



William Austin Wizards

South America	Zahra	Ali-Asghar
Asia	Ali	Barakah
Europe	Faizan	Alyan
Africa	Haram	Ibrahim
North America	Zadan	Aminah
Van Gogh	Zain	Alayna
Picasso	Saif Ullah	Manahil
Monet	Yousef	Amna
Baker	Alyza	Fiza
Hepworth	Hafsa	Shayan
Mars	Zaid	Sahar
Venus	Hannah	Yusra
Neptune	Hasnat	Rohima
Jupiter	Yusuf	Amina
Saturn	Ayaan	Umaiya
Goodall	Aysha	Adam
Curie	Eesa	Seher
Newton	Jana	Mohammed
Hawking	Aaisha	Aryaan
Einstein	Safa	Rafi

Dear families

Welcome to another edition of our newsletter. Well done to all the children who are trying so hard with their remote learning and thank you to the parents who are helping and supporting. Parents, if you need any support with accessing Google Classroom please look on our website www.william-austin.com and click onto the About Us section where you will find the Remote Education - Google Classroom page. Here there are guides on how to access Google Classroom and also our Remote Education: information for parents document which sets out our remote learning provision. If you need further help then please contact the school and we will do our best to support you.

This week is Children's Mental Health Week - I know the children have been taking part in activities which focus on this important topic. Read all about this later on in the newsletter. Thank you to Mrs Toinko and Miss Shah for developing activities for the children.

Please take care of each other, keep safe and get in touch with us if you need to.

Take care,

Mrs Adams

Cool Website

Half term is approaching, and after many weeks of hard work on Google classroom, it's a great time for a break from the screen and to try some offline activities. In need of ideas? Well, have look at <https://www.thebestideasforkids.com/> which features a range of crafts and activities for you to try out at home. Have fun!

Author of the Month - Enid Blyton



- Enid Mary Blyton was born on 11th August 1897 in East Dulwich, South London and spent her childhood in Beckenham, Kent,
- In the UK she still sells more than one book a minute and many of her books have been adapted into films and TV series.
- Altogether, Enid Blyton is believed to have written around 700 books (including collections of short stories) as well as magazines,

FAMILY CENTRE NEWS

Dear Families,

It's hard to believe we are now in our 5th week of lockdown. All of us at the family Centre are very aware some of our families have lost loved ones, we are deeply saddened by this our thoughts are with you.

This week is 'Mental Health' week. It is important to be aware mental health affects all ages, races and genders. We have spoken to some of our children who tell us they are finding COVID and lockdown quite overwhelming and just want normality, as I'm sure we all do.

Please do check in with your children, ask them how they are feeling, do they have any worries. You may be quite surprised with their replies.

Top Tips for a Healthier Wellbeing

- **Exercise** - children need to be active for at least 60mins a day. **Change4Life** have great ideas, **Online classes**, **PE with Joe Wicks**, **Cosmic Kids Yoga**
- **Diet** - it's important not to be tempted to compensate for your child being indoors. Cooking healthy food together is a great form of learning and building positive relationships with your children
- **Sleep** - try to stick to your usual bedtime routine it is important children get at least 9 to 12 hours sleep to enhance attention, behaviour, learning, memory and overall mental and physical health
- **Media Exposure** - limit the exposure your child has in relation to COVID. Talk about concerns your children may have. Children can become more distressed hearing the same news or seeing repeated media
- **Have fun** - make time to play, have fun and laugh as a family. These are all key ingredients to maintaining and developing long-term family wellbeing.

National Help Lines

Young Minds 08088 025544, youngminds.org.uk
Childline 0800 1111
Online NHS, Government COVID 19 advice

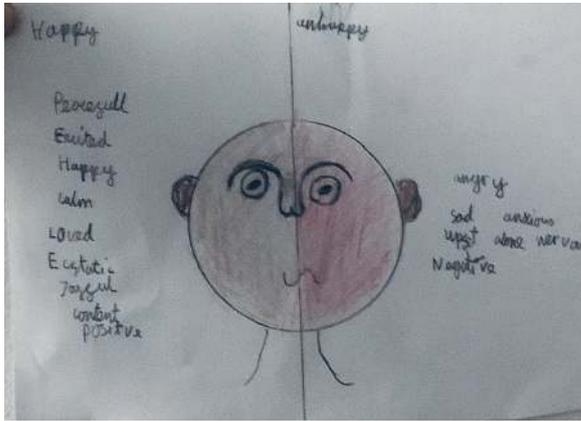
Local Help Lines

CHUMS 01582 863924
www.chums.uk.com, info@chums.uk.com

STAY SAFE, WASH HANDS and KEEP YOUR DISTANCE

Please call 01582 509121 for support advice or information

Take a look at this week's **Wow Work!**



Yahya (Picasso)

You need to write or draw about a person who is your inspiration.

