



# Parent Newsletter

Friday 22<sup>nd</sup> January 2021

Dear Mums, Dads and Carers,

Well done – you’ve made it through three weeks of Distance Learning! Hopefully you’re still managing to maintain your established routines and seeing your class teachers in Google Meets or Pre-recorded Videos is helping to make it a more manageable experience. Times are tough for many of us and if you need to reach out to your child’s class teacher for some motivation, please do. Thank you all who have emailed us with positive reflections – the wonderful emails we have received help to keep our staff motivated and uplifted. It’s not just our teachers who are working hard – our support staff are all in school and running the key worker bubbles as we are now nearly at maximum capacity with provision. These staff are doing a remarkable job coming into school every day, maintaining the high levels of safety and care for the children, and greet each bubble with a smile and a skip in their step despite understandable worry during these difficult times.

If you need to find out more about provision during these times, please do follow the link:

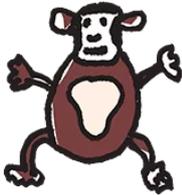
<https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak>

## **Chimp**

The Chimp Model is an incredibly powerful mind management model that can help you become a happy, confident, healthier and more successful person. It is a simple representation to aid understanding and help us to use the science behind the way our minds work. The Chimp and the Human represent two parts of our brain. The Chimp is the emotional part within the brain (limbic). The logical, rational part of the brain is the Human (you).

## You (The Human)

The Human represents the dorsolateral prefrontal cortex within the brain that works with facts and truth and then makes deductions using logical thinking.



## The Chimp

The Chimp represents the limbic part of the brain that works with feelings and impressions and then puts the 'information' together using emotional thinking.

The Chimp reacts quicker than the Human parts of the brain and with emotion not logic. You can see therefore how upset, anger and frustration can be our first reaction if we allow it to. But there is a way to tame your chimp... to manage your emotions.

Based on the book - My Hidden Chimp – the assemblies aim to help children understand how their mind works with ten habits to put into practice, such as smiling, saying sorry and talking about your feelings, children can work on managing their behaviour and emotions and understand why they sometimes behave and feel the way they do.

If you would like to learn about the science behind the Chimp Model, more information can be found at <https://chimpmanagement.com/the-chimp-model/>.

## Government Guidance on COVID

Staying at home can be challenging but it is essential that we all follow the Government Guidance. If you are unsure of the current rules, please follow this link to find out what you should and should not be doing.

<https://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing/coronavirus-covid-19-meeting-with-others-safely-social-distancing>

## COVID

I hope you are all keeping safe but please remember that if in the unfortunate event that your child has a positive test for COVID, you must inform us even if you are at home.

### **Other ideas for home...**

Create your own STOMP performance...

[https://www.youtube.com/watch?v=iEmSsrZOt\\_A](https://www.youtube.com/watch?v=iEmSsrZOt_A)

[https://www.youtube.com/watch?v=oCri1E\\_4JA](https://www.youtube.com/watch?v=oCri1E_4JA)

<https://www.youtube.com/watch?v=CX6tKPte33A>

Have fun!

Mrs Lyon and the Leavesden Team!