

Half term has arrived!! The last six weeks you have all worked so hard to keep your learning going and have used the Canon Barnett values to make yourselves 'the best you can be'. Well done!

Now it's time for a break but we do want you to make sure you are safe and remember everything you have learnt this week about being safe on the internet.

Make sure your parents know what sites you are on and talk to them about what you have done online. Tell them about a game you have played or something you have learned but also tell them if something happened to make you feel uncomfortable. Remember the way you talk and act online should show the same values as you do at all times.

Parents, have a look at the website links below from 'Think You Know' or book into the Internet Safety Workshop on the 4th March (details below) if you would like more information about keeping your child safe online.

During half-term why not try out some of the suggested 'Family Fun Ideas' below. And have a look at the workshops to support parents with their children during lockdown.

Have a wonderful half-term and we will see you back on your Googleclassroom on **Monday 22nd February**.

### STARS OF THE WEEK



Another fantastic week for all our classes so many children showed examples of all our values of the week. These children particularly stood out for showing ambition.

This week's stars are

**Nursery: Amaya and Isra**

**Reception: Layla and Adyan**

**Year 1: Sounily and Aadam**

**Year 2: Oalide and Ibrahim**

**Year 3: Iqra and Yaqub**

**Year 4: Safreen and Zain**

**Year 5M: Rahat and Fawzia**

**Year 5N: Saffiyah and Jannah**

**Year 6: Tashfi and Joyrul**

### **Internet Safety**

As a parent, it can sometimes seem difficult to know what to say to children about the internet or even to know what they may be up to. The 'Think You Know' website is a great place to start. They deal with all sorts of topics that you may feel you need to prepare yourself with as your child grows up using the internet.

If you are a parent of KS1 children, you may want to look at:

<https://www.thinkuknow.co.uk/parents/jessie-and-friends/>

If you are a parent of KS2 children, you may want to look at

<https://www.thinkuknow.co.uk/parents/Listing/?cat=76,68,85,69,70,72&ref=4765&keyWord=>

### **Support for parents**

#### **Responding to worries and fears: Covid and beyond**

**Date: Wednesday 17<sup>th</sup> February (Half term)**

**Time: 2 - 3pm**

**Led by: Dr Lauren Coates (Educational Psychologist), Julie Burns (Senior Educational Psychologist) and James Redburn (Trainee Educational Psychologist)**

**Short webinar for parents of primary and secondary age children followed by a Q&A session. We will share practical strategies for responding to the concerns and worries of children and young people.**

#### **Let's play! The importance of play across the age range**

**Date: Wednesday 3<sup>rd</sup> March**

**Time: 2 – 3pm**

**Led by: Dr Lauren Coates (Educational Psychologist) and Penelope Edwards (Trainee Educational Psychologist)**

**Play! What is it good for?! Well, lots of things actually! Parents, join us for a short webinar followed by a Q&A. We will explore ways to bring playfulness back into your life during lockdown, and explore why it's so important.**

## Supporting home learning during Covid and beyond: Primary

Date: Monday 8<sup>th</sup> March

Time: 2pm - 3pm

Led by: Dr Patrick Sullivan, Dr Michael Palmer (Educational Psychologists) and Jack Hammond (Trainee Educational Psychologist)

A short webinar for parents of primary aged children, followed by a Q&A session. We will explore the current challenges of home learning, what children are gaining, what they are missing, and share some practical strategies for how to support children at home.

