



# All Saints, Hesketh-with-Becconsall

*What you are is God's gift to you, what you become is your gift to God.*

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## Newsletter: Friday 29th January 2021

Message From Mrs Ward: Next Monday marks the start of National Children's Mental Health Week. Being positive; having strategies to draw on when stressed or a bit low and being free to express our thoughts and feelings in a sensitive way, can all support positive mental health. Teachers will be planning some activities linked to positive mindsets and raising self esteem. I thought it would be lovely if on Monday, children in school and at home wear clothes, accessories or even just socks that are bright and colourful. This will reflect how we are trying to bring brightness into our lives. Feel free to send some photos into the office of the children dressed brightly/colourfully and we will include them in the newsletter next week. For all the adults too, know you are doing a great job supporting your families with schooling. Remember to be kind to yourself and take time to do lovely things with your fabulous children like walking and playing games—they are just as important as supporting maths and English lessons! Some fun ideas are include on the back of this newsletter.



Dear God,

We're grateful that You never leave or forsake us. And, we're grateful for the technology that helps us stay in touch with each other.

Give us the strength to endure this difficult season, and deepen our connection with You and Your people.

Today, help us remember that this time of social distancing and isolation will not last forever.

Empower us with an extra dose of Your love, peace, hope and joy. Remind us of Your promises, and please heal our land.

**Half Term: Please be aware that schools are not**



**required to provide key worker or vulnerable children provision over the half term week of Monday 15th—Friday 19th February. Alternative childcare arrangements must be made.**

**Food Hampers: Helping Hands is a fantastic local charity doing a great job of supporting families in our area at this difficult time. They are putting together some hampers of food staples to donate to families over the half term holidays. If you are able to help by dropping off any of the items listed, into a box outside the school office, we would be very grateful. The deadline for this is Friday 5th Feb. If you or somebody you know would benefit from one of the hampers, please contact Mrs Ward**



**ITEMS NEEDED FOR HELPING HANDS:**

- Jars of Pasta Sauce
- Tins of Tuna
- Tins of Ham/Corned Beef
- Tins of Beans
- Tins of Sweetcorn
- Tins of Spaghetti Bolognese
- Tins of Custard/Rice Pudding
- Packets of Cereal Bars
- Boxes of Porridge Sachets
- (any flavour (original/golden syrup))

**Domestic Abuse Services:** If you have been a victim of crime, whether recently or in the past, there are people who can help. Lancashire Victim Services provide emotional support, information and practical help, regardless of whether you have reported the crime to the police.

Tel: 0300 323 0085



Covid Symptoms Email Address: If

over the weekend your child develops Covid symptoms and has been in school within 48 hours of this, please email me at:

**info@hesketh-with-becconsall.lancs.sch.uk**

Please use this for confirming children are having a test and for sharing the result. This address is for weekends only and is exclusive for Covid related issues. Please inform the school office of these details during the week.



With a small amount of boiling water, make a Skittles rainbow or make a different pattern.



**Mindfulness Activities With Skittles:** Talking about our feelings; being focused on a task and watching interesting things happen all help with mental wellbeing. The bonus with these activities is that you get to eat them too—all proof that learning can be fun and doesn't always have to feel taxing. I would love to see **some photos of children enjoying similar activities—please send them to the**

**office if you are happy for me to put them in next week's newsletter.**

**Remote Learning:** It has been lovely to see so many children on the Google Meets, despite our school internet causing some problems. We understand that for some families it is difficult to commit to their child being on every day, but where possible please try and support them getting on once or twice a week, to help them stay connected to their friends and maintain the link with their teacher/other school staff. If technology is proving a barrier to their learning, please get in touch with your child's class teacher to see how we might be able to help. There is a document on the website under "Parents' Information" about our remote learning provision.

