



Mousehold Infant and Nursery School Mousehold Avenue Norwich NR3 4RS
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5th February 2021

Dear Parents/Carers,

I have really noticed that it is staying lighter longer after school. This is great for wellbeing and is a reminder of brighter times ahead. The children who come to school each day are enjoying time outdoors. If your children are at home with you, getting out and about really does lift the spirits. We are lucky enough to have Mousehold Heath within walking distance from most homes. Even if it is wet and muddy it is still lots of fun!

Snow forecast

We are expecting heavy snow on Sunday and Monday. If school is going to be closed on Monday I will do my best to let you know Sunday evening, to give you time to make arrangements. As with any decision regarding weather, I apologise I can't give you more notice. The decision will be based on assessing whether staff who live a distance from school can safely get into work, and whether children can safely get to school up the hill by foot or in a car. Each school's risk assessment for snow closure is different because of these factors. In the event of a school closure, remote learning will be available on the VLE as usual - but we would also love your children to have time to enjoy the snow and this must be the priority on a snow day!

Positive cases w/b 1st February

We have had no positive cases this week.

Critical Worker and Vulnerable children

We are at capacity in some of our bubbles. We are not going above 15 children. In some bubbles the capacity is less than 15 due to the size of the classrooms. Some children on our list have not attended school for the last few weeks. If this place is no longer needed then please let us know. If two parents live in a house and only one is a critical worker then please keep your child at home, if there is a parent there to care for them. We know it isn't easy and it is a difficult time for everyone, but the spaces at school must be filled fairly.

Headteacher: Mrs Rebecca Westall Deputy Headteacher: Mr Ian Tolson
Designated safeguarding leads: Mrs Westall, Mr Tolson, Miss Wood



Children's Mental Health week

As adults we know that in order to support our children's mental health we need to be kind to ourselves and look after our own mental health. This isn't always easy. Sometimes we need to be brave enough to ask for help. We have staff at school who can help you. Please get in touch, via the school office, and we will help where we can. Remember it is ok not to be ok.

Just One Norfolk

This website is the 'go to' health website for Norfolk families. There is a wealth of information, support and resources. Please have a look:

<https://www.justonenorfolk.nhs.uk/>

The extract below is from the Parental Wellbeing section of the website:

Looking after your own mental health and well-being is an important part of being a parent and carer. Parenting is a full-time job - as well as the rewards it can be tiring and stressful. If you feel low or stressed - it can feel even harder. You may worry that you will be judged, and people will think you are not able to be a good parent because you are finding things hard. Lots of parents struggle at times with their mental health and are very good parents. Stress is a part of everyday life, it can be a positive thing - pushing us to get things done, challenge ourselves and find out we can cope with more than we thought. Even very young children are tuned in to how their parents are feeling and will worry about you. They may not be able to explain this. They might instead start 'acting out' or seem sad and clingy. The whole family benefits when parents take care of themselves. However we all have times when the pressure of life can feel a 'bit much'. It may be for a short period or can be something long lasting. It can be hard to manage. There are many ways that stress affects us physically and emotionally and it is important that we find ways to look after ourselves. It is important that parents can show that even when they are feeling stressed they can cope and look after themselves. This way children learn how to manage stress well too - because you have set a good example. These good habits will help them look after their mental health and manage stressful times too.

A message from Mrs Coathup (Computing Subject Lead)

Safer Internet Day Tuesday 9th February 2021

Teaching children how to keep safe on the internet, is an important part of our Computing and PSHE curriculum at Mousehold. It is something that we discuss and teach the children every time we use technology at school.

Safer Internet Day is an event organised by the UK Safer Internet Centre, which aims to promote responsible and positive use of internet technology. This year in the UK, Safer Internet Day explores reliability online. The internet has an amazing range of information and opportunities online, but how do we separate fact from fiction?

You will find learning linked to this theme on next week's VLE and in the home learning packs. You could also look out for a 'live lesson' on the BBC on the morning of 9th February.

Parents can also find lots of useful links to Online Safety on our school website: <https://www.mouseholdinfants.com/safeguarding/>

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Safeguarding – Mousehold Infant and Nursery School

Mousehold Infant and Nursery School is fully committed to safeguarding and promoting the safety and welfare of children at all times. We expect all staff, governors and volunteers to share this commitment, and training, monitoring and reporting procedures are in place to ensure this commitment is realised.

www.mouseholdinfants.com

A special thank you to Mrs Horth

Mrs Horth, our school cook, is working really hard and I just want to say thank you to her from the whole school community. She is working on her own in the kitchen cooking delicious meals for all of the children at school and several meals for staff too. She always serves the food with a smile and nothing is too much trouble. Thank you Mrs Horth.

Half-term - We are closed to all children over half-term. Monday 15th February to Friday 19th February

Have a lovely weekend and take care.

Yours faithfully

Rebecca Westall

Headteacher

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