



Dear Parents & Carers,

Welcome to our first lockdown newsletter. We realise that this is a really worrying time for everyone but just because we cannot be in the same physical space doesn't mean we can't still support each other, and it is needed now more than ever.

We've tried to put together information in this issue that we think may be helpful during this time but it would be great to hear from parents and carers who have pieces of advice to share with others or ideas about what you would like included each week. All ideas, recommendations and suggestions need to be sent to info@ellenwilkinson.newham.sch.uk. Please put the subject as NEWSLETTER so that it gets through to me!

In the meantime stay inside and stay safe. We will get through this together.

Sue Ferguson

SPREAD HOPE RAINBOW CAMPAIGN

We sent you out an email yesterday about a campaign we saw on the BBC news app and thought we could replicate it for our school.

<https://www.bbc.co.uk/news/uk-england-51988671>

So please take time to have a look at our 'spread hope rainbow' campaign (which is attached to this email) and get your children & family members to create a rainbow for their windows to show that we may be separated physically for a time but we are still together as a community (we have even given you a template to help!). Please feel free to share with others.

**Stay inside as much as possible and
remember social distancing.**



**Got an idea that will help
someone else?**

**Then let us know so we
can put in the next issue.**

info@ellenwilkinson.newham.sch.uk

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.



Sources of information about COVID-19 (Coronavirus)

Unfortunately there is a great deal of 'fake news' which can unduly alarm. Therefore please find listed below the sources of information we would recommend you use to keep accurately informed about this situation. Listed below the most recent government guidance (25/03/20)

Guidance on social distancing and vulnerable people

https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people?utm_source=4cfb596d-8111-4594-ba77-288e1b828259&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

Guidance for households with possible coronavirus infection

https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance?utm_source=5bf19292-920e-4eba-8c3f-9676b5c7192e&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

New rules on staying at home and away from others

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>

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.

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](https://www.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)



Establishing a routine



Routines are important to us all and therefore, despite school being closed, it is important to maintain a routine and structure during the weekdays. This does not need to be a strict routine; however each child has been given home learning which they will need to complete. This is essential so that they do not fall behind.

You could for example break the day up in to Maths, English and then other learning and break the learning up by having downtime or doing something fun, for half an hour or so. Create your own new 'home school' and set rules around expectations.

A standard day **could** look like:

9:00 – 9.30 PE (we are using the 9-9.30 live stream www.youtube.com/TheBodyCoachTV)

9:30 – 10.00 Bug club / reading

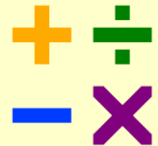
Have a break

10.30 – 12.00 Athletics & some of home school work set

Lunch

1.00 – 2.00 Project/creative arts/ puzzles/games (this could include making your rainbow!)

2.30 Times table rockstars



Timings are approximate; change it to fit your day! We would strongly suggest you have rest days (either weekends or what works for you!). On these days just ensure your child reads or even better you read to them!

Remember if you need any help just email us using the details on the previous page!



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 1 and Early Years.

Here's a shout out to all the children in Nursery and Reception.

"We know it's been hard not being able to see your friends right now, but it is also very important to stay at home where it's safe. How about making a beautiful rainbow collage and putting it up on your window. Your friends can see your lovely work when they take a walk, and it will bring smile and cheer to all of us! Remember to practice your phonics regularly, counting to 20 and beyond and always read a book a day."

We miss you all - Lots of love Mrs Ellis, Mrs Paul, Ms Sayer, Ms Carey, Ms Julfa, Ms Nozat, Miss Binion, Mrs Greedharan, Mrs York, Mrs Khanom, Ms Furney and Mrs Salihu.

"Shout out to Year 1, Clownfish and Lionfish children! We hope you are all doing well and are keeping clean and safe. We miss you all! Make sure you are doing your work packs, reading books on Bug Club and practicing your phonics. Keep up the fantastic work you are doing, listen to your adults at home, remember to be kind and sensible and we'll see each other when this is all over! Love from, the Year 1 team! "

(Miss Yousaf, Mr Horne, Miss Ansah, Miss Davison and Ms Ash!)



Free Guide to Weaning Your Baby

EarlyStart Nutrition has produced a free guide to support parents who are weaning their baby. Please see the attachment with this newsletter for further details.

nct 1ST 1,000 DAYS
NEW PARENT SUPPORT

NEW - Bumps & Babies is going online!

It's too easy in this current climate to feel isolated and alone, especially when you're pregnant or have a young baby. When we share our experiences and connect with others we realise we're not the only one feeling the way we do, this is why we're going online! We don't want to miss out on the importance of socialising with others. This closed Facebook group is a friendly and informal space that will temporarily replace our weekly home-based bumps & babies groups. A space to chat, connect and share ideas with local parents-to-be and new parents with babies of a similar age.

Join THEIR Bumps & Babies group coordinator Julia every Wednesday 10-12pm starting this Week 25th March.

Great, so how do I join in? It's easy, just click the link below to register

https://www.facebook.com/groups/497092137654070/?source_id=184451151575100

NCT Feeding support line

If you have any questions, concerns or need support - however you're feeding your baby - you can speak to our friendly breastfeeding counsellors free of charge by calling [our support line](tel:03003300700) on **0300 330 0700**. The line is open every day from 8am to midnight, including bank holidays.

<https://www.nct.org.uk/baby-toddler/feeding/early-days/breastfeeding-support-nct>

NCT Parents in Mind Peer Support

Are you pregnant or have a baby under two years? Are you feeling low, anxious or alone?

NCT Parents in Mind offers free peer support to women who are feeling low or anxious whilst pregnant or during the first two years post birth. Currently we're supporting women mum-to-mum through phone support, led by trained peer supporters who are local mums with lived experience. Contact Belinda for further information or to register on 07525403673 or email parentsinmind.newham@nct.org.uk.

COVID-19 Information for expectant parents?

The Royal College of Obstetricians and Gynaecologists, Royal College of Midwives and Royal College of Paediatrics and Child Health have produced information on coronavirus for pregnant women and their families. Please read here:

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>