



Volume 16, Edition 11, 11<sup>th</sup> May 2020  
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### WELL DONE



I want to start this newsletter by thanking every Westgate family. I am so proud of what you are all doing, to keep each other and our community safe, to support your children's wellbeing in the face of unprecedented stress, and to find ways to learn at home. Please make sure you are kind to yourselves too, and don't put yourself under additional pressure on top of that which the Lockdown has put on all of us. I'd also like to thank **all** our staff, especially with [National Thank A Teacher Day](#) coming up on 20/05/20.

The past week has brought with it intense speculation about the next phase of the COVID-19 crisis, which has been acutely stressful for many of us. I am sure like all of the staff and governors, you watched the prime minister's address yesterday evening and, having done so, have many questions and may feel very anxious about what happens next. I'm afraid as I write, schools have no more information than that which was announced yesterday evening. We are expecting further guidance today but as yet we have no information as to how the arrangements he outlined would work. I am asking everyone to be patient, therefore, while we begin to receive more information and decide what that means for our school. It is important too, to remember that the prime minister announced measures yesterday that would be implemented on 1<sup>st</sup> June **at the earliest**. Please be assured that whatever happens in the coming weeks, your children's safety, and that of staff, will be our highest priority and at the forefront of every decision we take as a school. I will of course share more information as it becomes available. For now, the most important thing we can all do is to keep observing all the limits that Lockdown places upon us, no matter how hard this is, to avoid a second peak which will prolong the lockdown further. Thank you for everything you are doing. You are doing a fantastic job in difficult circumstances. In the meantime, you can [view our staff video](#) to see how much we are missing you all! At the end of this newsletter, there is also an article which offers help in supporting your child's emotional needs at this stressful time, which you may find useful.

Helen Carpenter  
Head Teacher

### STAYING SAFE ONLINE WITH YOUR CHILD

[ThinkUKnow](#) is a website for parents and educators, provided by CEOP (the Child Exploitation and Online Protection command). They have produced a series of home learning packs for parents to complete with their children to help them stay safe online. Each activity should take no more than 15 minutes to complete and they are designed to be age-appropriate and accessible for non-teaching parents as well as children.

You can [access the packs here](#) and they are divided into sections by age: 4-5 year olds, 6-7 year olds, 8- 10 year olds, 11-13 year olds and 14+. I hope you find these resources useful, now and in the future. In addition, the [UK Safer Internet Centre](#) has published new packs for 6-9 year olds. These comprise of 10-15 minute interactive video lessons for families to use on a weekly basis, and can be [downloaded here](#).



## HARDSHIP AND FOOD POVERTY



If you think that, due to changes in your circumstances, your child(ren) may now be eligible for FSM, please contact us via

[info@westgateprimary.co.uk](mailto:info@westgateprimary.co.uk) so that we can run an eligibility check. Your child may be eligible if you receive any of the following:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

We also know that there will be families who are not eligible for FSM who may still be struggling. Please don't hesitate to email Ms Carpenter in confidence, as we can refer to Otley Food Bank and there may be other ways we can help too.

**At the very end of this newsletter, there is more information about support in Otley, too. We are here to help.**

## DOMESTIC VIOLENCE



While some families are enjoying having this extra time together, we also know that the lockdown may be putting significant

additional strain on family relationships. If you are experiencing domestic abuse of any kind, or if you are concerned about somebody else, there is help out there.

[Leeds Domestic Violence and Abuse](#) webpage has lots of information that you can access without leaving an online trail, including emergency housing support.

There is a 24 hour helpline 0113 246 0401 as well as daily online chat from 13:00-15:00 through [Leeds Women's Aid](#).

Finally, if you are concerned about your abusive behaviour towards your partner, [Respect Phoneline](#) (0808 8024040) can offer support to change.

