



# Alfriston School



Fair, friendly, fulfilling and fun!

## Newsletter - 24th April 2020



### Stars of the Week



Mrs Hudson and all the staff would like to give a special mention to all of our parents and carers. You are all doing such an amazing job, not only looking after your children so well but also helping them do some fantastic learning, and all this is on top of all the other important things you need to do!

### Home Learning Update

We can see that you are all working very hard.

Well done for accessing 'home learning', engaging with teachers and/or submitting work.

It is also great to see some of your fantastic successes that have been shared with the teachers. We are impressed by the way many of you are developing and enhancing your own special talents at home. We all love receiving your messages too via the eSchools.

We would like to emphasise that we understand there are many different sets of circumstances in our families. We know that access to a PC/laptop might be an issue, we understand there may be illnesses, we are mindful that many parents are not teachers and may not always be able to support every aspect of the work set or always complete the tasks. However, we do know that you are doing your best and appreciate your hard work very much. Getting the balance right is very important so please make decisions that are right for you and your family during this very unusual and difficult time.

If anyone is finding Eschools, MyMaths or any of the systems difficult to access or navigate please contact us. We are happy to talk you through how it works. Mrs Fitzgerald has the school mobile and would rather you call for her 'technical' help than worry about it. The number is 07851 959872.

If you have an photos you are happy to be published in the newsletter please email them to  
[bursar@alfriston.e-sussex.sch.uk](mailto:bursar@alfriston.e-sussex.sch.uk).

### Mental Health & Wellbeing

Every Mind Matters has now released expert advice and top tips on how to look after your mental wellbeing when staying at home during the coronavirus (COVID-19) outbreak. It also includes guidance if you're feeling worried or anxious about the outbreak. Please visit:  
[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)

### **DfE Guidance for parents and carers on supporting mental health and wellbeing**

The DfE have produced the following Guidance for parents and carers on supporting young people's mental health and wellbeing.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak#looking-after-your-own-mental-health>

Information on current East Sussex and other national services which are operating during the lockdown period, as well as sources of mental health and wellbeing self-help, can be found [here](#).

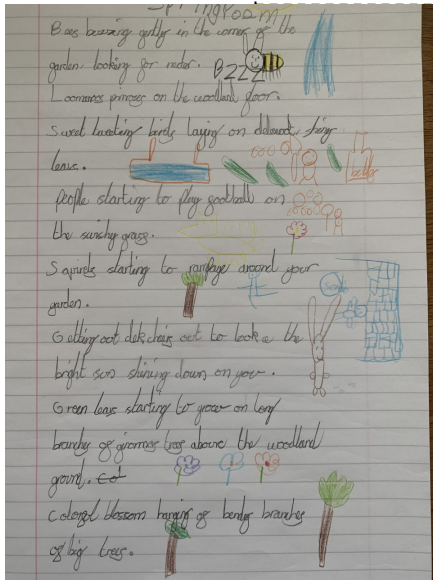
### **Safeguarding**

If you have any concerns about a child (or children) while the school is closed please contact us on [dsl@alfriston.e-sussex.sch.uk](mailto:dsl@alfriston.e-sussex.sch.uk).

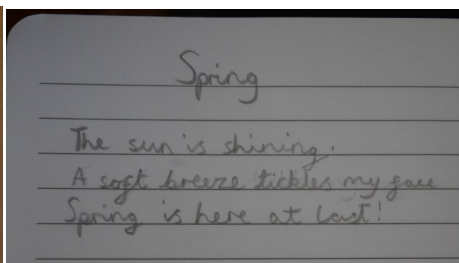
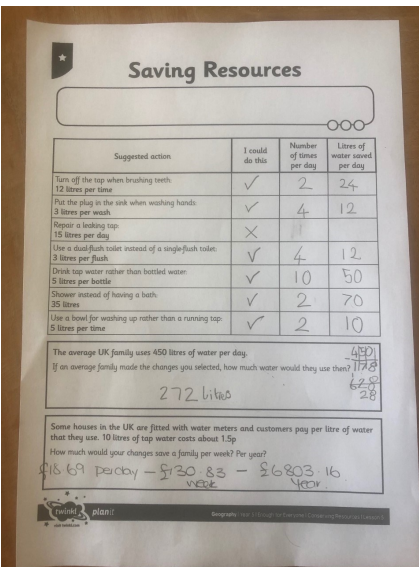
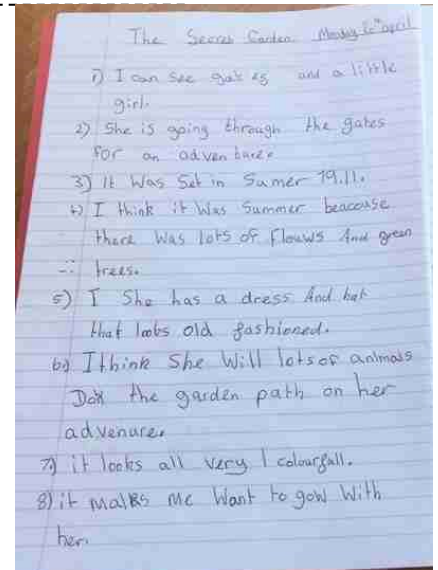
During school hours you can also call the school mobile 07851 959872. Our Designated Safeguarding Leads are Lindsey Hudson, Alice Foster & Tanya Fitzgerald.

