



Fritch Green News

7th May 2021



Attendance

Whole school attendance this week is 96.22%

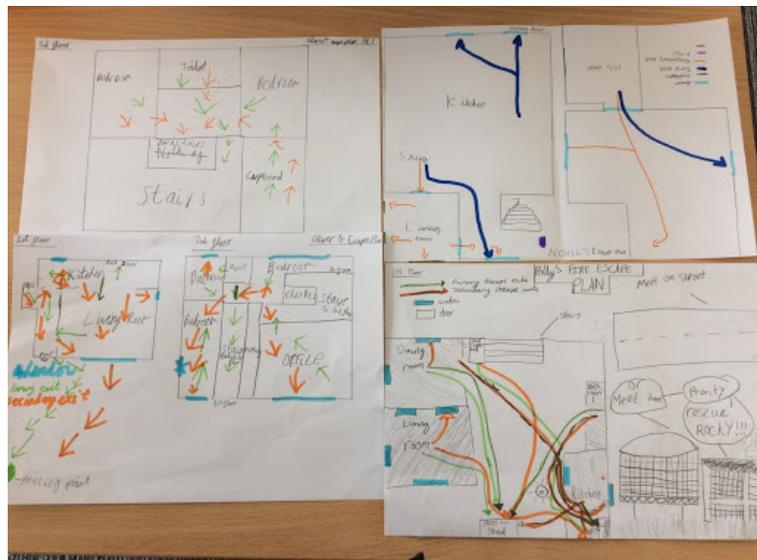
Attendance at school is so important and now we are all back to school as normal, we will be monitoring attendance carefully and offering support if needed to ensure attendance is 95% and above. Our attendance policy is on the website for more information about how absences and attendance is managed.

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Fire Safety

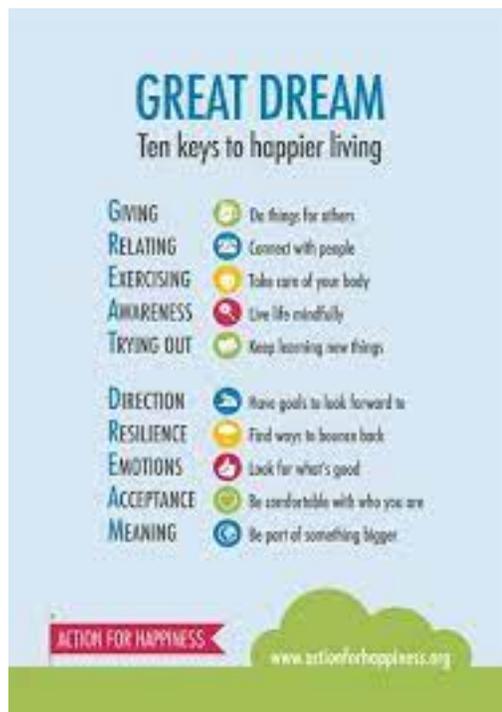
This week, the children had a virtual tour of Dunmow Fire station! They had a tour from James and learnt about fire safety in the home. The children asked some great questions and some pupils created their own escape plans which James was very impressed with! Well done.



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Parking

I have sent a letter this week to all parents and carers regarding parking at the school, please take the time to read this and I know we can work together to improve the safety for everyone.



Keys for Happiness

Attached to the newsletter this week is a parent information leaflet about Keys for happiness. As part of our recovery plan we have started delivering these lessons in school and we have all enjoyed learning about the keys. We would encourage you to chat with your child about the keys at home and ask them about their journal they have been completing. On Monday we will

learn about the Relating key! I will be handing out some keys for happiness postcards next week for parents and families so have the keys at hand! We are teaching the children that adults need the keys too and we are all completing the journals in school also! We are all learning together. If you have any great examples of how you have used the keys at home please do email them into us at school admin@flitchgreen.net we would love to see them!

Covid Information for the Local Community

£500 grants available to those who need to self-isolate



Councils make it easier to get financial support to self-isolate

We have worked with local city, district and borough councils to make it easier for you to get a £500 support payment if you are self-isolating. You must self-isolate for 10 days if you or someone you've had contact with tests positive for Covid-19.

You may be eligible for a discretionary payment if you:

- are employed, including self-employed or on a zero hours contract
- earn less than £500 a week net
- have household savings less than £16,000 and
- unable to work from home
- are the parent or guardian of a child or young person told to self-isolate and you need to take time off to look after them (you must also meet the other criteria).

Find out more about [self-isolation support payments and how to apply](#) on our website.

Themed Lunch

On **Thursday 20th May** we have a special themed lunch. Lunch can be booked via ParentMail in the same way as usual. Details are below.

Chicken Burger in a Bun (G1,A*) or Veggie Burger in a Bun (G1,A*)
Crispy Cubed Potatoes and Sweetcorn
Fruit Pot and Sugar Ring
Doughnut
(G1,E*,D*,S*,A*)

Covid Test Kits

Covid Information for the local community

Collect self-test kits from a local library or pharmacy

You are now able to get self-test kits to test yourself and your family for Covid-19 at home. Regular self-testing will help you stay safe and stop the spread of the virus.

You can get packs of self-test kits by:

- [collecting self-test kits](#) from participating libraries and pharmacies
- [ordering self-test kits online](#) from [GOV.UK](#)

Follow the testing instructions to log your result every time you take a test. If you need help to collect or order tests or assistance with a test, call 119.

If you have Covid-19 symptoms or if you test positive from a test kit at home, you should [book a follow-up test on GOV.UK](#) or call 119.

