



Dear Parents & Carers,

Welcome to our third edition. This week we are also going to be sending you some information separately on different support and services which are available in Newham, we hope you find them helpful!

Spread Hope

It has been lovely seeing all your rainbows on your windows and thank you for sending us pictures of them too. Ones we are sent we will print out, laminate and add to the ones on the school fence. You may even find your art work featured on this newsletter like Emma & Daniel this week!

Easter Holidays

I know it doesn't feel very much like school holidays at the moment but please make sure you and your children get time away from the school work! If they do wish to continue some aspects we would suggest this is limited to Bug Club, Mathletics and Timetables Rockstars. Alternatively why not try some of the ideas on page 3!

Take care and stay safe.



Sue Ferguson

Free School Meals – Government Voucher Scheme

We have had several enquiries about the voucher system the government has announced for those in receipt of free school meals. At the moment we are providing weekly food parcels for collection via Juniper our catering providers and this will continue for the Easter period. However we are in the process of registering families who are eligible for the government scheme which provides a £15 voucher per child per week which can be used in some supermarkets. Details about this will be sent out to these people in the next week. This is not Newham's Eat for Free provision. **This is only for families who have applied and have confirmed eligibility from the Local Authority.**

However, we are aware that many families situation may have changed because of recent events and if so we would strongly suggest you apply if you think you may be eligible.

Your child may be able to get free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

To apply please follow the link: <https://www.newham.gov.uk/Pages/Services/Free-school-meals.aspx>

Newham Guidance and Support

Newham has produced a number of help sheets to support local residents during this current time. These will be sent to you with this newsletter and cover a number of different areas including:

Mental Health and Wellbeing Factsheet - guidance on how to look after your mental health and wellbeing

Mental Health and Wellbeing - contacts with phone numbers that can be used if you are dealing with a mental health crisis or emergency and want to speak to someone

Money Management and Financial Hardship –support contacts for residents on financial matters

Top tips for managing your money – advice tips for managing money

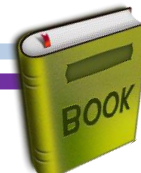
In addition there is a Newham service update page which is continuously being updated with new information. This can be found by following the link:

<https://families.newham.gov.uk/kb5/newham/directory/advice.page?localofferchannel=2&id=Rp1I24W8t6k>

Energy Firms

We were sent this link this week about how energy firms move to help prepay customers unable to top up due to coronavirus – what to do if you need to self-isolate.

<https://www.google.co.uk/amp/s/www.moneysavingexpert.com/news/2020/03/energy-firms-move-to-help-customers-unable-to-top-up-due-to-coro/amp/>



Talking to your child about COVID-19

This week we were sent a link to a free book explaining Covid-19 and social distancing in a child friendly manner. We have looked at it and with so many children who may be feeling worried and anxious right now, this could help alleviate some of their fears.

<https://www.flipsnack.com/CSKidsBooks/what-s-going-on.html>

E-Safety

During this period we understand that children may be spending more time online. Therefore it is more important than ever to make sure that you are clear about how you can keep them safe whilst they do this.

To help this we have attached to this week's newsletter a helpful guide from NOS.

You can find further helpful hints on our website www.ellenwilkinson.newham.sch.uk

Click on the parent tab at the top and then the e-safety tab at the side.

The Department for Education has also updated its guidance for parents and carers to include a section on keeping children safe online. It provides links to online resources that will help support parents and carers in keeping their children safe online. See section 6.3

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>





Ideas for the Easter Holidays



Create a paper basket (weaving strips of paper) – <http://allparenting.com/my-family/articles/970733/how-to-weave-a-may-day-basket-with-the-kids>

Then create spring flowers to fill it.

Paper daffodil - <https://www.youtube.com/watch?v=k8HX-O-vUuU> or Twinkl resource

Origami tulip- <https://www.youtube.com/watch?v=LFHGsHdY8w4>



Hope Pebbles

Paint a pebble with an image of hope, or spring. You could even turn it into ladybird like this one!

Easter/Spring Bonnets

Have a competition to see who can make the most creative spring bonnet and then hold a catwalk show! <https://www.madeformums.com/toddler-and-preschool/5-easy-last-minute-easter-bonnets/>



Egg or Teddy Hunt

Why not draw some Easter egg or use teddies to do your own treasure hunt? Hide them around the room (or rooms if you want to make it tricky!) and see how many you can find. Fastest time or most finds wins!



