



Norris Bank Primary School

# THE FRIDAY ISSUE

## Fri 15th January 2021 Issue 8

### Coronavirus Workbook

There is a lot of uncertainty around the current Covid19 outbreak, particularly given that the situation is constantly changing and developing. Understandably, this is causing a lot of worry and anxiety.

Having children at home, often when people are trying to work themselves, adds another layer of stress. It is therefore important to not only consider our physical health during such challenging times, but also to pay attention to our mental health.

Please follow the link below to access the Coronavirus workbook which has good advice on how to manage anxiety and stress.

[Coronavirus Anxiety Workbook.pdf](#)

### Fun Friday's - Progressive Sports

Yosha from Progressive Sports is delivering a wellbeing and stretching session as well as an easy to follow dance routine.

The link to this weeks videos are below:

#### **Wellbeing and Stretch:**

<https://youtu.be/uPsXxa9NhE0>

#### **Dance:**

<https://youtu.be/vswWqg0EmkU>

You can also find other useful videos and resources via Progressive Sports website and youtube page. Please find the links below.

#### **Youtube:**

<https://www.youtube.com/channel/UCXIDmOdw2-T7b3h9a1vm6gg>

#### **Progressive Sports Website:**

[www.progressive-sports.co.uk/southmanchester](http://www.progressive-sports.co.uk/southmanchester)

### School Crossing

As informed previously there is currently no school crossing patrol outside school. Please be extra vigilante when dropping off and collecting your child/children and do not park on the zig zag lines at any time.

### Music Lessons

Parents of children that are currently taking music lessons (guitar, woodwind, drums, violin) can take advantage of remote lessons by following the link below to sign up and also for the service to contact parents directly. This is a great way to keep continuation of lessons throughout the lockdown.

<https://forms.gle/5L2mZLFo6uxiu54Y9>

### Family First magazine

Is now online and packed full of information to help keep children happy, learning & entertained at home during this present lockdown.

[Family First Magazine](#)

### BBC Lockdown Learning

The BBC is helping school children keep up with their studies during the latest lockdown.

While primary and secondary schools are closed to most pupils, the BBC is broadcasting lessons and programmes on BBC Two and CBBC - as well as on iPlayer, with extra content online.

<https://www.bbc.co.uk/bitesize/primary>

### Heaton's Sports Club Parking

A reminder that due to the lockdown the Heaton's Sports Club is closed until further notice. The car park will be closed from 9.00am and re-opened at 2.30pm to enable parents to park whilst collecting children. This will continue until further notice. Thank you for your understanding in this matter.



| Date              | Description   | Time   |
|-------------------|---------------|--------|
| Fri 12th Feb 2021 | School closes | 3.15pm |
| Mon 22nd Feb 2021 | School Opens  | 8.45am |

If you have a general message the school office email address is:

**stephen.unsworth@norrisbank.stockport.sch.uk**

**julie.ewing@norrisbank.stockport.sch.uk**

If you have a query for your child's teacher, the email addresses are listed below.

**amanda.thomas@norrisbank.stockport.sch.uk**

jack.worth@  
pamela.koutsouvelis@  
joanne.sheldon@  
helen.barrowcliff@  
emma.furness@  
katie.bouhey@  
karen.aspey@  
michelle.chorlton@  
shaun.stirling@  
natalie.evans@  
robert.clyne@  
tracy.burney@  
pam.vaughan@  
elizabeth.kennerley@  
lesley.doe@  
helen.mcivor@  
liz.adshead@  
marcia.furmidge@  
gina.buchanan@

***Remember the email will not be read until possibly that evening or the following day.  
Please consider the contents of the email before sending it.***