### Parental Engagement Team Timetable of workshops

Tuesday 26 January <b>10am-11am</b>	Maths At Key Stage 2	Gain an insight into what your child is learning in Maths at Key Stage 2 and discover how to use the internet and other tools to encourage mathematical thinking and motivate reluctant learners.
Friday 12 February <b>7pm-9pm</b>	Digital Family Quiz #YourDigitalFamily	Does your family know its TikTok from its Twitter, Deliveroo from Discord or Bieber from Baby Shark? Take part in this fun family quiz night and test your family's tech knowledge. Suitable for parents and secondary school-aged children. Prizes to be won!
Monday 1 March <b>10am-11am</b>	Learning in the Early Years	In this workshop for parents of nursery and reception class children, you'll find out about the Early Years Foundation Stage and discover how you can use every-day experiences to enhance your child's learning.
Tuesday 2 March <b>5pm-6pm</b>	Mindfulness	Mindfulness is about developing awareness and being in the present moment. With the unpredictability of the current times we find ourselves in, you may be finding that you and your children are a little more anxious than usual. Join the session to pick up some useful strategies and tips that may help to create a sense of calm.
Wednesday 3 March <b>5pm-6pm</b>	Reading at Key Stage 2	Gain an insight into how reading is taught at school. Discover how to motivate reluctant readers and how you can support your child's reading development at home.
Thursday 4 March <b>6pm-7.30pm</b>	E- Safety and Learning	With children learning at home, online safety is never more important, this workshop looks at the practical steps parents can take to safeguard children and explains the latest social media and gaming apps children may be using to communicate online
Friday 5 March <b>10am-11am</b>	Reading at Key Stage 1	Gain an insight into how reading is taught at school. Discover how to motivate reluctant readers and how you can support your child's reading development at home.
Wednesday 10 March <b>10am-11am</b>	Healthy Families	Is your family snacking too much or finding it difficult to be active? In this workshop, you'll have the chance to share your concerns, pick up some ideas for quick, easy meals and discover ways to get the family more active!
Wednesday 17 March <b>5pm-6pm</b>	KS2 Maths	Gain an insight into what your child is learning in Maths at Key Stage 2 and discover how to use the internet and other tools to encourage mathematical thinking and motivate reluctant learners.
Friday 19 March <b>5pm-6pm</b>	Maths at Key Stage 1	Gain an insight into what your child is learning in Maths at Key Stage 1 and discover how to use the internet and other tools to encourage mathematical thinking and motivate reluctant learners.

For more details or to join a session email [parentalengagement@towerhamlets.gov.uk](mailto:parentalengagement@towerhamlets.gov.uk) stating the session and date you would like to attend along with your school's name and child's age

## Ideas for families to try at home...

Try some of these fun ideas to engage children in learning without them even realising, and you'll end up not wanting playtime to end!

- Play 'Shark'. Pretend there are sharks all over the floor and get around the room without touching the floor!
- Decide on a category and sort out the toys into categories. Fun ideas include sorting by colour, size or even material or texture.
- Organise afternoon tea with family over Facetime, Zoom or Whatsapp. Decide on a menu, date and time. Write out invitation cards, take pictures of them and send to family electronically.
- Go on a magnet hunt! Sing to the tune of 'We're going on a bear hunt.' How many items can you find that stick to a magnet? The person who finds the most is the winner!
- Play shopkeepers with real items from the kitchen. Use real money to help develop maths skills! A grocery store will use kitchen items, but you could set up any store you like! An at home Boots store using mums makeup or items from the bathroom?
- Set up an indoor obstacle course using masking tape, cushions and pillows. You could use a large bedsheet as the 'net' to crawl under!
- Make toast pizza. Traditional cheese and tomato is always fun, but it doesn't have to be savoury. Try chocolate spread with chopped fruit to make patterns or faces. You could use cookie cutters to cut the bread into fun shapes too!
- Make cards to send to family you haven't seen in a while.
- Have an indoor newspaper or rolled-up-sock basketball game. Use bowls or large pots from the kitchen as the basket. And why have only one basket? Have a range of sized 'baskets' and smaller baskets get more points! Use masking tape to mark a line to throw from.

- Any large deliveries arriving soon? Let children play with the box and watch their imagination go wild!
- Use that old roll of wallpaper and make a life size gingerbread person by laying your child on the paper and drawing around them! Add the extra details using large markers or paint and paintbrushes.
- Line up chairs or cushions together and play buses or trains or even planes! Travel to far away places and ‘get off’ and try their food or visit local places.
- Plan a day out for when lockdown is over. Decide a destination, let the children come up with a picnic menu, and research some activities. And then stick to the plans!
- Draw out your family tree. Get the children to talk to older members of the family and get them involved in the branches that are higher up. Multigenerational learning!
- Set up a car wash for all the toy cars, or a dolly/teddy spa. Use a bowl of water and add washing up liquid or yummy smelling showergel! Throw in some old or inexpensive toothbrushes or old mascara wands. The best day to do this is the day you change your bedding. Put this down to catch spills and splashes, it’s going into the wash anyway!

