



The Parkside School

learn grow thrive

IMPORTANT DATES

Monday 15 February – Friday 19 February
Monday 29 March – Friday 9 April

Half term holiday
Easter holiday

WEEKLY TIMETABLE

Every weekday	9.30am	Sensory circuits with Mr Mills
Monday	1.15pm	Drama skills with Paul Goldsmith
Tuesday	1.15pm	Able2b boxing with Jon Thaxton
Thursday	11.30am	Able2b boxing with Jon Thaxton
Friday	10am	Zoom assembly with Mrs Ellis-Gage
	11.15am	Imaginative drama story based workshop with Paul Goldsmith

In addition to this, there will also be weekly drop in sessions for parents on Thursday afternoons with an Ed Psych/Speech & Language therapist. The first session will be on Thursday, 4 February. Email to follow with details on how to book sessions.

DRAMA CLUB

Online drama workshops will start on Monday, 1 February. We have two workshops a week for pupils and their siblings to join in with. These are run by local actor Paul Goldsmith. Paul is familiar with our pupils as he has run workshops for Parkside over our holiday clubs and came into school in December to run workshops and a sensory performance.

PUPIL WELL-BEING ACTIVITIES AND INFORMATION

Pupil well-being is very important to us at Parkside, even more so during these difficult times. We have created a set of resources to help keep your children happy and calm, and also to help them express how they are feeling. These can be accessed alongside the home learning activities being sent by your child's teacher. We will also be using these resources to support the children that are currently in school.

Pupil well-being resources can be accessed here:

<https://padlet.com/danielrobottom/br6rokyzogj1jed>

If you have any questions, or you would like support with any of the activities, please contact your class teacher, or james.day@parksidemail.co.uk

James Day
Pupil well-being and PSHE lead.

WEEKLY ZOOM ASSEMBLY

The head teacher, Mrs Ellis-Gage will hold a weekly zoom assembly every Friday at 10am for all pupils. Please join using the link below. We look forward to seeing you.

<https://zoom.us/j/96107895158?pwd=VDRXTXyzQ2h2b093OGdVYUdHeFpodz09>

SENSORY CIRCUITS

Sensory Circuits are back for Lockdown with Mr Mills after popular demand. Join in every weekday at 9:30am to get you ready for a day of learning.

ABLE2B BOXING

Parkside have teamed up with Able2B boxing to bring to you weekly online zoom fitness classes that you can do at home along with other pupils, staff and families of Parkside. There is also a monthly subscription over Lockdown available where you will have access to Able2B weekly classes that are open to the public. Please email your class team to sign up to the monthly subscription.

CHANGE 4 LIFE LUNCH IDEAS

Change4Life have created recipes and shopping lists for families which can be used to create lunches for around £15 each week. Click the link below to view:

<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>

EDUCATION LIBRARY SERVICE NEWSLETTER

Parents and Carers who are currently home-schooling may find the following newsletter, from the Education Library Service, useful.

Please click the link below to view.

<https://norfolkels.files.wordpress.com/2021/01/january-2021-resource-email.pdf>

FAMILY FIRST

Here is your free e-copy of Family First magazine, packed full of information to help keep children happy, learning & entertained at home during lockdown - We hope it helps in some way.

Please click on the link below:

https://issuu.com/sevenstarmedia/docs/ff_issue_7_digital211220



Like & follow us on Facebook

Stay safe,
The Family First Team

FREE SCHOOL MEALS

Free School Meals are available to pupils in receipt of, or whose parents are in receipt of, one or more of the following benefits:

- Universal Credit (provided the family has an annual net earned income of no more than £7,400, as assessed by earnings from up to 3 of the most recent assessment periods);
- Income Support;
- Income-based Jobseeker's Allowance;
- Income-related Employment and Support Allowance;
- Support under Part VI of the Immigration and Asylum Act 1999;
- The guarantee element of Pension Credit;
- Child Tax Credit (providing the family is not entitled to Working Tax Credit and have an annual gross income of no more than £16,190);
- Working Tax Credit run on – paid for four weeks after a claimant stops qualifying for Working Tax Credit.

Norfolk County Council are offering an online Free School Meals application service. Parents/carers can create an account at the below web address, to carry out a check on your entitlement:

<https://fiso.norfolk.gov.uk/synergy/Enquiries/Citizen/FreeSchoolMeals.aspx>