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## Lionwood Junior School Newsletter

Monday 27th April 2020



Lionwood Junior

To all our parents/carers and children at Lionwood Junior School

I hope you are keeping safe and well.

Thank you all for your patience as we try to adapt the home learning to make it more interactive. The Onenote pages for each class are up and running and your children should be able to see the message from their teacher on the collaborative space and be able to post comments. The rest of the homework is on the website and next week's homework will be on Onenote, as well as the website.

We are working on a few more ideas for keeping in touch with families—please bear with us as we do our best to get everything working. All work will continue to be put on website for families not accessing Onenote.

If you are unable to access learning in online, please do not hesitate to contact us at [info@ljs@istnorfolk.co.uk](mailto:info@ljs@istnorfolk.co.uk) and we will sort out an alternative.



Maria Cornish and the Lionwood Team

### Keeping in contact

Thank you to those people who have sent in work/pictures for the website—they will be uploaded in the next couple of days—we love to see what you have been doing—you can also upload them on to the collaborative class page on OneNote if you wish.

### 3 Steps to reducing eyestrain

Children (and parents) may be spending more time in front of screens every day—here is some advice on how to reduce the negative impact of looking at a screen. Thank you to Mrs Kelly for sending it in.

## TO REDUCE SYMPTOMS OF DIGITAL EYE STRAIN Remember 20-20-20

TAKE A 20 SECOND BREAK



EVERY 20 MINUTES



LOOK AT SOMETHING  
20 FEET AWAY



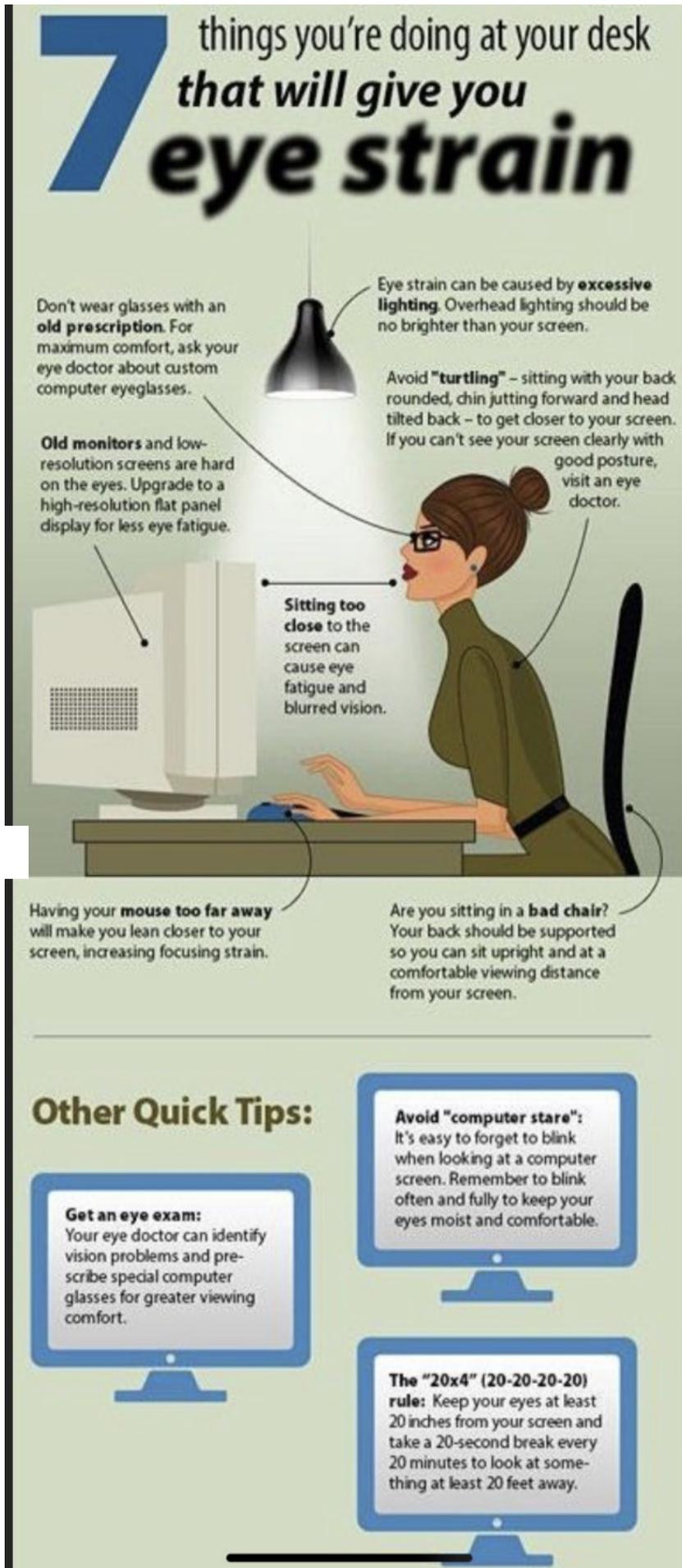
### New free online courses for adults from the DFE

The Department for Education have set up a website with free online and numeracy courses to build skills—particularly around improving skills needed for employment.

Go to: [www.theskillstoolkit.campaign.org.uk](http://www.theskillstoolkit.campaign.org.uk)

## Some more tips for keeping protecting your eyes

# 7 things you're doing at your desk that will give you eye strain



Don't wear glasses with an **old prescription**. For maximum comfort, ask your eye doctor about custom computer eyeglasses.

Eye strain can be caused by **excessive lighting**. Overhead lighting should be no brighter than your screen.

Avoid **"turtling"** – sitting with your back rounded, chin jutting forward and head tilted back – to get closer to your screen. If you can't see your screen clearly with good posture, visit an eye doctor.

**Old monitors** and low-resolution screens are hard on the eyes. Upgrade to a high-resolution flat panel display for less eye fatigue.

**Sitting too close** to the screen can cause eye fatigue and blurred vision.

Having your **mouse too far away** will make you lean closer to your screen, increasing focusing strain.

Are you sitting in a **bad chair**? Your back should be supported so you can sit upright and at a comfortable viewing distance from your screen.

### Other Quick Tips:

**Get an eye exam:** Your eye doctor can identify vision problems and prescribe special computer glasses for greater viewing comfort.

**Avoid "computer stare":** It's easy to forget to blink when looking at a computer screen. Remember to blink often and fully to keep your eyes moist and comfortable.

**The "20x4" (20-20-20-20) rule:** Keep your eyes at least 20 inches from your screen and take a 20-second break every 20 minutes to look at something at least 20 feet away.

## Recording a moment in history



As we all know, this lockdown is unprecedented and people in the future may struggle to understand what it was like to live through it. People such as Samuel Pepys have given huge insight into an event by recording personal diaries at the time.

We thought that some **children might like to make a journal of this time**—including writings, drawing, photographs of some of the things that are happening—queuing in shops, taking daily walks, schools closing, increase in remote working, pollution decreasing as well as **personal experiences**.

This could be shared by younger brothers and sisters later on, who won't be able to remember, or even future generations who did not experience it.

Whole families might like to contribute—perhaps Grandparents could contribute photos or write/draw something for the journal.

It would be something you can look back as a family and share memories of this time together. It may be a way of processing some of the anxieties and sadness as well as the positive times.

We understand that not everyone has resources at home, so if this is of interest and you need a book and some pencils etc—just let us know at [info@istnorfolk.co.uk](mailto:info@istnorfolk.co.uk) and we will do our best to help.