



Dear Parents & Carers,

Welcome to our second edition. This week we have started to share some of the useful links people have found. It's lovely hearing from you & we have really enjoyed seeing some of the photos of children's work you have sent in. Please keep them coming and if you are happy for us to share them we can put them in future newsletters.

Rainbows

It's been lovely seeing rainbows appearing in windows, if you haven't done yours yet, get the crayons out and start drawing! We also have a new challenge for you to brighten up the new Nightingale Hospital at Excel!



Take care and stay safe.

Sue Ferguson

Life is Better When We Read Together



Schools may be closing, but reading doesn't have to stop. To help support teachers, students and parents to **'Keep the UK and Ireland reading'**, Renaissance are offering access to thousands of enhanced digital books through myON and articles from myON News. These are FREE to access.



NO BARRIERS AT HOME



No Barriers at Home is a fun and interactive project all about harnessing the power of football to inspire young people and bring people together, even when we can't be together.

They are fun, additional activities to help supplement home learning **if you want to**.

Each week they issue a PDF pack containing:

- A video to learn about an inspirational footballer who has tackled barriers to achieve success both on and off the pitch, fun facts about their host city, and what each session's #NoBarriersChallenge is.
- Read about the Champions and where they're from on Champion Cards and Host City Worksheets
- Students can fill in the activities and upload their work for a chance to be featured on our site!

These packs are supported by videos, so children can complete the work unaided at home. You can find the first session here: www.big-ideas.org/nobarriersathome/

Coronavirus explainer in Makaton (Ineqe)

Children with a range of SEND needs may be struggling right now, perhaps through lack of routine or not understanding how things are.

Holly Rankin, is the Special Educational Needs Advisor at Ineqe and in this video explains Coronavirus using Makaton:
<https://youtu.be/9OS8vbjr2-Q>

Rainbows for Nightingale

You may have seen on social media that there is the opportunity for children to create art work inspired by the theme Hope to be displayed on the walls of the new temporary Nightingale Hospital which is based at Excel.

The requirements are for it to be as colourful as possible and can include messages of hope. This can be of rainbows or anything else you think will cheer people up!

Drawings need to be A4 and ideally laminated if possible as it saves them doing it the other end (but don't worry if you can't)! Please ensure that if your child includes their name it is only their first name, alternatively you can use the school name.

All pieces of work should be sent to

Rainbows for Nightingale

59 Sutherland Grove

London

SW18 5QP.



Information from Newham

Council tax

If you are having difficulty paying your Council Tax due to the Coronavirus pandemic please contact Council Tax and Benefits on 020 8430 2000. If your income has changed you may well be eligible for Council Tax Support which will pay up to 90% of your Council Tax. If you already claim Council Tax support please tell us about the change using the online [change of circumstances found on the Council's website](#). If you do not currently have a claim for Council Tax support you can [make a claim online](#). If you need help with making a claim or advice, our staff will quickly help you make a claim for this and can discuss payment holidays or even hardship grants towards outstanding Council Tax. Please don't wait for your account to go into arrears before contacting us. We want to help support you in these difficult times.

Rent payments

If you are having difficulty paying your rent due to the Coronavirus pandemic please visit our [Making a Benefit Claim](#) pages on the Council's website. This will help direct you to the right agency to deal with your claim. If you have an existing claim for Housing Benefit and your income has changed please visit the [Benefits – Tell us about a Change page](#) and complete the online change of circumstances form. If you need help or advice please contact Council Tax and Benefits on 020 8430 2000 and our staff will be able to help you.

Temporary changes to services

At this time there have obviously needed to be some changes to the way the council are delivering some of their services to you. A full list of affected services can be found via this link here. www.newham.gov.uk/servicestatus Please be reassured that everything is being done to maintain as much business as normal, but obviously the priority is the need to protect residents and staff from unnecessary risk.

Further Information

Newham Council: www.newham.gov.uk/Coronavirus



Accessing Support (Education)

We are aware that there may be aspects your child is covering that you wish to have additional support on. Therefore during the current closure you can email any questions you have to the teachers in your child's year group and a member of teaching staff in your child's year group will then respond to you and give you advice.

This email support facility will be available between 9 am - 12 and 1pm - 3pm Monday to Friday during term time.

Each year group has its own email so please ensure you use the correct one in order that your question goes to the right staff. The email addresses are simply:

yeargroup@ellenwilkinson.newham.sch.uk

So Reception would use reception@ellenwilkinson.newham.sch.uk

Year 1 would use year1@ellenwilkinson.newham.sch.uk and so on.



Welcome to "Shout Out Corner"!



Each week the staff team in different year groups are going to send a 'shout out' to their children to let them know we are still here, and we are still one community. This week's messages come from the teams in year 3 and year 5.

"A big shout out to all the year 3, Turtle and Lobster children! We hope you are doing well. We all miss you! Listen to the adults at home and help around the house.

Don't forget to use your Bug Club, Mathletics and TT Rockstar. Keep on doing your work packs. Keep yourself safe and other safe. Love from Year 3 team!"

