



Issue: 36  
3<sup>rd</sup> July 2020



## Dear Parents/Carers,

It has been so good to see rising numbers of children coming in to school, and I hope the gradual opening up of 'normal' life is going well for all of you. I am hearing more about asymptomatic people – who are carrying Coronavirus without knowing it and therefore being potential spreaders, too. So please, for the sake of all our communities and families, carry on being careful – keep washing, keep distancing, keep being careful with the numbers of people you are seeing.

## Packs and Scrap Books

Today the final pack has gone out to you all, including a scrap book for every child – please enjoy creating lasting memories of this time with your children, including their best work but also other memories – and we will look forward to a time next term when we ask the children to bring them in and we can celebrate all their efforts.

## Transition Week

Next week is Transition Week, when all children in school who are not already being taught by their next teacher will have a session with their next teacher.

All the times are the same as this week for your children, EXCEPT Hedgehog Class, and we would like these children to come on Wednesday 8<sup>th</sup> July at 9.45am to the usual FS car park gate, where they will be met by Mrs Yerrell and Mrs Dennis-Lauder, along with Mr Evans who will be doing some sporty things with half the class. Please collect them at midday.

## September!

Some of you are asking about our plans! – As I write the news is full of the government's guidance which has come out on Thursday. We are planning to be open, full, including Little Fingers.....but there will inevitably be some changes and before the end of this term I hope to be able to share these with you.

## Thank you

Continuing thanks for being so incredibly patient with all the arrangements, for being so punctual to the sessions, and for being healthy – all these things are making our school life so much easier to manage.

**Live Fully, Laugh Often, Learn Deeply,  
Love as God Loves You and Let Your Light Shine**



Sports Day(s) have happened every day this week! With the school stadium closed to the public, children ran, jumped, threw and assault coursed..... and had a lot of fun....



It's always great to see art to save the world, art that tells a story, art that teaches us about sealife, and just art that is beautiful, too:



Years 2 and 3 key workers enjoyed a day of art and learned to draw landscapes.



At home this week ....

1M

Luke's RE work - the Prodigal Son.



5B

Matilda is now famous, having made an amazing animation about Why buying Fairtrade Chocolate is important. It is going to be featured on the Fairtrade Schools Website - Well done Matilda, she received a Fairtrade chocolate bar and a Traidcraft hand made purse from Mr. Barlow.

<https://schools.fairtrade.org.uk/news/>



Here are some great pictures from Carmen as part of her home learning work over the last few weeks.



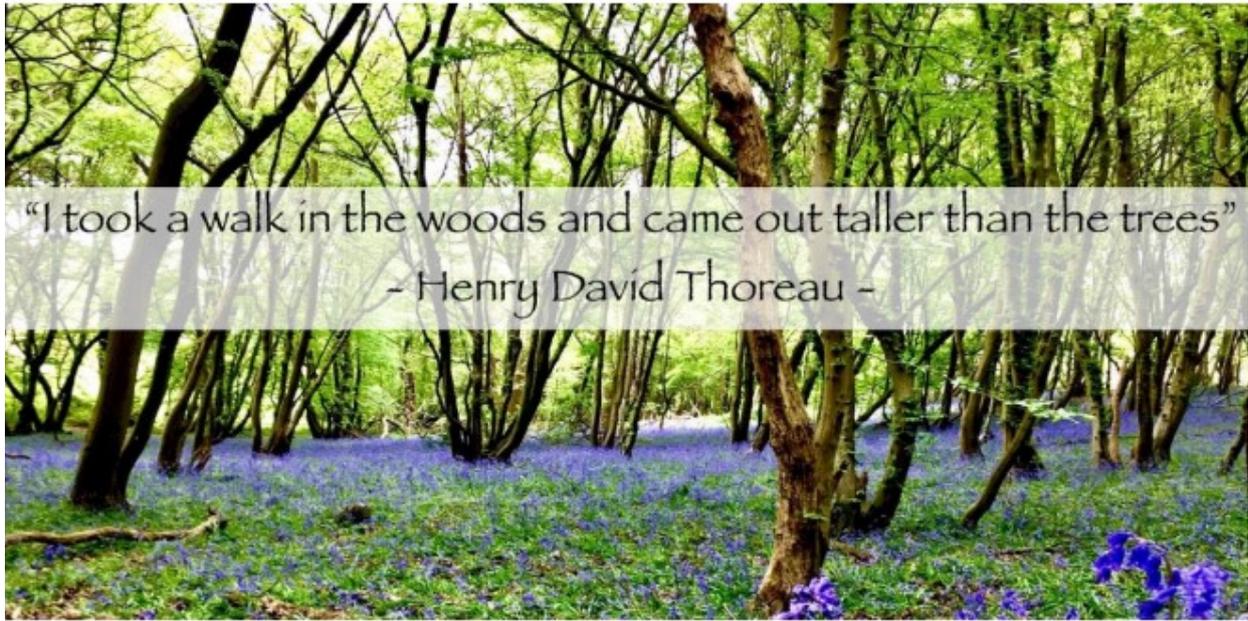
1CD

Thomas has been thinking about how an apple tree looks throughout the seasons and Max has made a basket for Little Red Riding Hood!