You can also contact SPOA (Single Point of Advice) on 01273 335905 at any time.

### Some of the work received by the teachers via eSchools



Words	Dictionary	thesaurus
disagreeable	causing dislike, not pleasant grumpy	loathly, dirty, painful, cross horrible, gail
Sour	having a bit of acid or less like a lemon piece or vinegar	bad of spelled
sickly	with not strong or healthy	drain, pale, gaunt, green, haggard, infested
frugal	wary, careful, careful.	cranky, gussy, miserly parsy
ugly	unpleasant, do look at not attractive	hideous, homely, plain
tyrannical	will, harsh, unjust control over most people	domineering, bossy control
Selfish	does not share with	greedy
Pig	a person who is very messy or crude.	greedy, overeater, stuffy, etc.



## Summer Cinquain

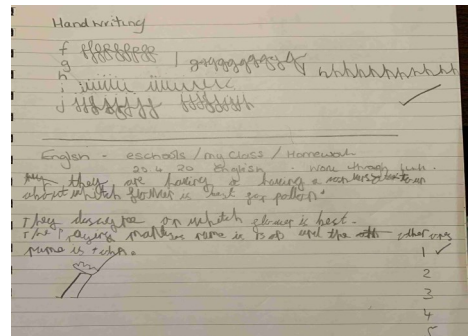
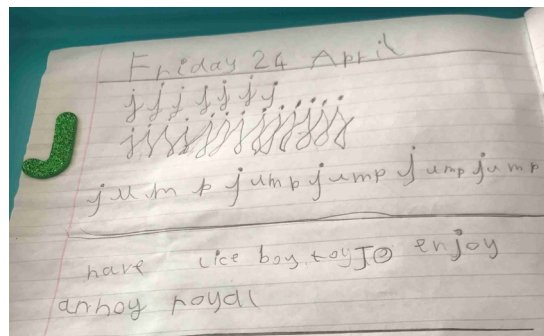
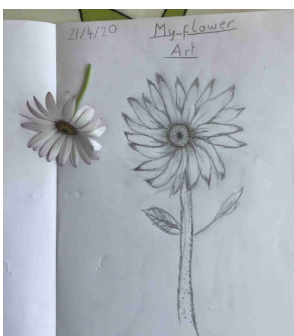
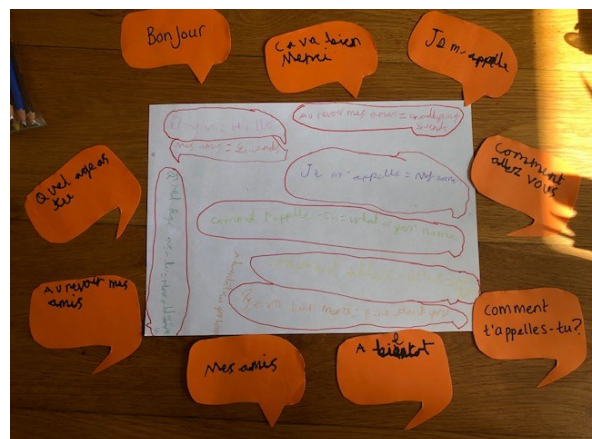
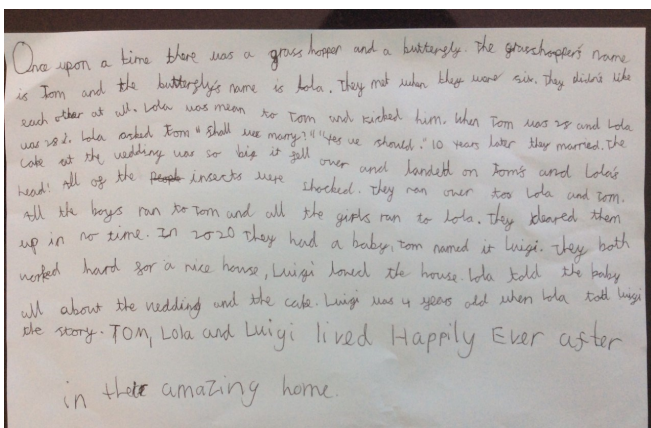
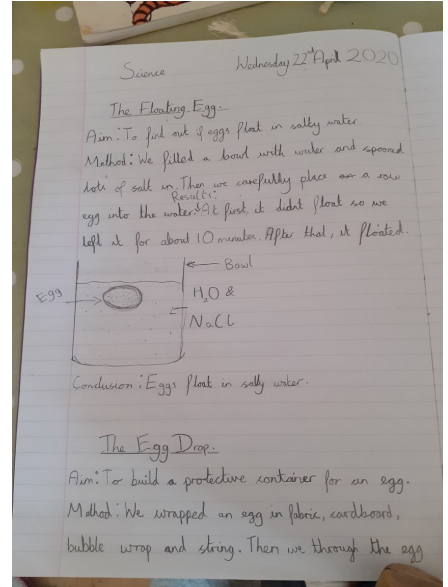
## Summer

