



Headteacher:
Mrs L.J. Lewis

Marshfield Primary School

Marshfield Road, Castleton, Cardiff , CF3 2UW

Tel: 01633 680303 ✨ E-mail: school@marshfieldprimary.co.uk
Web: marshfieldprimary.co.uk ✨ Twitter: @MarshfieldPSN

Friday, 5th February,

Dear Parents and Carers,

At this point in time, I am unable to confirm any plans for the return or partial return to school. I am due to meet with Welsh Government and Headteacher colleagues this morning to discuss proposed plans. There has been much media speculation about the next steps but, as yet, schools have not received further guidance. Of course, any arrangements will be communicated with you in a timely manner.

Supporting Children's Wellbeing and Emotional Health

This week has officially been Children's Mental Health Week. Resources to help and support your child can be found on the Place2Be's website:

<https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>



In addition, here are some useful websites to support mental health...

- ✓ www.youngminds.org.uk **YOUNGmINDS**
- ✓ www.nipinthebud.org
- ✓ www.actionforchildren.org.uk
- ✓ www.rethink.org/youngpeople



Feel Good February

To further support wellbeing, next week, many home learning activities will be based around the '5 Ways to Wellbeing' with a different focus each day.

Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th
 <p>Give</p> <p>Your time, your words, your presence</p>	 <p>CONNECT</p> <p>TALK & LISTEN, BE THERE, FEEL CONNECTED</p>	 <p>BE ACTIVE</p> <p>DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD</p>	 <p>KEEP LEARNING</p> <p>EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF</p>	 <p>TAKE NOTICE</p> <p>REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY</p>



Headteacher:
Mrs L.J. Lewis

Marshfield Primary School

Marshfield Road, Castleton, Cardiff , CF3 2UW

Tel: 01633 680303 ✨ E-mail: school@marshfieldprimary.co.uk

Web: marshfieldprimary.co.uk ✨ Twitter: [@MarshfieldPSN](https://twitter.com/MarshfieldPSN)

'Being active' is not only great for physical health and fitness, evidence shows it can also improve mental wellbeing by raising self-esteem. It can also help to set goals or challenges and achieve them causing chemical changes in the brain which can help to positively change moods.

With this in mind, we have organised a whole school '**Marshfield's Mission**' challenge that the children and community can get involved in. This will be introduced LIVE on **Monday 8th February @ 3pm by Mrs Lawrence and Mrs Lane** who will be demonstrating and explaining the challenges for the week.

Watch out Joe Wicks!



As with our live TEAMS KS2 assembly yesterday, a link to the live session will be posted on your child's class TEAMS page just before it starts. As this session will be available for our whole school, **please ensure that your child's microphone and video are both turned off** when joining the session on Monday. In the meantime, please take some time to look at the 'Marshfield's Mission' attached document if you would like to start practising!

Over the week, there will be five, 60-second challenges:

- ✓ Step In, Step Out
- ✓ Burpee Challenge
- ✓ Catch and Clap
- ✓ The Plank
- ✓ Star Jump Challenge



YOUTH
SPORT
TRUST



Believing in
every child's
future



Headteacher:
Mrs L.J. Lewis

Marshfield Primary School

Marshfield Road, Castleton, Cardiff , CF3 2UW

Tel: 01633 680303 ✨ E-mail: school@marshfieldprimary.co.uk

Web: marshfieldprimary.co.uk ✨ Twitter: @MarshfieldPSN

Every challenge, adapted from www.youthsporttrust.org, has images to support, top tips and the option of completing the bronze, silver or gold level. **Are you up for the challenge?**

Please share your photographs on Twitter and don't forget to tag us @MarshfieldPSN. We will then re-tweet and share your success with our supportive community.

 Follow @MarshfieldPSN

Plymouth National Aquarium

A super opportunity for online learning is provided by Plymouth National Aquarium. Every Friday at 1pm they are live streaming lessons of all varieties linked to the ocean environment. All episodes previously aired can be found on a link on their page. Year 3 are embarking on a journey of Ocean Mysteries with them this Friday at 2pm as part of their blended learning.

