

Canon Barnett Primary School

Newsletter 688 8th January 2020



Have a listen to today's assembly if you want to know why there is a picture of baby turtles.

New year is often a time for new hopes. This year, it is likely that many of us have the same hope: for an end to the need for lockdowns and a return to being with our friends and loved ones and, of course, for school to run as normal!

We are going to have to be patient and while we are waiting follow the guidelines to reduce transmission as much as possible in our community. Please do follow the guidelines (you can find a link below) and ensure you are not meeting anyone outside of your home or support bubble. My thoughts are with any of you who are or have been ill or who have lost any loved ones. If school is able to help or support you, please do get in touch.

Many of you have started the year with remote learning and all the teachers have been delighted with the hard work you are putting in and the commitment to your lessons. We have had some IT issues and are working through them to ensure that everyone is able to access the online learning. Thank you to all of your patience. Some children have been working in school and it has been lovely to see them and staff have enjoyed helping them to join in the remote learning too. I have shared some of the brilliant learning you have been doing on our website.

Parents, I know that you are being asked to do a mammoth task. I know from experience how hard it is to support home learning and balancing your other commitments. I salute all of you for what you are doing. Please do get in contact with us if you have any concerns. I will always read messages on the Whatsapp even though I cannot always respond immediately. You can also call the school landline from 8:30-3:30 everyday if you need help.

Applying for places at school during lockdown

I have sent out a google form for families to complete if they wish their child to come into school and qualify for a school place. I am doing this so that I can plan for staff, children numbers and safety over the next few weeks. I may have to make some decisions about who is able to attend depending on the number of places requested. The form must be completed by **Monday 11th January 2021** and the places assigned will be fixed from the week beginning 18th January.

Link also available here:

https://docs.google.com/forms/d/e/1FAIpQLSchybniouT5JP7p1IBwU5HWS0a-wB3FDURMy1bJO2X_bKrVg/viewform

Food vouchers

Tower Hamlets local authority are arranging supermarket vouchers for families who qualify for FSM. I will be in contact with families when they arrive.

Additional devices

The Prime Minister has announced that schools will receive extra devices to support with home-learning. Schools will be contacted to order devices and we are eagerly awaiting the Email! I know some people are waiting for devices. If anyone has a school device that they no longer need, we would appreciate you returning it for those families who are waiting.

STAR OF THE WEEKS



All staff are incredibly proud of the wonderful and creative learning from you all this week. We have especially noticed creativity in

Nursery: Amaya and Iman

Reception: Amelia and Rahma

Year 1: Poulami and Arafat

Year 2: Saihaan and Safiya

Year 3: Khadija and Lily

Year 4: Zain and Adyan

Year 5M: Rabbi and Isabelle

Year 5N: Ismail and Mohammed Alam

Year 5 Ruqayyah and Yaqub

Digital Family Quiz

#YourDigitalFamily - join the fun

Does your family know its TikTok from its Twitter, Deliveroo from Discord, Bieber from Baby Shark?!

The Parental Engagement Team are launching a fun new quiz which will test your family's tech knowledge.

Our online quiz is suitable for parents and secondary school-aged children who can take part from the comfort of their own home. All you need to join is an internet-enabled device such as a smartphone, tablet or laptop. Take part in our first digital family quiz on

Friday 15th January

Via zoom

7pm-9pm

Prizes to be won!

For further information contact:

parentalengagement@towerhamlets.gov.uk

020 7364 6398



Tower Hamlets are offering support for parents on virtual learning.

Following a very successful programme of virtual sessions for parents in 2020, the Parental Engagement Team has launched a new schedule of sessions for 2021. The sessions have proved to be an invaluable source of support for parents at a time when they may be struggling to navigate the new learning landscape. 100% of the parents who attended said they would recommend the sessions to other parents.

From information about new learning approaches including 'blended learning' to tips on supporting learning at home and staying healthy, the sessions provide a safe space for parents to share their experiences, ask questions and pick up some handy tips from experienced practitioners.

To book, email the Parental Engagement Team stating your school, your child's age, the session and the date you wish to attend. You will be sent an email confirming your place and a Zoom invitation will be sent before the session.

Email: Parentalengagement@towerhamlets.gov.uk

Telephone: 020 7364 6398

https://www.localoffertowerhamlets.co.uk/blog_articles/2811-support-children-s-learning-with-free-virtual-sessions-for-parents



**Tower Hamlets School
Counselling Partnership**

Supporting children, families and schools

The Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents and staff by working with the whole school community.

Lockdown and Anxiety Up

Here we are again in lockdown and as with the first lockdown and consistently throughout this current crisis many of us (professionals, employed, non-employed, stay at home parents, students, adults, children, those diagnosed with anxiety disorders and those without a diagnosis and so pretty much everyone) have been struggling to some degree with our mental health and primarily anxiety. This is not surprising when we acknowledge the fact that we have been 'surviving' under fairly constant uncertainty with many of the lines in our lives blurred as we work from home, teach from home, exercise from home and socialise from home. Without a clear end point in sight.

5 ways to Wellbeing

5 ways to wellbeing is something that is advocated for managing and maintaining our holistic wellbeing. These five ways are:

- 1. Connect**
- 2. Be Active**
- 3. Take Notice**
- 4. Learn**

5. Give.

You can learn more about these by visiting [Five ways to wellbeing | Mind, the mental health charity - help for mental health problems](#). Mind also have useful resources in relation to our wellbeing during the current ongoing situation: [Coronavirus and your wellbeing | Mind, the mental health charity - help for mental health problems](#). You can discuss as a family how you are going to incorporate these things into your lives on a daily basis.

For the learn aspect, why not consider joining Khalida for the (over zoom) course below? We are currently postponing the start date to allow for feedback on the timing of the sessions and also to give those of you interested to consider how you can ensure you can attend without interruption before committing yourselves. If you would like to attend, please let Khalida know directly what time during a Tuesday would work best for you. She will then reschedule the session timings accordingly and let you know the new dates and timings.

Understanding and Managing Anxiety - Free 6 Week Online Course for Parents

No-one has been untouched by this current crisis and many of us are struggling with anxiety during these times of constant change. If you are struggling with your sleep, your concentration, and spiralling thoughts then we would like to help you.

The Schools Counselling Partnership are offering a **6 week online programme** to help you understand and manage your anxiety. During this course you will gain:

- A good understanding of excessive worry (Generalised Anxiety Disorder)
- An understanding of how worry can be maintained and the links between our thoughts, feelings, physical sensations and behaviours
- Knowledge of several techniques which can be used to help reduce your anxiety and worry
- Awareness of your early warning signs for anxiety and have a plan in place to maintain progress and manage setbacks.

Places are limited and on offer, also, to parents of the other Tower Hamlets'

school that Khalida works in. The course will be over zoom, the link of which will be sent out to those who sign up nearer the time. You are expected to attend all six sessions. They will begin on **To Be Confirmed**, and run every week **at the same time and link for an hour**.

If you would like to book a spot on the course then, please either email Khalida at khaque1.211@lgflmail.org or call/text her on 07730 416 019 to register your interest. Please also send her any questions and queries you may have in relation to the course or the service as a whole. She works at Canon Barnett on Thursdays.

Please only take up a place if you know you are able to commit to the six weeks. Depending on demand more courses may be delivered in the future.

COVID INFORMATION

If you need a test information can be found here: <https://www.gov.uk/get-coronavirus-test>

Symptoms of Covid - 19

- new persistent cough
- high temperature
- loss of taste/smell

A summary of lockdown rules can be found here:
<https://www.gov.uk/guidance/national-lockdown-stay-at-home>