## Sunny and Fun

### Eat ice cream on the beach

## Holidays in hot, far-off lands

## Relax





have  
like  
boy  
boy  
a annoy  
enjoy  
employ

Geography

23.4.2020

Eat veg. extra one day every week  $\sqrt{10.2}$  tonnes  
Eat a veg. diet  $\sqrt{1 \times 10.0}$  tonnes  
Keep old working phone  $\sqrt{10.05}$  tonnes  
Wash clothes in cold water  $\sqrt{10.5}$  tonnes  
Tap not bubbled water  $\sqrt{10.99}$  tonnes  
Walk to school  $\sqrt{10.1}$  tonne  
Air dry not tumble dry  $\sqrt{10.8}$  tonnes  
Use reusable bags  $\sqrt{10.03}$  tonnes  
Compost  $\sqrt{10.3}$  tonnes  
Recycle  $\sqrt{11.2}$  tonnes  
Switch to carbon-neutral  $\sqrt{10.99}$  tonnes  
Use a programmable thermostat  $\sqrt{10.8}$  tonnes  
Take a holiday in UK  $\sqrt{10.23}$  tonnes  
Reduce food waste by 50%  $\sqrt{10.3}$  tonnes

0.20	+0.10	1.80
0.20	+0.10	10.25
+0.30	+1.10	12.65
+0.35	+1.10	12.33
11.10	2.95	6.88

4.88 tonnes of CO<sub>2</sub> saved

Monday 20th April

French

bonjour = hello  
mes amis = my friends  
Je m'appelle = my name is - replace  
comment t'appelles-tu? what is your name?  
comment allez-vous? how are you?  
ça va bien merci = I'm good  
quel âge as-tu? how old are you? - x m right  
Au revoir mes amis = good bye friends  
A bientôt = see you soon

Bonjour comment allez-vous?  
Je m'appelle girafonne.

ça va bien merci comment t'appelles-tu?

A detailed pencil drawing of a rose. The rose is in a partially open stage, with multiple layers of petals visible. The petals are rendered with fine lines and shading to show their texture and depth. Two large, pointed leaves are attached to the stem, one on each side of the rose head. The stem is thin and has a few small thorns. The drawing is done on a light-colored, slightly textured paper.

Fiekie  
Every time  
is my favorite dog  
Fiekie is the best dog in the world  
ever

## A hand-drawn diagram of a flower. The central part is a large circle representing the ovary, with a smaller circle inside it representing the embryo sac. Two lines extend from the top of the ovary, each ending in a small circle representing an anther. The entire structure is surrounded by several pointed shapes representing petals and sepals. Labels with arrows point to various parts: 'Petal' points to a large pointed shape at the top; 'Sepal' points to a smaller pointed shape on the left; 'Stamen' points to one of the anther-bearing structures; 'Pistil' points to the central ovary structure; 'Ovary' points to the large central circle; 'Anther' points to one of the small circles at the end of the stamen; 'Calyx' points to the pointed shape at the bottom; and 'Stem' points to the base of the flower.

A painting on a rectangular piece of paper. It features a large, stylized hand in shades of pink and white, with fingers spread. On the palm, there is a small, dark figure. The hand is set against a background of thick, wavy, concentric bands of green and yellow, suggesting a landscape or a protective embrace. The style is simple and expressive, characteristic of a child's artwork.