School Photos

Please note the photos will take place in line with our school risk assessment. Bubbles will not mix, the photographer will test before entering the school, will wear a mask throughout and clean all equipment in between bubbles. If you have any questions regarding this please do not hesitate to contact us.

Guess what?

It's photo time!

See you on

Tuesday 18th &
Tuesday 25th May !!

P.S. Don't forget to bring your smiles!



office: 01394 383944
rob@sambrookphotography.com
www.sambrookphotography.com



Dates for you Diary

Monday 10th May –
Happy School Bag
Clothing Collection

Tuesday 18th May -
Class Photos and
Sibling Photos

Tuesday 25th May -
Individual photos

Wednesday 20th May
- Themed lunch

Wednesday 26th May
- Virtual Parents
Evening

Thursday 27th May -
Virtual Parents
Evening

Happy School Bags

FFG have organised a clothing collection. Bags will be sent home with children this week and the collection will take place on Monday 10th May.

What have people said about the Keys to Happier Living programme?



Child

"It was very helpful and helped me in my life"
"I think all schools should teach these lessons"

Parent

"My daughter came home with her happier living journal and I would just like to compliment it. Wellbeing is so key. I love the fact that my children are being taught such things at school."

Teacher

"The sessions have given the children the chance to think about the things they can do in their everyday life to improve their own and other's lives."

"The children really enjoyed having time to reflect on each of the keys. They linked them to their own lives and it offered a good opportunity for them to reflect and be thankful for all they have."



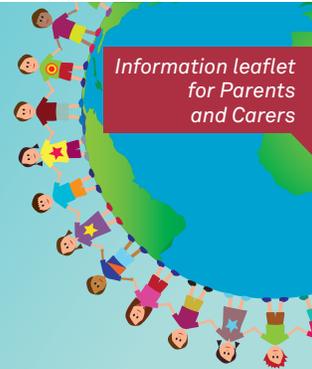
The Keys to Happier Living programme has been successfully piloted with children from Key Stage 2 in two primary schools and one special school. The feedback received from both the children and the staff has been very positive and has been used to shape the final version of the programme.

ACTION FOR HAPPINESS

www.actionforhappiness.org

KEYS TO HAPPIER LIVING

A programme for Primary Schools



GREAT DREAM
Ten keys to happier living

GIVING	Do things for others
RELATING	Connect with people
EXERCISING	Take care of your body
AWARENESS	Live life mindfully
TRYING OUT	Keep learning new things
DIRECTION	Have goals to look forward to
RESILIENCE	Find ways to bounce back
EMOTIONS	Look for what's good
ACCEPTANCE	Be comfortable with who you are
MEANING	Be part of something bigger

ACTION FOR HAPPINESS www.actionforhappiness.org

Find out how you can help your child to promote their own and others' happiness and wellbeing.

Research shows that there are particular actions that have a significant impact on our sense of happiness and wellbeing. These have been woven into the GREAT DREAM model by Action for Happiness. Each letter of GREAT DREAM is one of the ten Keys to Happier Living.

How can I find out more?

Contact the school or go to www.actionforhappiness.org

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What is the Keys to Happier Living toolkit?

The toolkit provides primary school staff with the resources to teach the GREAT DREAM framework as part of the PSHE curriculum for primary aged children to improve wellbeing.

What will happen in school?

- The toolkit programme involves an assembly, followed by 10 lessons, each focusing on a 'Key' to Happier Living.
- Your child will be provided with their own Keys to Happier Living journal, which will be completed during the lessons with the support of their teachers.
- All children will be encouraged to practice some of the strategies they have explored and to share these with you at home.

How can I support my child?

Getting to know the GREAT DREAM framework yourself and choosing actions associated with each 'key' will help you understand the Keys to Happier Living programme. You will then be able to support your child from the perspective of personal experience.

- In particular:
- Use the Ten Keys to recognise what you already do that is good for your happiness.
 - Try to build more of these ideas and actions into your approach to life and day-to-day choices.
 - Share the Ten Keys of the GREAT DREAM model with family and friends and use them to improve wellbeing in your family and community together.
 - Look for practical and fun steps that could make a difference.



The GREAT DREAM

- GIVING: Do things for others**
Helping others is good for others and for ourselves. Choose 3 extra acts of kindness each day for a few days. E.g. Make someone smile or let your child know that you care.
- RELATING: Connect with people**
Relationships with others are important for our happiness. Make more time for the people that matter. Respond to them eagerly.
- EXERCISING: Take care of your body**
Being active makes us happier and is good for our physical health. Be more active-Turn off the TV, climb stairs, go for a walk with your child.
- AWARENESS: Live life mindfully**
Stop, breathe and take notice – create breathing spaces. Choose an activity (e.g. walking, listening to music) and do it mindfully.
- TRYING OUT: Keep learning new things**
Learning affects our wellbeing in lots of positive ways. Do something for the first time today. Try a new activity with your child.
- DIRECTION: Have goals to look forward to**
Feeling good about the future is really important for our happiness. Think of a goal you're aiming for and do one thing to get started.
- RESILIENCE: Find ways to bounce back**
Resilience (bouncing back) can be learned. Ask for help today. Confide in a friend, ask a neighbour to lend a hand.
- EMOTIONS: Look for what's good**
See life as it is, but focus on the good bits. Try to smile and say something positive every time you walk into a room.
- ACCEPTANCE: Be comfortable with who you are**
Learning to accept ourselves increases our enjoyment of life. Be kind to yourself and others. Notice things you and your child do well.
- MEANING: Be part of something bigger**
People who have meaning and purpose in their lives are happier. Spend time with your child; stop and stare at the beauty of nature; or join a community activity.