



Norris Bank Primary School

THE FRIDAY ISSUE

Fri 29th January 2021 Issue 9

Home Learning

We would like to send a huge thank you to all our parents/carers, you are doing a fantastic job under very challenging circumstances. We understand some days are easier than others, we are very proud of all the work you do. We love the photographs of the activities and work you have been doing so please keep sending these in. Thank you to those parents who emailed us to tell us how their children have enjoyed and benefited from their online learning. This means so much to our staff and all emails have been forwarded on to them.

Fruit Snack Rec / KS1

The government fruit snack scheme has now restarted for children in Key Stage 1 and Reception. Your child will receive a piece of fruit each day therefore there is no need to send them in with any snack for break time.

Jigsaw BSS online Booklet

Behaviour Support Services and Primary Jigsaw have created a fantastic booklet to help cope with the impact of emotional wellbeing during these Covid times, (click on link) which includes tips for supporting and managing children's wellbeing during this time. [making the most of life with limits](#)

School Crossing

As informed previously there is still 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.

Heaton's Sports Club Parking

A reminder that due to the lockdown the Heaton's Sports Club still remains closed. The car park will be closed from 9.00am and re-opened at 2.30pm.

Mental Health Week

Next week is national Children's Mental Health Week and in school we will be focussing on some of the key messages around this vital subject. This is particularly relevant at the moment.

We fully appreciate the challenges for all of us during this period of blended learning. Staff, children and parents have all had to be inventive, learning to work in new ways and learn new skills.

Much research has been put in to well-being in recent years and 5 key ways have been identified to support achieving well-being.

The 5 ways are as follows:

- **Connect** – Talk, listen, connect with friends and family
- **Give** – your time, your presence, your words
- **Take Notice** – Remember the simple things that give you joy
- **Keep Learning** – embrace new opportunities, seek new experiences
- **Be active** – Do what you can, enjoy what you do and move your mood

More details can be found on the NHS website: [nhs.uk/conditions/stress-anxiety-depression/improve-mentalwellbeing](https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mentalwellbeing)

<https://www.childrensmentalhealthweek.org.uk>

Free School Meals

Have your circumstances changed? Do you think that your child/ren qualify for Free School Meals? Click on the link below to apply; [free school meals application form](#)

Contacts Details

If parents/carers change their phone number or address, you must inform the school office as soon as possible (even during lockdown). We must have up to date contact details in the event of an accident or illness or even to check in with families.



Date	Description	Time
Mon 1st Feb - Fri 5th Feb	Mental Wellbeing Week	All Week
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@](mailto:jack.worth@norrisbank.stockport.sch.uk)
[pamela.koutsouvelis@](mailto:pamela.koutsouvelis@norrisbank.stockport.sch.uk)
[joanne.sheldon@](mailto:joanne.sheldon@norrisbank.stockport.sch.uk)
[helen.barrowcliff@](mailto:helen.barrowcliff@norrisbank.stockport.sch.uk)
[emma.furness@](mailto:emma.furness@norrisbank.stockport.sch.uk)
[katie.bouhey@](mailto:katie.bouhey@norrisbank.stockport.sch.uk)
[karen.aspey@](mailto:karen.aspey@norrisbank.stockport.sch.uk)
[michelle.chorlton@](mailto:michelle.chorlton@norrisbank.stockport.sch.uk)
[shaun.stirling@](mailto:shaun.stirling@norrisbank.stockport.sch.uk)
[natalie.evans@](mailto:natalie.evans@norrisbank.stockport.sch.uk)
[robert.clyne@](mailto:robert.clyne@norrisbank.stockport.sch.uk)
[tracy.burney@](mailto:tracy.burney@norrisbank.stockport.sch.uk)
[pam.vaughan@](mailto:pam.vaughan@norrisbank.stockport.sch.uk)
[elizabeth.kennerley@](mailto:elizabeth.kennerley@norrisbank.stockport.sch.uk)
[lesley.doe@](mailto:lesley.doe@norrisbank.stockport.sch.uk)
[helen.mcivor@](mailto:helen.mcivor@norrisbank.stockport.sch.uk)
[liz.adshead@](mailto:liz.adshead@norrisbank.stockport.sch.uk)
[marcia.furmidge@](mailto:marcia.furmidge@norrisbank.stockport.sch.uk)
[gina.buchanan@](mailto:gina.buchanan@norrisbank.stockport.sch.uk)

***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.***