Personification poem:

The thunder booms and all is dark  
The ~~thunder~~ creature is about to engulf  
Circling around on the ocean floor,  
More elegant and courageous than  
ever before,  
Muscular and peerless with long  
blue eyes,  
A brave old creature with a solitary  
disguise.

She slithered through the ice  
old water with all of her might,  
Prepared for the battle of any common  
fight.  
She's powerful, brazenly and immensely tough,  
Wearing leather skin so flexible and rough,  
The thunder booms and all is dark,  
Quiet yet stark

slithering,  
about  
surrounds  
dark  
more  
confronted  
water  
stark  
muscular  
peerless  
bravely  
solitary  
disguise  
slithers

The book image is so different to the glim image. Also doesn't look so dramatic as the glim image anyway. The quite is on a wall and is small! There is no creature, where she is standing - just her? Well there are some creatures that are quite hard to see straight away. There are flowers every where apart from the middle stone. Both there are lighter colors on this image than the glim image. The girl is wearing a straw hat and a pastel green skirt with red shoes and hair as only on the unwee. Typical on in a song but it's strong both like it was not alone. The egg and a glim that is quite unusual fantasy adventure set in spring cause there are flowers and leaves with blossom.

When Mary Lennox was a baby she was terrible and sick, not strong or healthy at all and then became a grumpy & messy toddler and then even worse a six year old, who was rude and unpleasant and greedy.

A Cinquain  
My pets,  
fluffy, sleepy.  
Play fighting and biting.  
They are very smart but crazy.  
My cats.

[illegible]

Friday 24<sup>th</sup> April 2020

English Lesson 5: Secret garden:

unattractive

Mary Lennox was an ~~unlikeable~~ <sup>unlikeable</sup> ~~dirty~~ <sup>little shrimps</sup> girl  
her ~~up~~ <sup>hair</sup> in a tight and her ~~bitter~~ <sup>bitter</sup> ~~poor~~ <sup>poor</sup>.

Whenever she said something out of her greedy  
mouth the servant would instantly get it  
right to the miserable Mary/Mary ~~want~~ <sup>want</sup>  
a very beautiful girl she was actually  
~~an~~ <sup>the</sup> ~~meanest~~ <sup>meanest</sup> little girl very self centered  
and over bearing.

A drawing of a hand with a rainbow-colored aura, representing the 'Rainbow Hand' concept. The hand is white with black outlines for the fingers and palm. It is surrounded by a thick, multi-layered border of rainbow colors (red, orange, yellow, green, blue, purple) that form a cloud-like shape around the hand. The drawing is on a white piece of paper with a brown border.

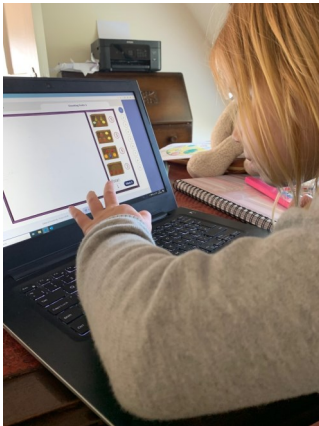




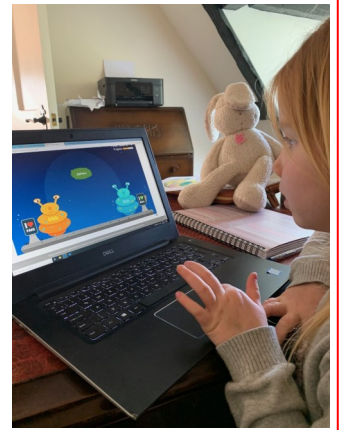
Reading is great, it is also lovely having Daddy to help with the work!



Busy doing Maths!

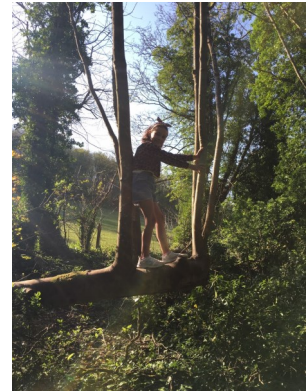


As well as doing my Phonics and MyMaths on the computer today I have also done reading, spellings and some outdoor science



Making sugar crystals at home

Completing the flower art project



Daily exercise in nature

Thank you to you all for being so understanding and sensible in this current crisis. All the staff at Alfriston hope that you are keeping safe.

Keep busy, eat healthily and keep active, if you can!

We all miss you but we will hopefully see you soon when this is all over.

Love from Mrs Hudson