

Rivington Foundation Primary School

Horrobin Lane, Rivington, Horwich, Bolton, BL6 7SE

Tel: (01204) 696951 Headteacher: Mrs S E Annette BA (QTS)



Dear Parents/ Carers,

January is behind us – and there are signs of Spring (& new growth) all around us!



As we enter into our 5th week of a national lockdown we fully understand the strains our parents are under. The announcement last week that returning to school could happen on the 8th March, subject to national and local conditions, unlike after the February half term - which everyone had anticipated - has had an understandable impact on families. I am in awe of the children's engagement to their learning. I also extend my admiration, thanks and gratitude to YOU parents who are by your children's side, supporting and encouraging them to have a go. This week teachers have provided activities linked to children's mental health. We trust that this has met with your approval. Please may I encourage you to use the 'respond' or 'comment' option within Seesaw to share your responses to the activities.

We appreciate how difficult it can be completing school work combined with the pressures of working from home and we don't want any of our parents to feel under pressure to submit all work which has been set, so please send in only what is manageable. The health and wellbeing of the children and of course yourself remains our priority and concern at this time.

Have a lovely weekend whatever you get up to!

Mrs. Annette and all the staff

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Week beginning 25.01.2021 award winners are:

- Reception: Selby and Matilda.
- Y1: Mika and Isabelle.
- Y2: Ava, Emily and James Parkin.
- Y3: Riley W, Martha, Alice, Elliot and Tao
- Y4: Daniel and Quincy.
- Y5: Ava, Jack and Jackson.
- Y6: Amber and Ewan.



CONGRATULATIONS ON BEING SO AMAZING!

Week beginning 01.02.2021 award winners are:

- Reception: Eve and Ava.
- Y1: Henry.
- Y2: Connor.
- Y3: Thomas R.
- Y4: Aimee-Rose and Taylor.
- Y5: Zak.
- Y6: Alex M.



CONGRATULATIONS ON BEING SO AMAZING!



Happy Birthday: Zakariyah (Y2); Thomas (Y4), Jackson (Y5), Selby (Rec.).

Festival of Literature: We have signed up to the Festival of Literature which provides the children with the opportunity to listen to authors live. (They are recorded too - if you cannot listen at this time).

I have attached the schedule for the next two weeks with start times and year groups that the presentations are aimed at - there are some fantastic authors taking part!

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'Do you have a concern for a neighbour or friend that is alone at this time? The pandemic has put a strain on so many of us and in these tough times, we have seen an increase in concerns for welfare for those that are elderly, shielding or isolating and living alone without any support. It may be that you haven't seen an elderly neighbour for a few days or haven't heard from a friend or family member that you know to be unwell, living alone and struggling to support themselves.

We can help with offering support and referrals to various agencies and also making sure that their basic needs are met. If you do have a concern, please report this to us on 101 or go online and submit the information via the Lancashire Constabulary website.'

Message Sent By Laura Jones (Police, PCSO, SOUTH - Chorley)

SAFER INTERNET DAY - Tuesday 9th February 2021: The theme for next week's internet safety day is 'An internet we trust: exploring reliability in the online world'. The internet has an amazing range of information and opportunities online, but how do we separate fact from fiction?

Resources can be found here: <https://www.saferinternet.org.uk/safer-internet-day/2021>

STEM & DESIGN TECHNOLOGY:

Great sites ... <http://www.ciec.org.uk/industry-at-home.html>

<https://explorify.wellcome.ac.uk/>

Industry AT HOME!

Welcome to Industry AT HOME!

These activities and investigations are designed so that children aged 7+ can tackle them independently, with just a little help from an adult to get started. All activities have built-in questions to get children thinking, as well as challenges to take their learning further. Once they've tried the main activity, children might like to invite their parents to join them in these additional challenges, and younger children could also join in the fun with support from an adult or older sibling.

Explorify at home: Birds
This collection of activities about birds is ideal to do at home with your little explorers. Enjoy a good afternoon of science each week!
[Explorify at home](#)

Explorify at home: Learning outdoors - living things
Children love learning outdoors and the positive effects on their mental and physical wellbeing have been well documented. This collection takes your children's learning outdoors with a focus on living things.
[teaching science](#) [seasonal](#)



Mental Health Awareness Week: Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is 'Express Yourself'.

