

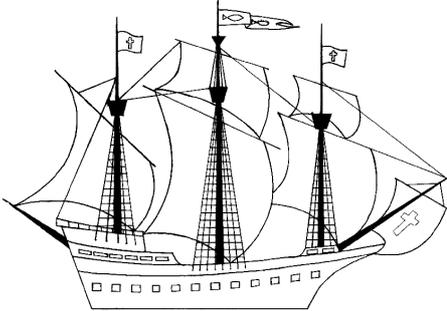
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# Dawpool C.E (Aided) Primary School

## *. . . Growing the Fruit of the Spirit*

*'The Fruit of the Spirit is Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness & Self Control'  
(Galatians 5:22-23)*

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Head Teacher: Mr D. Burrows MA, NPQH

22<sup>nd</sup> January 2021

Dear Parents and Carers,

We very much appreciate your messages of thanks and support for the efforts staff are making to produce effective work for children learning at home. I would like to add to your sentiments by thanking all of the staff for their excellent work during these challenging circumstances. We know that families have appreciated the supportive emails and telephone calls from staff and these will continue until all pupils have returned to school.

Similarly, I would like to thank all of our parents and carers for enabling your children to access and complete work at home. It has been lovely to receive the children's work and your support is very much appreciated. One of the biggest difficulties parents have reported to us is balancing their own work with school work. We are sympathetic to these challenges and, whilst we will provide school work in accordance with the government's guidelines, pupils and parents will not be penalised if completing it all proves difficult. The current situation is very hard for everyone, so please be kind to yourselves and build in time for regular rest and recuperation.

I am pleased to inform you that starting on Tuesday afternoon next week, we have partnered with [Thumbs Up Education](#) to provide live 'Family Wellbeing' sessions via Zoom. This is a bespoke programme available exclusively to Dawpool parents, carers and children. Further information about these sessions is included at the end of this letter.

It was wonderful to see the children joining our live 'Google Meet' sessions earlier this week. This was a great opportunity to trial this platform and identify and address any issues with the technology. Parents have been in touch to say how much their children enjoyed the sessions and if we can provide 'live lessons' in the future. Whilst live lessons can be useful tools, they are not the only or the best ways to deliver remote learning or provide feedback to pupils, as highlighted in a recent [article](#) by Ofsted. Dawpool has considered a range of factors in relation to 'live' lessons, including logistical challenges and appropriateness in relation to the age and stage of pupils, the subjects and topics being taught and the readiness of pupils, families and staff for using the various technologies. We recognise that live platforms can be useful in some circumstances and we will be using them to further support family wellbeing and the social interaction of pupils.

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**'For I know the plans I have for you,' declares the Lord. 'Plans to prosper you and not to harm you. Plans to give you hope and a future.'** (Jeremiah 29:11)

The [Remote Curriculum](#) pages of our website now include videos to support our weekly worship, including [iSingPOP](#), [Picture News](#) and [HeartSmart](#). These will be updated on Monday each week and are provided for families to enjoy together. We have updated our guide to the [Remote Curriculum](#) which outlines a clear and co-ordinated approach in line with the government's guidance. We ask that parents read the remote curriculum guide carefully as it answers frequently asked questions regarding remote learning.

We look forward to seeing all of the children next week on 'Google Meet'. If the email invitation is not in your Inbox, please check your spam folder. If you have children in different year groups, please note that the invitations are different for each year group so it's important to use the correct link to gain admittance to the session.

During the last lockdown, I provided a regular written message on the remote curriculum pages of the website. My latest [updates](#) are now available, so please have a look.

Once again, thank you for all your help and support.

Yours sincerely



David Burrows  
Headteacher



## **Thumbs Up Family Wellbeing Sessions**

**We are so pleased to be able to offer a bespoke programme to parents/carers and children from Dawpool Primary School**

We have been delivering our programme throughout Wirral for the past six years, and have worked in over 55 schools in our area and further afield too. Our programme is underpinned by core strategies associated with Cognitive Behavioural Therapy (CBT) and offers simplistic methods to bring about positive changes.

### **Essential Life Skills Programme**

The Essential Life Skills Programme is our 'core' programme which we have adapted to incorporate pertinent topics for the present situation we are in, and of course to be effectively taught remotely. This programme is targeted to teaching staff, parents/carers and children; it can be enjoyed together. Team Thumbs Up pride ourselves on our unique presentation style. We take the important topic of 'mental health' and deliver it with fun, humour and interaction. Our ethos is very much – *if a child (or parent/carer) is smiling and enjoying learning, their ability to absorb positive and forward thinking strategies is so much better*

During our online sessions we will be addressing the following topics:-

- Effective communication
- Raising self-esteem
- Understanding ourselves (self-awareness/self-worth)
- Explanation of model of Cognitive Behavioural Therapy (thought cycles)
- How to turn negative thoughts and feelings around

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- Building confidence
- Bouncing back (building resilience)
- An 'attitude of gratitude'
- Introducing mindfulness into everyday lives
- Having an 'I CAN DO IT' attitude
- Positive affirmations
- The impact a positive mindset has on learning
- Gaining a better understanding of emotions and feelings
- The importance of talking about how we feel
- Anxiety/stress management
- Making good choices and the necessary changes
- Personal best
- Discover your superpowers

For more information about Thumbs Up and the work we do, please take a look at our website at [www.thumbsupprogramme.co.uk](http://www.thumbsupprogramme.co.uk).

Prior to our session, if there is any area you would like covered, please do get in touch and we will do our best to incorporate it in our sessions.

Also please note – following completion of the sessions, if you require any further advice or support, please do not hesitate to contact us.

Contact us at:- [admin@thumbsupprogramme.co.uk](mailto:admin@thumbsupprogramme.co.uk)

### **Zoom Invitation**

Tuesday 26th January, 1:30-2:30pm

Tuesday 2nd February, 1:30-2:30pm

Tuesday 9th February, 1:30-2:30pm

<https://zoom.us/join>

**Meeting ID: 686 089 4709**

**Passcode: 141002**

We look forward to seeing you.

Sue and Cath from Team Thumbs Up