Most importantly have FUN! Children learn the most when the experience is enjoyable. Enter their world and let them show the magic and exploration that

## **DATES FOR YOUR DIARY**

**HALF TERM: 15th-19th February**

**SPRING TERM 2 BEGINS: Monday 22nd February**

**FINAL DAY OF SPRING TERM: Friday 26th March (2pm)**

**SUMMER TERM 1 BEGINS: Monday 12th April**

**END OF HALF TERM: Friday 28th May**

**SUMMER TERM 2 begins: Monday 7th June**

**SUMMER TERM ENDS Friday 16th July (2pm)**

## 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>

# Family Fun!

Ideas to support learning, play and well-being

## Nature Art

Ask your child to collect natural items such as (but not exclusively) leaves, petals, twigs, pebbles, small branches of greenery, and anything else they fancy. Next, encourage your child to place items in a pile and arrange them in pictures and patterns. There are no rules anything goes!



## Fun Counting Aids

Using physical objects to aid counting is very helpful for young learners. Use everyday objects found in the home to encourage your child to practice addition and subtraction. They can also practice sharing out the objects into groups which will help them to understand division and multiplication. Using objects of different size and colour can build on your child's sorting and pattern making skills.

## Starfish breaths

Open your left hand and extend it slightly in front of you so it looks like an open starfish. Take your right hand and extend your pointer finger. Beginning with your left thumb, take your right pointer finger and go up the outside thumb while taking a deep breath in, go down the inside of the thumb and breathe out deeply. Continue the deep breathing in while going up each finger and exhaling when going down each finger. Once you are finished switch hands and repeat.



## Run the Daily Mile

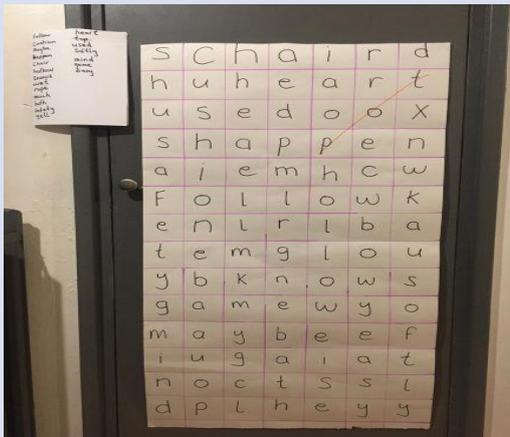
Is your child struggling with their concentration levels or feeling tired and sleepy during the day? A 15-minute run or jog around your local area can have many benefits including increased energy levels and mental alertness. Regular physical activity such as the Daily Mile has been proven to have a positive effect on mental health, increasing happiness and reducing stress.

# Family Fun!

Ideas to support learning, play and well-being

## Number games

Use games and resources you already have at home to help children learn about numbers. Things like dominos can easily be used to develop numeracy : adding up, recognise more or less, match the number of dots, highest number wins, add some paper for pick it write it, make a sum and so many more.

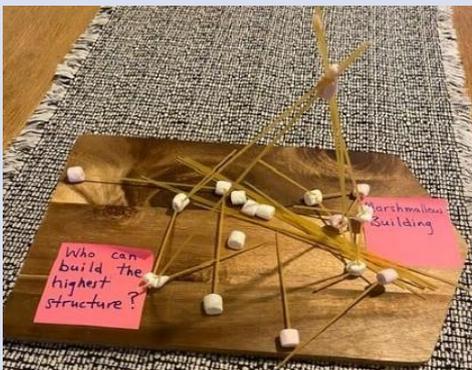


## Giant word search

Make literacy fun by using old wall paper rolls or wrapping paper to create a giant word search. Draw the grid, add the words then fill in the rest of the squares with random letters. Make it more difficult by spelling words up, down, backwards and diagonally. Use words at your child's reading level and stick onto a door or wall. Give them a thick felt tip and off they go!

## Nature painting

On your next walk get the children to collect leaves, twigs and plant life. Then let them get creative by using paints, pencils or crayons to make rubbings. If leaves are painted, they can be strung with cotton and hung up to make a pretty display. Doing something creative allows children to express themselves and supports emotional well-being.



## Build a Tower

Encourage children to problem solve whilst building a free-standing tower with mini marshmallows and spaghetti. Encourages abstract thinking skills, social skills, mathematical skills.