Think about:

Who is your inspiration? My Older sister

Why are they an inspiration? Because she is really good at art

What makes them special? She is funny

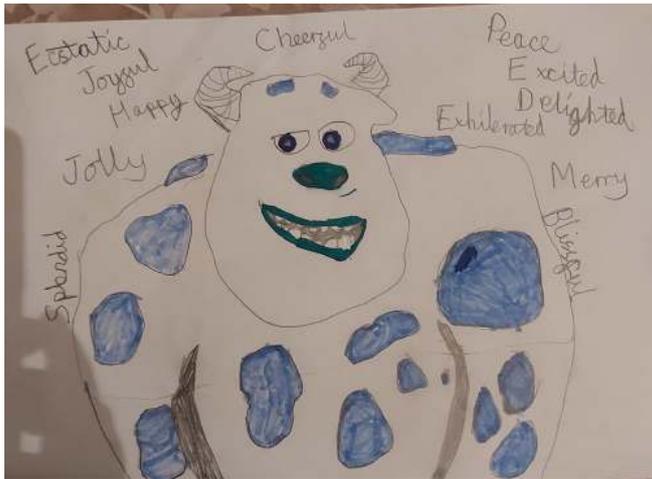
Tell me about their talents? She is great at art, Computer skills and video games

How do they make you feel? Make me feel happy and loved and special

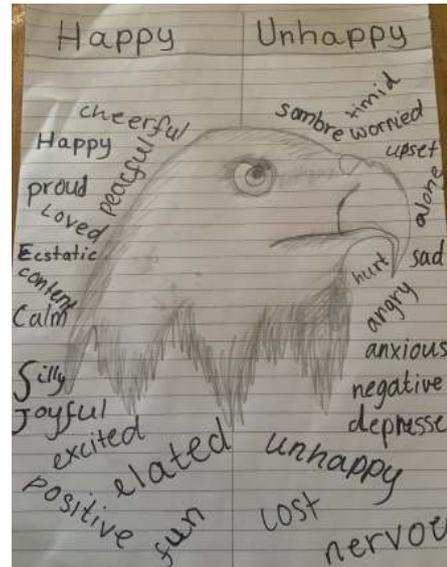
How have they changed your life? She teaches me everything she knows and still is.

What have you learned from them? To draw, to use the computer and play video games, how to ride a bike, and sports.

Maani (Africa)



Muhammad-Ali (Jupiter)



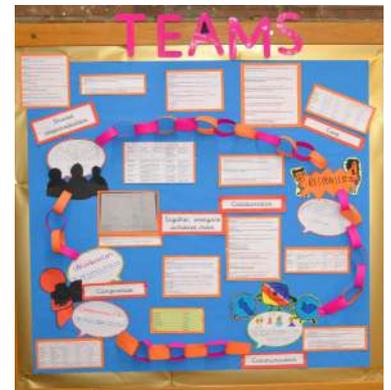
Seher (Curie)

Children's Mental Health Week

This week at William Austin we have been marking Children's Mental Health Week with a variety of activities. This year's theme is Express Yourself. The children joined in a Virtual Assembly where they learned all about the creative ways to share their thoughts and feelings, such as via art or drama. All the teachers were very impressed with the quality of work completed on Google Classroom. The activities included drawing a character to represent themselves and sharing some words to decide emotions. Some children also worked on a collaborative document, exploring ways to help deal with negative feelings. Contributions included: playing guitar; going for a walk with family; baking something yummy; creating a piece of art. These are all fantastic suggestions to help us in these challenging times.

The children also spent some time reflecting on our William Austin word on the week last week it was 'Inspiration' and this week 'Family.' We thought about who was an inspiration to us and how they changed our life for the better. We also learned about how families can be different.

Next week our word of the week is 'Global.' We will be thinking about what this means and about the lives of others around the world. If you wanted to explore our diverse world www.globetrottingkids.com is a wonderful website.



Lots of exciting learning has been happening this term in Art. All teachers are pleased to receive amazing pieces of Art work on Google classroom. In Year 3, we are currently creating pieces of Art work that are linked to Romans. In Year 4, classes have enjoyed a unit of work with Pop Art creations. In Year 5, they are exploring the work of William Morris and they are experimenting with repeated patterns. In Year 6, they are looking at creating work and drawings that are linked to Van Gogh's artwork.

