



THE FLITCH GREEN

ACADEMY *Learning for Life*

30.4.21

It has been another busy couple of weeks at Flitch Green Academy!

In Earth class they have been investigating. They were looking for clues about their new experience as well as investigating the melting process. Lots of children were being creative in thinking about how to change the solid to a liquid.



In Neptune, the children were looking at habitats this week. So they went out into the forest area and explored the pond habitat and woodland habitat to see what creatures/plants might be living there and why. The children sketched the habitat and made notes of animals/plants and reasons.



In Jupiter, they are exploring a book called 'The Great Kapok Tree' and the children acted out the story in the beautiful sunshine.



Sports Awards - Spring term

A huge well done to Katie and Jennifer who were awarded Sports awards for Spring term from Coach Michael. They were awarded for hard work, great teamwork and perseverance. Well done to them both!



Parent support

Dear Parents / Carers

Mind in West Essex would like to invite you to be a part of our community project 'Parent-to-Parent'.

Parenting can be extremely rewarding but can also have its challenges. We understand how being a parent can create loneliness and isolated feelings. These are not uncommon and we want our parents to know they are not alone. Our support is there to help create connections with other parents and volunteers within the West Essex Community. At these challenging times, everything can feel magnified and our skills as a parent tested. Our service aims to help any parent feel more supported and more able to deal with the challenges of parenting.

What We Offer

A parent plan can include any or all of the following:

- 1-2-1 Parent Buddy Support
- Parent Pod Support (Volunteer hosted group for a small group of parents)
- Access to our free online training courses 'Early Years Parenting' and Supporting Teenage Emotional Wellbeing'
- SEN Support Group
- Focus groups for identified needs, ie behaviour, remote learning, sleep
- Closed Parent-to-Parent Community Facebook Group

Parent-to-Parent is there to help with emotional support, friendship, advice and a safe place to chat about the challenges and loneliness that can, at times, come with parenting.

Please contact us on parents@mindinwestessex.org.uk for any more information.

Interested in helping?

If you are feeling a little bit lonely, want to make connections or looking to support your local community please get in touch to join our team of parent volunteers. There is a short training course to help you on your volunteer journey.

If you would like to join our team or require further information, contact us on volunteering@mindinwestessex.org.uk.

Sophie Wilson

Jenny Cox

MiWE Parent-to-Parent facilitator

MiWE Parent-to-Parent facilitator

07511053297

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Pupil Information

Last Friday we sent home with your children a 'Student Update Form'. This form has all the personal information you have provided to us for your child including emergency contact and medical information. As part of a data review we ask that you check the information is correct, sign the form and return it to us. **Forms can be returned by handing to the teacher on the gate or as a last resort to the office.** We will ensure any corrections are updated upon return.

It is important that you return the form regardless as to whether you made any corrections.

We also ask that you ensure we have **3 contacts** for your child. If there are less than 3 contacts detailed on the form please provide us with additional contact information on the form

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*)

Bikeability Family

At the end of this newsletter you will find further information regarding Family Bikeability. This is provided by the local government and has been shared with us by Jackie Coleman (local sports coordinator) to encourage children and parents to ride safely together. You can book your family to have the 3 hour training. 1 hour is on the playground and then once the family is confident, routes and trips are organised in your local area to ride safely together. This is an amazing opportunity to ensure that the whole family can ride safely on the road.

Email Jcoleman@swchs.net to book your training. Places will be given on a first reply basis.

COVID safety

I think we are all feeling grateful that some restrictions have been lifted from the National lockdown. At school, we are maintaining our risk assessment in line with the guidance from the Department of Education and the government. We are still maintaining class bubbles, having staggered lunches and ensuring that handwashing and hand cleaning takes place many times during the day. Most staff are testing twice a week and we are encouraging our families to take part in home testing for adults in their households. You can pick up tests from your local library, participating pharmacies or order them online.

It is important to remember that although restrictions are lifted, we are still guided by our risk assessment and guidance given to us from the Dfe. We will of course continue to keep you informed of changes and how we will continue to keep the school as safe as possible.

Drop off/Pick up

We have now come to the end of the two week trial and we consider that the risks are being controlled in order to maintain our school risk assessment. However, we would ask that you **do not line up for your class drop off until your allocated time please**. This is crucial to maintain safe guidelines. Thank you to all adults for wearing masks and please continue to do so while near or on the school site.

It will continue to be monitored and where needed or deemed necessary, changes will be made.

Upcoming dates for your diary:

Tuesday 18th May - Class Photos
Wednesday 20th May - Themed lunch
Tuesday 25th May - Sibling and Individual
Wednesday 26th May - Virtual Parents Evening
Thursday 27th May - Virtual Parents Evening

I wish you all a happy bank holiday weekend.

Best wishes
Miss Nikki Willis
Principal

Aim: enable family group cycling

Bikeability Family is a tailored training package to help people living in the same household cycle together.

Course description

The course starts with an assessment of each households' specific cycling goals and current cycling ability, accompanied by online preparation, including route planning before off-road cycle training commences.

Useful links:

<https://bikeability.org.uk/cycle-more/be-prepared/>
<https://bikeability.org.uk/bikeability-training/bikeability-plus/bikeability-family/>

The off-road cycle training takes place in a vehicle free environment and lasts 1 hour. This is followed by two hours of on-road cycle training.

Practice between training sessions will help to boost the householders' cycling skills and confidence.

The pace of progression is dependent on group size, age and ability. Some households may require additional training sessions before they can ride together as a group, and in this case additional sessions which the household pay for would be available.

The module is delivered with flexibility to respond to the needs of the household. It focusses teaching on the adult householder/s with responsibility for route planning and helping others in the group to cycle together.

Outcomes

By the end of the module, at least one adult householder should have demonstrated National Standard assessment criteria to at least Bikeability Level 2. They should be able to plan group rides and help others develop their cycling skills and confidence.

Requirements

Riders must be able to cycle (i.e. Set off, pedal, slow down and stop) prior to training, and this course is more effective if at least one adult householder has completed the Adult Cycle Training module.

There is no minimum age for participating riders, provided each rider is able to cycle (i.e. Set off, pedal, slow down and stop). At least one adult householder must be present at all times. The maximum group size is six.

Registering

If you are interested in arranging training please email JColeman@swchs.net you will then be sent a consent form to complete and return this back and then Cycling4U Cycle Training instructors will contact you to arrange your first session.

In order to support training, we usually leave time between sessions (usually at least one week) when confirming the registration to allow the household to practise and consolidate learning.