Hi Year 5,
It feels so strange being apart, but we must all keep safe. We hope you are all well and working hard on your home learning. If you get stuck there are video's on mathletics , BBC bitesize which has great resources or you can email us at year5@ellenwilkinson.newham.sch.uk. We look forward to seeing and hearing about all the things you have done to keep learning at home. See you when this is all over. Stay happy and safe.

Year 5 Staff

"Hello Year 5!

I hope you're all well and staying positive during this time. In life, it's sometimes easier to focus on the negatives but try to take a moment each day and list something that makes you happy. It could be how wonderful your family are or how the sun never fails to rise each morning! Don't forget to keep up the hard work! You have made such fantastic progress throughout the past few months; don't let your clever brains lose their sharpness. We miss you and we look forward to seeing you again soon!!"

All the best,

Miss Dualeh and Mrs Higgins.



This week we're bringing the outside inside!

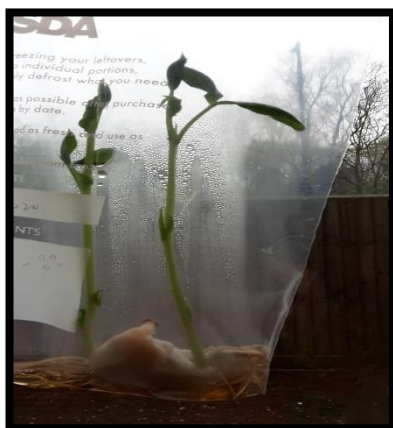


Some of you may remember this activity from our World Book Day event. Place some damp cotton wool or tissue into a food bag or jar with your seed, we have used broad beans and pea seeds, then tape the bag to a window or place your jar on a sunny window sill. Keep damp but not too wet, the seed should sprout within a few days. Remember to take pictures and share them with us either on our Facebook page or send them to our email:

childrens.centre@ellenwilkinson.nhs.uk
wham.sch.uk and we'll share them on our website.

You will need:

- Clear plastic bag or jar
- Cotton wool or tissue
- Bean seeds
- Water



Once your seed has sprouted and has at least two leaves you can put it in a pot with some soil. Put it in the garden, on the balcony or continue to grow on the window sill. In a couple of months' time you could be harvesting some delicious beans or peas!

Useful Links:

Early Start have a blog and regularly add more information to help families, this blog is about shopping smartly, and making healthy choices.

<https://www.earlystartgroup.com/nutrition-services/nutrition-news/eat-smart-shop-smart/>

Start 4 Life is aimed at those who are pregnant or have babies and toddlers, they have provided some healthy recipes for your young ones to try.

<https://www.nhs.uk/start4life/weaning/recipes-and-meal-ideas/>

Change 4 life is a wonderful website, with great ideas for healthy meals, they also have lots of fun ways of keeping active indoors, give it a try!

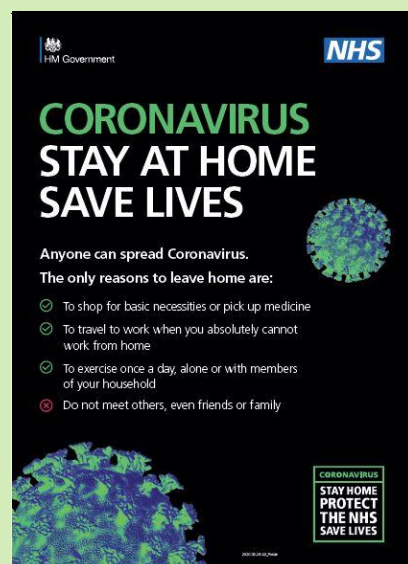
<https://www.nhs.uk/change4life>

Sources of information about COVID-19 (Coronavirus)

We have created a new page on our website where we are putting all the latest Public Health England advice. Scroll down to the bottom of the front page and click on the public health advice or you can click the parent tab at the top and it will be the first one on the list.

REMEMBER:

The single most important action we can all take, in fighting coronavirus, is to stay at home in order to protect the NHS and save lives.



We have been sent these useful links for some lovely physical activities for mindfulness and wellbeing.

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

<https://www.youtube.com/user/CosmicKidsYoga>

Mental Health Support for Young People

Kooth is a **FREE** online support service available to young people. It provides a safe and secure means of accessing mental health and wellbeing support including counselling

It can be accessed by young people aged 10 to 16. An information poster is attached or simply visit: www.kooth.com



Remember physical well-being can impact positively on mental well-being too. Try doing a little exercise each day, either come up with your own or use one of the online workouts to help. We are using Joe Wickes work out each day

<https://www.youtube.com/user/thebodycoach1/videos>



Mental Health

This is a really challenging time for all of us and more than ever it's important that we look after our mental health. As part of their 'Every Mind Matters' campaign, the NHS have produced some helpful tips to support mental health and well-being during this challenging time.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Need to reach out?

Sometimes you may just need to reach out. If you do, at any point, feel you are struggling, can't cope and need some support, there are organisations and charities that can help:

- **Mind:** <https://www.mind.org.uk> – mental health charity
- **The Samaritans:** samaritans.org – 24hr support
- Call free on 116 123
- **CALM :** Campaign Against Living Miserably, for people in the UK who are down or have hit a wall for any reason. Call 0800 58 58 58 (daily, 5pm to midnight)