## FROM THE SCHOOL OFFICE



The school office team continues to work remotely, keeping our admin systems running while we are 'closed'. You

may have received reminders about outstanding dinner money or WOOSH fees in the last week or so. Please ensure these are paid promptly via SIMS.Pay. Similarly, for those children who are continuing to receive peripatetic music lessons online, fees are now due and payable via SIMS.Pay. If you need to discuss this in confidence further, please contact us via email and someone will call you back. Thank you ☺

## NURSERY PLACES FOR SEPTEMBER 2020

We have spaces in a range of sessions across the week for September, including full and half day sessions, as well as before and after school care. If you know of anyone who might be interested in nursery provision next term, and their child will be 3 years old by 1<sup>st</sup> September, ask them to register their interest via the [school website](#) and we will get in touch to see what we can offer! We will shortly be writing to confirm our offers for those of you who have already requested a place for September. Thank you ☺

## SPANISH



Don't forget that your child can log in to [Rockalingua.com](https://www.rockalingua.com) to find a range of online activities to practise their language skills while we are closed. Their login/ password is the same as for Purple Mash.

## WESTGATE WINDFALL

April's winners were:

1<sup>st</sup>: Mr & Mrs D&A Ridgway (£144)

2<sup>nd</sup>: Mr J Hayden (£36)

3<sup>rd</sup>: Drs Heppenstall & Ross (£18)

We currently have 72 members. If you would like to join the monthly draw, please email Mrs Bleasdale in the office for application details. You can pay by standing order or cash/ cheque in advance. All proceeds go to Westgate School Fund, which is used to purchase resources, to fund visitors to school and to subsidise trips for all pupils.



## POETRY CORNER

Otley Town Council ran a [poetry competition](#) last month, entitled 'Signs of Spring', open to all Otley residents. We were delighted to hear that Elsie in Y4 is the winner of the children's category! Matthew Stoppard, Otley Town Poet said, "The high standard of poetry made it very difficult to choose winners in all the age categories; my job was not easy." Congratulations to Elsie- we are very proud of you! Here is her winning entry:

### Signs of Spring

"Good morning," yelled the cockerel,

"Look at me, I'm beautiful!"

"He's very loud," thought the sheep.

"The grass has come."

"I'm blooming!" sang the daffodil.

"I'm not out yet," whispered the rose.

"Get out of my way!" jeered the wind,

"I'm still here! Whether you like it or not!"

## TT ROCKSTARS & NUMBOTS

I have really been impressed with children's hard work on Times Table Rockstars (Y2-6) and Numbots (Rec/ Y1). Regular practice for a short period will really help children to become automatic and secure in their recall and application of key maths facts. As well as sending well done messages to individual children for highest scores and most improved in each class, here is the class league table:

Week commencing	27/04/20	04/05/20
Rec	56%	48%
Y1	20%	20%
Y2	53%	63%
Y3	65%	74%
Y4	70%	63%
Y5	58%	59%
Y6	26%	32%

Every child has their own login and can practise whenever they like, through a web browser on a PC or a free downloadable app on a smartphone or tablet. Ask your child's class teacher if you are unsure what to do.



## MUSIC



We have received further information from our woodwind service provider, Artforms, that they will be offering online lessons for

children from after half term.

I am frustrated that this has taken so long to arrange, when other peripatetic lessons have been able to continue this term.

Please accept my apologies for this delay.

In the meantime, Mrs Durrant will be contacting parents of woodwind learners this week to offer some lessons until Artforms' lessons begin. Thank you for your patience. We are really grateful to our music teachers, and it has been lovely to receive positive feedback from parents about the online lessons.



You may find yourself buying things

online more than usual at the moment. If so, consider signing up to Easy Fundraising. By [clicking here and signing up](#), you can agree to support Friends of Westgate at no cost to yourself. We are now close to having raised £600 and hopefully will have achieved that by the end of this week!