Watch the Royal Patron [HRH The Duchess of Cambridge's video message](#) to mark the start of the week.

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There is also a [Virtual Assembly](#) with BAFTA and Oak National Academy which we will be sharing with the children – featuring Jodie Whittaker, Oti Mabuse, Matthew Lewis and many more...

All of their [free resources](#) can be **adapted for use in school, for home-schooling, online lessons or independent learning.**

And don't forget to add yourself to the [Children's Mental Health Week map](#) to let them know how you are celebrating the week!

Jigsaw Pieces and Mental Health: I thought it might be nice for the children to draw on a jigsaw shape template (these can be downloaded) of things that make them happy. These could be displayed in the windows of the children's homes & other children could look out for them when they are on their walks (they could be kept up over the half term week). I have attached the link below which provides further information.

<https://vimeo.com/499634422>

Jigsaw template – **copy attached**

BRITISH RED CROSS:

Includes activities around kindness, coping, recognising feelings and learning new skills. [British Red Cross Kindness Activity Pack](#)

Reporting Absences of Key Worker Children: If your child is currently attending school and is absent due to sickness or for any other reason please inform school as soon as possible. It is important that when leaving a message that all parents/carers inform us of the reason for the absence and symptoms. If your child is taken poorly with COVID symptoms (even if they are not due into school on that particular day) please contact us and let us know. It is also really important that if anyone in your household is awaiting a test result you do not send your child into school. We are very appreciative to all our families for taking these necessary precautions and continuing to keep our children, staff and our families safe and well. If you need to make amendments to your child's allocated days, due to change in shift patterns etc, please contact the school office at your earliest opportunity. Thank you for your continued support.

Blue Peter: Blue Peter have launched [Blue Peter](#) on YouTube at CBBC. They will be uploading videos to it that are suitable for 5-11 year olds. They have world record breaking challenges, arts and crafts, environmental videos, cooking and baking how to's, inspirational films, gaming, celebrity appearances, dance routines and music performances. They will also feature ways of getting a Blue Peter badge, behind the scenes footage and

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extra content about our incredible presenters Adam, Lindsey, Mwaksy, Richie and Henry the Blue Peter dog. If you are interested in this, please subscribe to

<https://www.youtube.com/bluepeter>

It's completely free to subscribe! and don't forget to watch the live programme on CBBC at 5.00pm every week, or on BBC iPlayer.

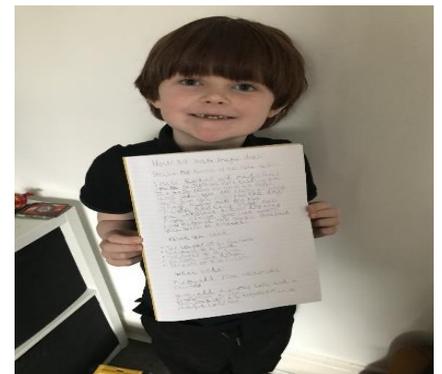
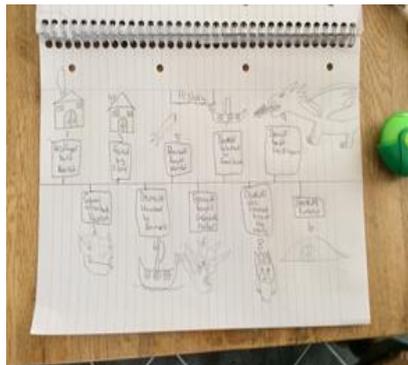
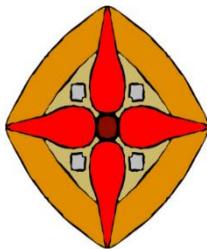
NHS Every Mind Matters Campaign: Help and advice on Mental Health and Wellbeing for parents and children. We have received some very useful information from the NHS about what we can all do to look after our mental wellbeing. Every Mind Matters can get you started with a free NHS online plan, showing you simple steps to help manage anxiety, to sleep better and boost your mood. For parents use only, get your own [Every Mind Matters](#) mental health action plan here.

Advice for parents - <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

Advice for children and young people - <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

No matter how much you do, physical activity is good for your body and mind. A daily brisk walk can boost your energy, lift your mood and make every day activities easier. Better health has free tools and advice to help make positive changes, made easier with their new website.

