



The Spire Federation North Cockerington CE Primary School

22nd January 2021



Getting Physical!

Last week we set you an optional challenge of sharing photos of you getting physical at home.

Thank you to everyone who sent us a picture, you really are a bendy, flexible, energy filled bunch...keep up the good work!



School Admissions update

We have been advised by the admissions team at Lincolnshire County Council that the date to apply for a school place from September has been extended.

The initial closing date for reception 2021 applications was 15th January but they will accept late applications and changes up until 12th February.

The Parent Portal will be open until 28th January for parents to make an online application. After that it would be best to make a telephone application on 01522 782030.

11+ Registration for Year 5's

On Thursday all parents of Year 5 pupils were sent a letter from Kind Edwards VI Grammar School which contained details on how to register for the 11+ this year.

If you have a child in year 5 and require the letter to be sent again, please let the office know.

Hot Meals - Menu Reminder

Due to school being closed our meal supplier has issued the next meal order form electronically which was sent out to all parents on Thursday.

If you wish to order meals for your child for the period 8th Feb—1 Mar 2021, please let the office know your choices **by Friday 29th January**.

If you are unable to "edit" the form you can print it and email photos back or you can call the office Tuesday-Thursday to place your order over the telephone.

An invoice will be issued for any payments required once school is open, please do not make a journey just to bring money, as long as we have your form meals will be ordered.

(Please also bear in mind the office still has cash and cheques to return from the last meal order that was cancelled on 5th January 2021.)

My Maths

My Maths is a new subscription based maths programme we are trialling at school for years 4,5 & 6. Mrs Cass issued usernames and passwords to all eligible pupils on Thursday and work will be set on Google Classrooms shortly.

If you need a reminder of your child's log in details please let the office know. Mrs Cass is keen to receive feedback on this platform so let us know how you get on.

Keeping Safe on the internet

With us all relying on technology and the internet more and more these days to connect with one another and carry out essential daily tasks it is more important than ever to know how to keep ourselves and those around us safe. Please see the links below for more information on how you can do this.

ThinkUKnow

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

Thinkuknow have lots of family activity worksheets on their website covering: viewing videos online, cyber security, social media, sharing images, live streaming and on-line gaming. These contain conversation starters and activities to help parents discuss the online safety issues around the topics

LCSP– Lincolnshire Children Safeguarding Partnership

Helping our children use the internet safely has never been more important. To help parents and carers support their children to enjoy all the benefits the online world has to offer, the Lincolnshire Safeguarding Children Partnership and the Stay Safe Partnership would like to invite parents and carers to view our you tube channel where you can find informative videos for parents.

LSCP YouTube channel link: <https://www.youtube.com/channel/UCxMnZ02Sl1Abtlhq-m3rrVQ>



Kick Start Your Health

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. You can also [find simple ways to lift your mood](#) with Every Mind Matters.

Check out their website here: <https://www.nhs.uk/better-health/>



A message from Magna Vitae– Community online activities

"We are currently offering a free kids programme with different activities and workouts to help keep the children entertained during this lockdown. Please see attached our current programme. We also have a class programme for adults (attached) which offers a number of free classes on our Facebook page.

Additionally, We are working with the local community and business links to offer support in these very troubled times. Our aim is to keep people's spirits high, support mental health and wellbeing, and hopefully give people motivation to look after their health. Let's face it, now more than ever this is so important!

We are working with several different businesses to keep their work force engaged. Some of these came from a productivity point of view (exercise, not only improves well-being but participants noted a 72 percent improvement in time management and workload completed on days when they exercised. Low-intensity aerobic exercise is more effective than high intensity exercise for improving productivity) as they found their work force "dipped" in previous lockdowns but also from a "wellness" connection with their teams (Exercise reduces levels of the body's stress hormones, such as adrenaline and cortisol. It also stimulates the production of endorphins, chemicals in the brain that are the body's natural painkillers and mood elevators). These are proving really powerful and have been received really well."

An example of some of the work we are doing are:

- Bootcamps 4, 6 and 8 week
- Group work outs (from Rave fit to Pilates)
- Nutritional advice / sessions
- PT sessions (1:1 or 1 household)
- Light stretching / lunch time stretching for 20 mins
- Work challenges and leader boards (most walked, running groups etc)

If you want to join in any of the activities here are the links you will need:

Social media: <https://www.facebook.com/groups/magnavitaeclases>

Web Address: <https://magnavitae.org/inthistogether/>

If you wish to discuss any of the other activities or avenues of support please contact Magna Vitae direct.