Follow the link for live lessons.

<https://www.national-aquarium.co.uk/learning-at-the-aquarium/home-learning-sessions/>

TEAMS sessions

Attendance at live sessions continues to be high. Thank you in advance for supporting your child in order for them to access the sessions. Below is the overview of live sessions W/C 8th February. More information regarding arrangements for foundation phase whole class celebrations will be communicated via Seesaw on Monday.

Please let us know if you are having difficulties attending the sessions.

Timetable of all Teams Sessions with Class Teachers (from w/c 8th February)					
Foundation Phase Nursery - Year 2 Friday Whole Class Celebration	Weekly Reviews	Catch-up Sessions			
	Y3 - Y6 Mondays	Year 3	Year 4	Year 5	Year 6
		Wednesday & Friday	Tuesday & Friday	Tuesday & Thursday	Wednesday & Thursday
Year 2: 10am Year 1: 10.30am Reception: 2pm Nursery: 2.30pm	3DW: 9am 3JAD/JH: 9.30am Year 4: 10am Year 5: 10.45am Year 6: 11.30am	3DW Group 1: 9am Group 2: 9.30am 3JAD/JH Group 1: 1pm Group 2: 1.30pm	Group 1: 11am Group 2: 11.30am	Group 1: 9.30am Group 2: 10am	Group 1: 10.30am Group 2: 11am



Headteacher:
Mrs L.J. Lewis

Marshfield Primary School

Marshfield Road, Castleton, Cardiff , CF3 2UW

Tel: 01633 680303 ✨ E-mail: school@marshfieldprimary.co.uk

Web: marshfieldprimary.co.uk ✨ Twitter: [@MarshfieldPSN](https://twitter.com/MarshfieldPSN)

TEAMS Live assembly

This week, we trialled a live TEAMS assembly with Key Stage 2 pupils. Many thanks to those pupils who managed to attend. We were a little concerned about technical difficulties but we are pleased to say that it all went well. **Next week is the turn of our Foundation Phase pupils. The assembly will be on Thursday, 11th February at 1pm.** A link to the assembly will be posted on your child's class TEAMS page just before it starts. The teachers will also remind you of the assembly via Seesaw. As there will be so many in attendance, **please remember to turn your cameras and microphones off.** Mrs. Cooper will be acting as administrator and she may remind you to turn your mics and cameras off if you forget. We would love to have as many participants but please don't worry if your child cannot attend.

Thank you to the PFA

We would like to extend our thanks to PFA member Bonnie Hall who has secured a donation of 5 laptops with Wi-Fi dongles from Virgin Media in partnership with 'Business in the Community.' Primarily these are to help with the digital pressures facing children and schools at the moment. These will certainly be put to good use in supporting some of our families who struggle to access devices at home.

I would like to take the opportunity to thank all of our community for their huge efforts over the past few weeks. We completely understand the pressures of the current situation and appreciate everyone's collective approach in keeping our children safe as well as supporting children with their online learning. Any form of online learning will never replace face to face teaching. Staff will continue to provide a broad overview of learning opportunities and set high expectations, but it is important to remember that it is not always possible to complete all of the tasks. Please do not place additional pressures on your family. As always, we are here to help with any of your queries. It has to be stressed that it is incredibly difficult for our younger pupils to learn remotely- keeping the fundamental skills 'on the bounce' like reading to children, talking to children and counting with them all aid their development. I would also like to thank the team here at Marshfield, who are supporting the Key Worker Hub, as well as providing the blended learning programme. Many of them, like yourselves, are juggling family commitments too.

I am incredibly proud of our children who have amazed me with their resilience and determination towards their home learning.

Thank you for your continued support and cooperation,

Mrs. L. J. Lewis and the Marshfield Team