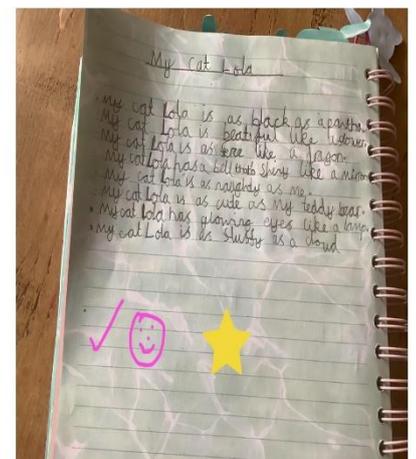
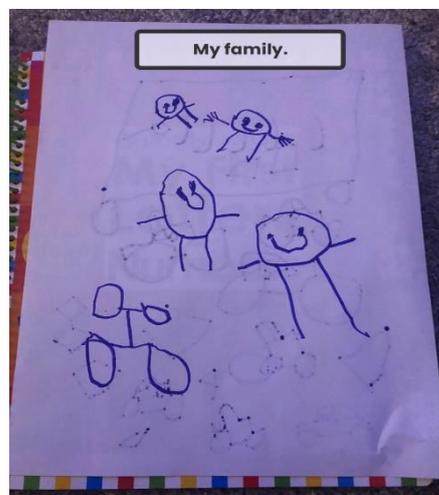
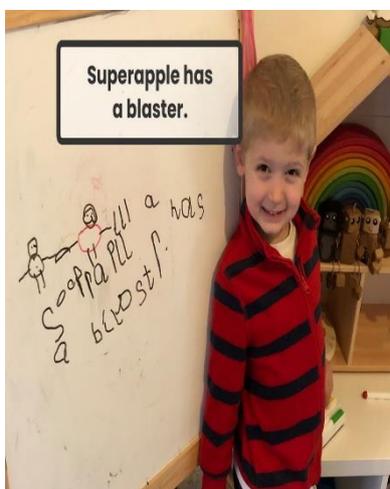
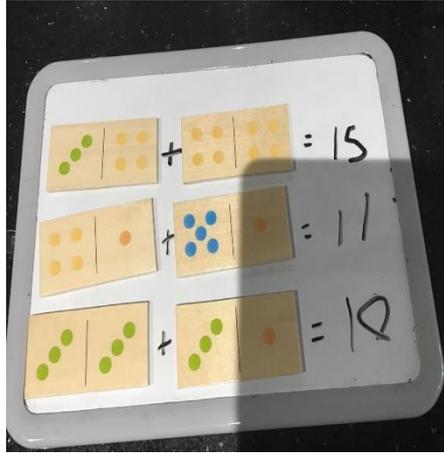
Visit Lockdown lunches and meal plans: Change4Life have created recipes and shopping lists for families which can be used to create lunches for around £15 each week. Please click on the link below to see the plans. <https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>



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My papyrus



Freyas Famously Fantastic Medicine Powerful, Punchy, Potion

Can you afford to live without such a wonderful medicine?

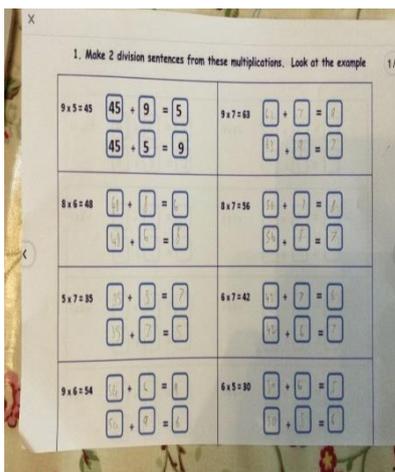
Effective in 99% of cases



Drink Medicine, feel better, grow stronger

This medicine is the best I've ever had

Get it Now, before it runs out **FOREVER!**



Ecuador, which is a great place for wildlife, sea turtles and manta rays.
 4,000 hours flight.
 Four star hotel Balneario #445 for a week in Manta.
 Nice beaches, lovely view and extra health and safety measures.
 Free airport shuttle, very good fitness centre, superb breakfast, good restaurant and a swimming pool.
 Nearby attractions:
 Montezuma Beach 13 miles.
 Manta town 10-15 miles.
 Tumbaco beach 1.5 miles.
 With swimming water sports and surfing.
 There are many animals in Ecuador from iguanas to giant manta rays and spotted bears.



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