Art

Year 3 have had a fantastic week on Google Classroom this week. We have amazed by how much all the children's and teacher's computer skills have improved. This week we have seen some amazing Roman coin designs, fantastic pieces of writing about hedgehogs and are amazed by the children's tallying skills. Thank you to all the children for working so hard and to all the adults that are supporting the children in accessing their learning. Finally, just a reminder children, to please do all of the lessons that are on Goggle Classroom each day so that you are doing your very best learning. *Miss Thingsaker & the Year 3 team*

Year 3

Year 4 are continuing with their good work on Google Classroom. We have been impressed with the quality of work in the foundation lessons. In Maths, children have been working hard on learning about area. Though it has been challenging, children have really tried their best in this. Please ensure that you have a routine in place and you are starting your day at 9am to ensure that you complete all pieces of work to a high standard. Watching the videos is vital to ensure work is completed well. Thank you for your continuous support. Although this is a very challenging time, you are all doing fantastic. Stay safe. *Mrs Chowdhury and the Year 4 team.*

Year 4

Though it's been a challenging time, Year 5 have persevered and continued to produce some excellent work. We're thoroughly enjoying our new monologues unit and are hoping to write our own soon. In Maths, fractions is underway and the children are drawing on their tables and corresponding division facts. Keep going everyone! Please do ensure the children are up early and are adhering to their school routines as much as possible. They must watch the videos and respond to recorded feedback or messages so that they get the best from remote learning. We understand that home learning is incredibly challenging but you're all doing such a great job - thank you. *Mrs Hussain and the year 5 Team.*

Year 5

Year 6 children are continuing their hard work on Google Classroom. Last week, teachers were impressed with the quality of children's creative writing. This week, we have started a new narrative unit based around Katherine Rundell's book The Explorer. Children have been developing sensory language and practising direct speech. Please continue to support your children in completing all of the tasks set each day, particularly the PE challenge; it's important children stay active whilst they are in lockdown. Thank you for continued support. *Mr Gilligan and the year 6 Team.*

Year 6



FUN FITNESS FOOTBALL.

FOOTBALL COACHING VIA **zoom**
EVERY SATURDAY | 10AM (GMT)

£5 PER SESSION
FIRST SESSION FREE

TO CONTACT OR BOOK:

  @SPFOOTBALL10

WWW.SPFOOTBALL.SIMPLYBOOK.IT

FOR AGES 6-16



Blue Peter

Blue Peter is the longest running kids TV show in the world and we are uploading videos to it that are suitable for 5-11 year olds. We have world record breaking challenges, arts and crafts, environmental videos, cooking and baking how tos, inspirational films, gaming, celebrity appearances, dance routines and music performances. We also feature ways of getting a Blue Peter badge, behind the scenes footage and extra content about our incredible presenters Adam, Lindsey, Mwaksy, Richie and Henry the Blue Peter dog.

If you think your pupils would be interested in this, please do send this out to your parents and ask them to subscribe to <https://www.youtube.com/bluepeter> - (it's obviously completely free to subscribe!) and don't forget to watch the live programme on CBBC at 5.30pm every week, or on BBC iPlayer.



CHUMS Mental Health and Emotional Wellbeing Services



During this period of lockdown, and often because of it, Children and Young People are experiencing compromised Mental Health.

CHUMS deliver children's mental health and emotional wellbeing services in Luton. We also support adults through our babyloss service and suicide response service.

Referrals to any of our services can be made either directly to CAMHS for the Emotional Wellbeing Service or via the CHUMS website: www.chums.uk.com

Currently our interventions are being delivered virtually by phone or online video and they include: 1:1 support and therapeutic groups for both children, young people and parents/carers.

Bereavement

Supports children and young people and their parent/carers in a variety of ways, when someone close to them has died. Including advice and information and parent support, 1:1 support for children and young people and workshops.

Supports children and young people with a mild to moderate mental health difficulty by offering short term individual interventions and group work. Presenting issues include anxiety, low mood, ASD, emerging self-harm, bereavement.

Emotional Wellbeing

Trauma

Supports children and young people who have been traumatically bereaved, sexually abused, witnessed domestic violence or witnessed another traumatic event or who may have PTSD.

Provides alternative, less traditional therapeutic support to children and young people through mediums such as music and football. Aimed at those with mild difficulties around challenging behaviours and/or anxiety, low self-esteem and low confidence.

Recreational Therapeutic Service

Bedfordshire Suicide Bereavement

Offers support following a death by suicide. This service offers practical and emotional support immediately after a death to anyone on the community up until the inquest as well as ongoing group support.

Supports children & young people who undertake practical and caring tasks within their families. Support is offered individually, in groups and with social activities.

Young Carers

Babyloss Service

Individual and couples support, ongoing group support and annual memory day and remembrance service following the late miscarriage, stillbirth and baby death up to a month following birth.

Friday evening social group for young people with disabilities with some activity days during the holidays. Supporting young people and young adults from 13-25 years.

Friendship Scheme

Training

Online Bereavement training via a webinar for school and professionals on loss and grief in children and young people. A day training on loss and grief and a 10-week accredited bereavement course for those who want to become CHUMS volunteers.

If you have any questions regarding our services or how to make a referral, please either call us on [01525 863924](tel:01525863924) or email us at info@chums.uk.com. If you would like to know more about training for your school /agency please send an email to training@chums.uk.com.

LUTON PARENT CARER VOICE

Dear Parents,

Luton Parent Carer Voice would like to invite you to our virtual networking event scheduled on 12th of February 2021 at 14:00.

You're Invited!

Should you be interested in joining us, please book via the Eventbrite link below.

<https://bit.ly/3r9X05c>