



# Nevill Road Junior School Parent Newsletter 10.4.20



Dear Families,

I hope you have been enjoying the beautiful weather this week and looking forward to your Easter weekend at home. This year our family camping trip will be taking place in the back garden, fingers crossed the sun will still be shining!

## Keeping our school community together



The children and staff in school have created the most beautiful Rainbow of Hope. Using PE equipment they also made a special Easter Egg on the school field to say thank you to the NHS. It has been lovely hearing from you - thank you for your messages and photos. Keep sending them in to [headteacher@neville-road-jun.stockport.sch.uk](mailto:headteacher@neville-road-jun.stockport.sch.uk) or tweet to @NRJuniors.

## Easter Egg Hunt Challenge

Children at home and in school have been hunting for eggs as part of our Easter Egg Hunt Challenge. As you can see, children have also designed and created their own eggs using a variety of materials including paper mache and balloons. We have been very lucky as the Easter bunny has visited us a few times this week at Nevill Road!



## SHAPES Challenge Family Easter Activity

Well done to those of you who have been having a go at the daily challenges. These two have not let a lack of resources come in their way by substituting eggs with satsumas! Make the most of the lovely weather and see how many of these activities you can complete. Remember to send in your photos which will be added to next week's newsletter.



## Healthy Minds and coping strategies

**COPIING CALENDAR: KEEP CALM. STAY WISE. BE KIND**

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share!

1. Make a plan to help you keep calm and stay in contact
2. Enjoy washing your hands. Remember all they do for you!
3. Write down ten things you feel grateful for in life and why
4. Stay hydrated, eat healthy food and boost your immune system
5. Get active. Even if you're stuck indoors, move & stretch
6. Contact a neighbour or friend and offer to help them
7. Share what you are feeling and be willing to ask for help
8. Take five minutes to sit still and breathe. Repeat regularly
9. Call a loved one to catch up and really listen to them
10. Get good sleep. No screens before bed or when waking up
11. Notice five things that are beautiful in the world around you
12. Immerse yourself in a new book, TV show or podcast
13. Respond positively to everyone you interact with
14. Play a game that you enjoyed when you were younger
15. Make some progress on a project that matters to you
16. Rediscover your favourite music that really lifts your spirits
17. Learn something new or do something creative
18. Find a fun way to do an extra 15 minutes of physical activity
19. Do three acts of kindness to help others, however small
20. Make time for self-care. Do something kind for yourself
21. Send a letter or message to someone you can't be with
22. Find positive stories in the news and share these with others
23. Have a tech-free day. Stop scrolling and turn off the news
24. Put your worries into perspective and try to let them go
25. Look for the good in others and notice their strengths
26. Take a small step towards an important goal
27. Thank three people you're grateful to and tell them why
28. Make a plan to meet up with others again later in the year
29. Connect with nature. Breathe and notice life continuing
30. Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

**ACTION FOR HAPPINESS**  
www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10keys](http://www.actionforhappiness.org/10keys)

There are many resources available for mental health and wellbeing through Stockport's local offer. <http://www.stockport.fsd.org.uk/>

Please also see additional support from Stockport's Educational Psychology Service, which can be found on the school website.

Home | **Local Offer** | **Parents** | **Children** | **Education** | **Resources** | **Club** | **SEND** | **YFA**

**Files to Download**

- Coronavirus update from the LA
- Coronavirus support with anxiety
- Helping each other with the stress of coronavirus
- Minister Paul's open letter to the SEND sector

Together Everyone Achieves More

## E Safety

Just a reminder about these great resources that you may find helpful.

- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and carers from the NSPCC
- [Parent info](#) - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
- [UK Safer Internet Centre](#) - advice for parents and carers



Wishing you and your families all the very best and a Happy Easter, please keep well and stay safe.

Kind regards  
Mrs Cliff

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