## SCHOOL RESOURCES



You will know that when school closed, we sent home learning packs with the children. Some of the contents are

consumables, and the items sent varied from class to class. However, please note that we expect Maths No Problem textbooks & workbooks to come back to school, along with school reading/ library books, and child scissors. Items such as these that are not returned, or returned in an unusable condition **will be chargeable**, as they will have to be replaced. If you can send crayons/ pencils back when we return that would also be great, but we understand that these might have been used up/ worn out by then! Thank you for looking after school's resources.

# SUPPORTING YOUR CHILD'S WELLBEING

*From Mrs Eley, Learning Mentor*

During this difficult time I wanted to reach out to let you know that, even though our school is currently closed, we're still here to support your child and your family in whatever way we can.

You might be noticing signs of increasing anxiety in your child as they're spending more time away from their friends and outside their normal routines. These signs might include:

- Showing greater fear at being separated from you
- Tantrums
- Trouble sleeping
- Expressing sadness, anger or fear
- Sharing false information that they're hearing from their peers or seeing online
- Wanting to talk about coronavirus all the time
- Not wanting to talk about the current situation at all
- Having trouble concentrating
- Acting out – this might include things like picking fights with you or with siblings
- Becoming afraid to leave the house
- Exhibiting intense emotions but being unable to talk about what they're feeling

It is important that we as adults give children the opportunity to talk about how they are feeling while giving them strategies and support to deal with their ever changing emotions and know that this is perfectly normal. All emotions are equally important and need to be recognised. It is unrealistic to expect everyone to be happy all the time. As adults, we can notice and acknowledge our children's moods. Things you could say might include:

- 'I can see you're feeling sad/anxious/scared today. Do you want to talk about it? (It's also ok to not want to talk)
- 'It's ok to feel.....' (but it's not ok to throw/hit/kick etc)
- 'I can hear what you're saying'
- 'How you feel right now won't last forever'
- 'Let's take a break'
- 'I'll be over here when you need me'
- 'What can we do to help you feel happier/calmer etc.'

We've put together some resources to help you support your child. We hope you find this information helpful.

<https://greatmindstogether.co.uk/resources-%26-downloads> Some great activities for encouraging a positive mindset.

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html> Activities to get children thinking about how they are feeling.

<https://www.booktrust.org.uk/news-and-features/features/2020/april/staying-home-by-sally-nicholls/> A story about a family of raccoons living through lockdown.

<https://www.bbc.co.uk/bitesize/articles/zh9v382> A parents toolkit for supporting children.

**Mood trackers** are a great way to help children name their emotions. They choose a different colour for each emotion, e.g, anxious, excited, content, proud, worried, love, frightened etc. I'm sure your children will come up with more. They then choose a colour for how they are feeling each day and colour the picture for that date that colour (see link below for printable trackers) You can break the day up if you wish. This is a visual way of showing your children that emotions are ever changing. You can use the ones in the link below or your children could design their own. Find examples [online here](#).

If you have any concerns about how your child is coping or you need any other support from the school, please let us know by contacting me at [c.eley@westgateprimary](mailto:c.eley@westgateprimary).

# ***Otley Response to COVID-19***

**STAY SAFE  
GET HELP  
MAKE CONTACT**

If you are over 60 and need support, phone

**OTLEY ACTION FOR OLDER PEOPLE**

**01943 463965**

10am – 4pm Monday to Friday

If you are under 60 and need support or you want  
to volunteer to help, phone

**OTLEY COURTHOUSE**

**01943 467466**

10am – 4pm Monday to Friday

For the most up to date information please visit:  
HM Government: [www.gov.uk](http://www.gov.uk)

Currently we all face a unique set of challenges caused by the worldwide outbreak and spread of the coronavirus. Our main priority remains the safety and wellbeing of all residents, businesses and the general public.

A group of local organisations including Otley Action for Older People, Otley Courthouse, Otley Churches Together, Otley Food Bank and Otley Town Council have come together to offer support to those who need it at this time.

We recognise that we are in this together. We want everyone to stay safe and to look after one another.

