

Parents' Newsletter

Dear Parents

I hope you are all well.

In light of the fact that I am no longer able to run a weekly coffee morning, I thought I would try sending out a parents' newsletter to help us share ideas and form a means of communication.

I have included my email address in the newsletter with ideas of how we can share our experiences. Please email any ideas and suggestions and I will get back to you.

Kind regards

Claire Groenewald (Parent Officer)

Behaviour



Tempers may well be getting frayed at the moment as the weeks of homeschooling continue. Embarking on another day of lessons at the kitchen table may sometimes feel more like being on a battlefield. Just remember, you are not alone and many parents are experiencing the same things right now. The good news is there are some things you can do to try to avoid angry outbursts from your children.

Why not try the following?

- Make sure your body language and your voice are non-confrontational. It's easy to lose patience when you are juggling homeschooling, working from home etc. Remember children mirror what they see, if you get angry, they are likely to act in the same way.

- Give positive direction or instruction. Allow time for the child to act on the direction or instruction – they may take longer than you expect to get focused.
- If things escalate, try and diffuse the situation quickly. Take a short break or make a change of activity.
- Encourage the use of calming strategies such as breathing exercises, counting, taking a 'time out', or a physical activity such as running or jumping.
- Remain calm at all times. Use a quiet, slow and clear voice. Keep your language simple so the child can understand what you are saying.

- Avoid discussing the incident at this time. Talk about it later. Talk, listen and reflect!
- Reassurance and encouragement at all times. Praise what they have done well.
- Try making a shared plan to avoid future angry outbursts.

And remember... you are doing a good job – there will be good days and bad days!

Parent's Top Tip



We are aware that our parents have a wealth of parenting experience and skills to offer, so we are asking you to share your top tips.

Please send any 'tried and tested' ideas, strategies or activities that you have used in the past/use on a

THINGS TO DO



Spark Arts for Children

An animated, interactive story where you decide what happens next!

Join brave explorer Walter Lemonface on a new animated adventure full of colourful characters and mysterious happenings. The Big Veg Takedown is a new, innovative project where artists, children and families all work together to create an exciting animated story through digital collaboration.

Each new episode will be produced from the homes of 154 Collective artists Fabric Lenny (artist and animator), Dan Mallaghan (writer and storyteller) and Nick Lewis (musician) and provide an opportunity for you to suggest what happens next. As well as the animations, each episode will be accompanied by a series of creative activities to unleash the imagination.

The first show aired on Wednesday 24 June, but you can catch up by watching on YouTube. Please click on the link below for more details.

<https://thesparkarts.co.uk/bigveg>

You may find it useful to register to Spark Arts mailing list for future events and activities.



Summer Term

regular basis, so that we can share them with other parents within the Launde community. Please email your tips to:

cgroenewald@launde.leics.sch.uk

Question of the Week

It would be lovely to hear from parents and get some ideas on things that you may find useful. Please send any school or parenting questions to cgroenewald@launde.leics.sch.uk and one question will be covered each week.

Here is a recent parent question:

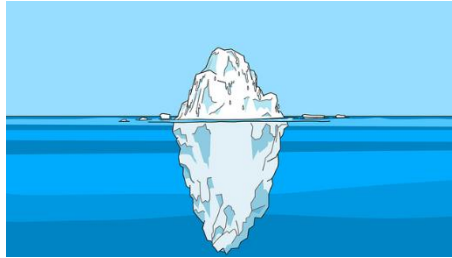
My child is always afraid to 'have a go' because they don't want to make a mistake. How can I help my child to have more confidence to try something new?



Fear of failure can have a negative impact on a child's confidence and performance, but it doesn't have to be permanent. To help your child overcome fear of failure, try these strategies:

- Change your attitude about failure by accepting and even celebrating mistakes. We **learn** from them!
- Emphasise **effort** instead of ability in your response to both success and failure.
- Demonstrate that you love your child **unconditionally**.

- Allow your child to fail, and help them **focus on the solution**.
- Have **open conversations** about success and failure. Use the iceberg analogy.



Explain when you see successful people, you only see the tip of the iceberg. You don't see what's under the water e.g. failures, mistakes, rejection, grit, perseverance etc.

For more examples, please see the attached PDF file which illustrates how many famous inventions were actually invented by people making mistakes.

Website of the Week

YOUNGMINDS

Leading mental health charity, YoungMinds, offers help, advice and guidance for parents covering all mental health issues. They have also issued advice to young people and parents on how to look after their mental health during the coronavirus pandemic. Please click on the link below to take you to their website.

<https://youngminds.org.uk/>

SUMMER CAMPS

There are some nearby summer camps that are planned to go ahead. Please visit their websites for more details on the changes they have made.



ALL TOGETHER ACTIVE

This summer, Kings Camps will only be offering full-week bookings for extended hours (08:15-17:45) in order to maintain consistent child groups and allow drop-off and pick-up to be managed safely.

The camp will be at Leicester Grammar School. Dates available are: 20 July (5 days), 27 July (5 days), 03 August (5 days).

Click the link below to book full-week packages.

<https://www.kingscamps.org/venue/leicester-grammar/>



Rocket Stage & Sports Holiday Camps are currently working on plans to create a small and safe environment for children to enjoy this summer. If you would like to register your interest, click on the link below and fill in the online form.

<https://www.rocketholidaycamps.co.uk/oadby-school-holiday-camps/>

