

# WESTGARTH WEEKLY



Westgarth Primary School 01642 485560

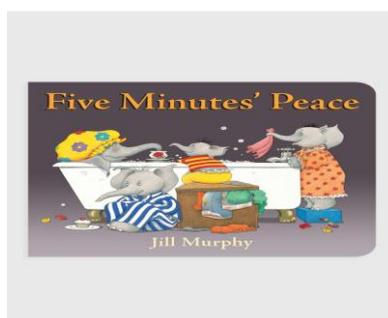
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**Friday 12<sup>th</sup> March 2021**

Dear Families,



It has been such a joy to have the children back in school together this week. We hope that parents and carers manage a little rest and relaxation (just "Five Minutes' Peace!") now that the children are safely back with us.

## **Nursery times**

We are offering staggered drop off and pick up times for Nursery sessions to help each of our youngest children settle back into routines, as well as supporting the social distancing of adults in a fairly confined drop off space. However, we must ask that parents stick to the given times and that children are not collected late, particularly from the morning session. Young children can find it upsetting if parents and carers are regularly late. We also have a very short period of time between the morning and afternoon session for the additional cleaning required, as well as the staff fitting in a well earned lunch. A reminder that Nursery sessions times are:

Morning session **8:45-11:45** with flexible drop off 8:45-9:15 and flexible pick up 11:15-11:45;

Afternoon Session **12:15-3:15** with flexible drop off 12:15-12:45 and flexible pick up 2:45-3:15

## **Wellbeing webinars**

To help support families during challenging times, the Witherslack Group charity is offering a series of webinars and resources covering issues relating to child and adolescent mental health.

These resources aim to provide parents and carers with a toolkit of advice and practical strategies to help them further support children, particularly those with special educational needs. The following topics are included:

- Understanding and managing your child's anxiety
- Adverse childhood experiences (ACEs)
- Rejection sensitivity
- Maintaining a positive mind set for you and your child
- Encouraging healthy eating for a healthy mind
- Sleep and developing positive sleep routines
- Parenting in a pandemic: helping children and teens cope with anxiety

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The webinars are pre-recorded so you can watch at your own pace. Register at:

[https://pages.witherslackgroup.co.uk/sen-mental-health-webinars?utm\\_campaign=SEN%20Mental%20Health%20webinar%20series&utm\\_medium=email&hsmi=114945990&hsenc=p2ANqtz-8ED-ZwZ8JgXglVKVOU0Gwakw6l-McNi3oZEsA8WNMyP7NEwsgJWOHGxeIq6hzye82iRSbJ-bj6y9LpTa3gJXFQzJvWmVAQyW7jNFeOxm3jOI0ejZQ&utm\\_content=114945990&utm\\_source=hs\\_email](https://pages.witherslackgroup.co.uk/sen-mental-health-webinars?utm_campaign=SEN%20Mental%20Health%20webinar%20series&utm_medium=email&hsmi=114945990&hsenc=p2ANqtz-8ED-ZwZ8JgXglVKVOU0Gwakw6l-McNi3oZEsA8WNMyP7NEwsgJWOHGxeIq6hzye82iRSbJ-bj6y9LpTa3gJXFQzJvWmVAQyW7jNFeOxm3jOI0ejZQ&utm_content=114945990&utm_source=hs_email)



## Comic Relief donations

A reminder that it is Comic Relief next week on **Friday 19<sup>th</sup> March** and the theme this year is SuperPowers. The children are invited to dress up or to bring an accessory on a SuperPower theme that day. You will receive a link through ParentMail later today, should you wish to make a voluntary donation for this excellent cause.

## Football taster session

Marske United, in conjunction with Middlesbrough FC, is offering free football based activity taster sessions on Wednesday 14<sup>th</sup> April: 5.00 to 6.00pm for 8 to 13 year olds. For further information, go to [www.marskeunitedfc.org](http://www.marskeunitedfc.org) Why not go along and give it a try?

## 60 minute challenge

The daily active 60 minute challenge continues this week - please find suggested links attached to the email.

Wishing you all a lovely weekend.

Yours sincerely,

Mrs J Woodhead  
Headteacher