## Enjoying the benefits of nature

*Well done for getting here!* I know it's not easy to *find* the time right now, so pat yourself on the back and congratulate yourself for *making* the time to learn more about the benefits of nature. Use what you find helpful and enjoy the benefits of nature, inside and out!



What should I do in nature? *A brief summary...*

- Make time to get out into nature. 15 minutes a day has a positive and long-lasting impact on lowering stress and improving our health in so many ways. And there's plenty of science to prove it!
- Use P.A.C.E. as a guide for how to be with your children and young people outdoors
  - o Playfulness, Acceptance, Curiosity, Empathy.
- When you're out in nature, try and focus on the here and now. Watch the video here:

*Watch the video for full details of how to do these!*

[https://youtu.be/  
FhyavTr6otk](https://youtu.be/FhyavTr6otk)

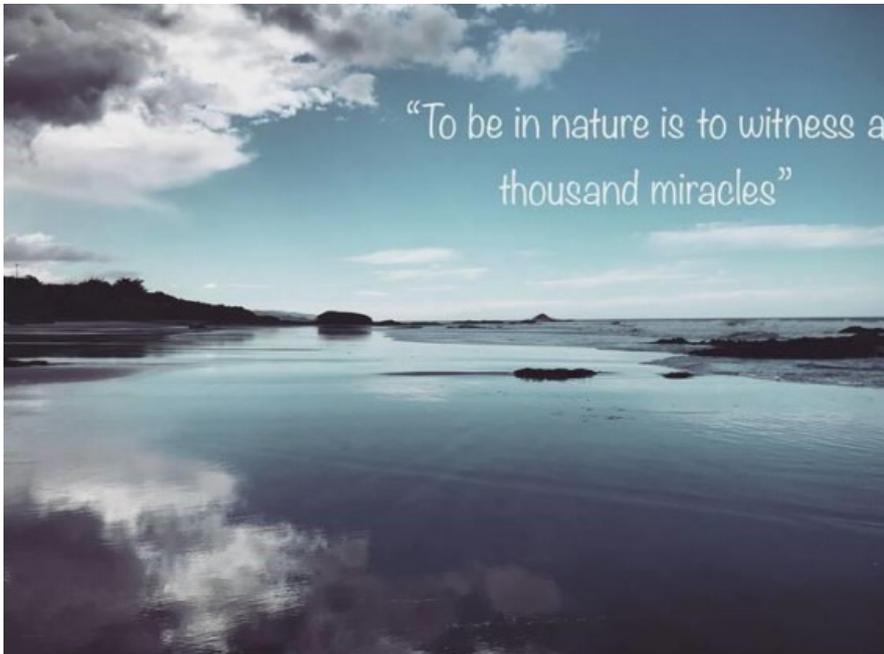
- Using our senses: 5,4,3,2,1 & expanding circles of awareness.
- Make a rainbow from pieces of nature.
- Explore nature through touch: Find 3 textures and explore what they feel like. Little ones can see if their parents & carers can guess which piece of nature is touching their hand.
- Walk barefoot.
- Make a natural shelter
- Be a nature detective. Some further suggestions are: Find a leaf with holes in it from insects, feathers from birds, something smooth and round, fallen logs, birds nests, a fully formed spider web, something that is soft, something that crunches, something that looks like an animal.

Bringing the outdoors, indoors:

- Buy in plants, flowers, herbs. What are your favourite smells?
- Research has even shown that looking at photos and videos of nature can do positive things for mood and stress. So why not put a [forest scene](#) or [ocean sunset](#) on your screen?

I encourage you to ask yourself, how can you and your young people get a little more nature each day?

Enjoy your time in nature and explore the wonders around you!



“To be in nature is to witness a  
thousand miracles”



### **Relax!**

If you want to find some ways to create calm in your home with your children, please have a look at the resources on this website - it's full of great ideas which have been well trialled.

<https://www.relaxkids.com/calm-pack>

### ***The Bishops' PTA***

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Find us: @BishopsPta,

Or: The Bishops' School PTA  
on Facebook

### **Looking Ahead**

**Monday 6<sup>th</sup> July to Friday 10<sup>th</sup> July** —transition week

**Monday 13<sup>th</sup> July**—New intake parent meetings with teachers

**Tuesday 21<sup>st</sup> July**— Last day of term

**Thursday 3<sup>rd</sup> September**—Start of the autumn term (not FS)

**Monday 7<sup>th</sup> September**—FS start school (mornings only)

### **Community News/Notices**

Please visit the ‘News/General News’ section on our website for useful organisations, websites and local community information.

### **The Bishops' School**

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