

# Sir Martin Frobisher Academy

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Headteacher: Miss Debbie Conroy

Deputy Heads: Mr David Girdlestone and Miss Victoria Higgins



## SMFA Bulletin: 29th January 2021

### Message from the Headteacher:

I hope that everyone is keeping well and staying safe at home. I enjoyed dropping in on the Oliver Jeffers Class Live Lesson on Wednesday afternoon. It was lovely to see so many children participating and it was great to be introduced to so many cuddly toys! The children were very confident and keen to share their ideas with me. They are learning about habitats at the moment and we had a very interesting discussion about what would need to go in an elephant enclosure at a zoo, in order to make it a suitable habitat. Anyone who is interested in finding out more about animals and their habitats, I know that the Colchester Zoo regularly post updates on their animals on their Face Book page and they also have their own You Tube channel:

<https://www.youtube.com/playlist?list=PLWfImI0oCLYz6XuCRnuMd2g3LWEAjpCnm>

From 1<sup>st</sup> – 7<sup>th</sup> February is Children’s Mental Health week and it is ‘Time to Talk’ day on 4<sup>th</sup> February. During these challenging times, it is more important than ever to talk about Mental Health and the theme this year is ‘Express Yourself’ Please see the following link for further information: <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

You will find some hints and tips on how to start talking about Mental Health at the bottom of this bulletin.

We are looking to collect some information regarding the Live Learning session we have been delivering. Could I ask that parents and carers click on the following link and complete the short survey for us:

<https://www.surveymonkey.co.uk/r/QC9XFK2>

The children will be completing a separate survey during their live learning sessions next week. If your child is unable to attend the live learning sessions, please ask them to complete the survey here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=EGorfMwEtEi30d9QFOXXNGvXEyuYuhBkpSyaddUcPhUME9KNTBSTERGU0IOVTRZSEtSVkhQSIhOOQi4u>

If you would like to send in your child’s work for their teacher to see, please send it to [updates@smfa.org.uk](mailto:updates@smfa.org.uk). If you could put your child’s name and class in the “Subject” and we will pass it on to their teacher.

### House Points

<b>Owls</b>	595
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<b>Panthers</b>	709
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<b>Dragons</b>	512
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<b>Dolphins</b>	723
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### Remote Learning Attendance (At least one session)

<b>Julia Donaldson</b>	28%
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<b>Judith Kerr</b>	40%
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<b>Oliver Jeffers</b>	37%
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<b>Roald Dahl</b>	35%
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<b>Enid Blyton</b>	47%
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<b>Jacqueline Wilson</b>	57%
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<b>Michael Morpurgo</b>	63%
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<b>J K Rowling</b>	50%
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<b>Michael Rosen</b>	66%
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Parent Consultation phone calls will take place in the week beginning 8<sup>th</sup> February.

Well done Obi for a super rocket picture and Freya for your Andy Warhol artwork!



If any of any of our children at SMFA are unfortunate enough to have a positive COVID test, please do let the school know, whether they are home learning or at school. Thank you ☺

Members of the Pastoral Team and the Office Team will continue to contact vulnerable families and any families who are not accessing Live Learning.

I hope you all have a lovely weekend,

Miss Debbie Conroy

### Ten tips for talking

1. Mental health isn't just about illness. It is also about wellbeing.
2. Showing you're happy to talk and listen will mean a lot.
3. You don't need to set aside hours. Just opening up the conversation helps.
4. You could chat while doing something else, like driving or preparing dinner.
5. Explain that every one of us has mental health.
6. You don't have to be an expert, or have the answers.
7. Hypothetical situations might be easier to talk about than personal experiences.
8. Familiar ideas might include feeling stressed, depressed, low or anxious
9. You could suggest learning together.
10. There a lots of good information resources on the internet.