion	Virtual learner of the week	Star of the week
Reception	Ahmed	Aqsa	Naya
Year 1	Salman	Ayaat	Dareen
Year 2	Shahd	Izzah	Muna
Year 3	Ammarah	Ruweyda	Raisha
Year 4	Saleh	Ahmed	Ramatoulie
Year 5	Qaali	Aleena	Ishal
Year 6	Hajer	Aman	All Year 6 pupils

Pupil Prize Draw

Pupils chosen will receive a £5 Amazon voucher:

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Naya	Drood	Michela	Aseel	Ahmed Ah	Aleena	Annaiyah

Lost property at Nechells academy

We have multiple items of uncollected lost property. If any of the items belong to your child, please contact the main office after half term. Items not claimed by Friday 12 March 2021 will be donated to charity. Please can we ask you to ensure all items belonging to your child contain their name so items do not become lost.



change 4 life

 Food facts

 Recipes

 Activities

 Your child's weight

Lockdown lunches

Easy, low-cost recipes for speedy lunchtimes