Fun Child-Friendly Recipes and Cooking Activities



With families spending a lot more time at home over the next few weeks Early Start are bringing together all their favourite cooking activities in free handy activity cards. Each one contains a detailed step-by-step guide on how to create each recipe, along with useful learning links, so you can make cooking fun and educational.

Most of these recipes use basic ingredients and only require basic kitchen equipment. Almost all recipes take less than 30 minutes and are suitable for all age groups, so the whole family can get involved! So if you're looking for fun, child-friendly recipes, then look no further!

<https://www.earlystartgroup.com/nutrition-services/parent-blogs/fun-child-friendly-recipe-and-cooking-activities/>

Useful websites

Every week we will share a website that a member of staff has found that you might want to look at with your child.

This week's contribution comes from Miss St Hilaire.

Dance mat typing

This is an introduction to touch typing for children aged 7 to 11 years. There are 4 levels to play each divided into 4 stages.

www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr

TASKMASTER CHALLENGE

If you need a bit of light relief or fancy taking up the challenge yourselves you may wish to check out the home taskmaster challenges. Some of them are amazing!

http://www.chortle.co.uk/news/2020/03/25/45728/alex_horne_sets_taskmaster_challenges_for_the_nation



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 2 and year 4 and from Mrs Laskar.

Hey Year 2! How are you all? We hope you are all working hard and completing your work packs. Please make sure you are still logging into Bugclub and doing lots of reading and also onto Mathletics and singing along to the timestables tunes. We hope you are also helping out the adults in your family and listening to their instructions. Be sure to send us pictures of all your lovely arts and crafts and use all of the wonderful skills that we have been learning in Year 2 - maybe you could even teach your adults a thing or two! Easter is coming up on Sunday so why not make them a lovely Easter card and tell them the Easter story we learnt about in RE. We miss you all and look forward to seeing you soon. Until then, keep safe and look after each other. Keep being good! :-)

Miss Burchell and Mrs Akhazzan & the year 2 team

Dear Everyone,
Here at EWPS we are missing all the children and our entire community. But the staff have been fabulous at providing fun, care and support at such a crucial time for the children of key workers. And right now for all our safety, it is important that we follow government guidance in that we remain at home where it is safe. Mrs Ferguson works so very hard for us all, as do all the senior leadership team and all the staff including our wonderful catering team. So although we are at home, it is important that we reflect on all the goodness around us, enjoy watching Spring bloom and keep faith in knowing that a fresh new start is round the corner.
See you all soon with baby Laskar very soon!
Mrs Laskar.

Heyyyyyyyy Year 4!!

Hope you are all good and enjoying the sunshine where possible. We are missing you lots! Keep up all the good work and make sure you are exercising your brains and your bodies. Why not try perfecting those Tiktok moves for us to see when we are back together (just stay safe online whilst you do!).

Miss St. Hilaire, Miss Dains & the year 4 team



Dear Parents/Carers, this week tip is about physical activity for you to explore with your children. The balloon activity can be done inside or outside. Have fun while supporting your children's physical wellbeing as this activity will give your children hours of fun, also a great way to practise balancing skills.

Remember to take pictures and share them with us either on our Facebook page or send them to our email: childrens.centre@ellenwilkinson.newham.sch.uk and we'll share them on our website.

Balloon challenge!

You will need:

1 balloon

1 plastic funnel for balancing the balloon

1 timer to see how long your child can balance the balloon.

Instruction:

Place the balloon on top of the funnel then time your child balancing the balloon on the funnel before it drops to the ground!

Adults, don't forget to join in the fun and share lots of praises!



Family Support:

We are here to offer friendly advice and available by phone from 9 – 3pm

Please contact us on **07870365797/07392196124**.

Check out Talking Therapies COVID wellbeing tips:

https://www.youtube.com/watch?v=PW1_4UlyW38&feature=emb_title

Children may ask many questions about what is happening and may not understand about Coronavirus. The Children's Commissioner has come up with a guide to help explain the situation. Please click the link below and take a few minutes to read the guide which may help you to tell your children how to stay safe and protect other people.

<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>



Live Tooth Brushing on Instagram



A number of our Newham settings would normally be running daily supervised tooth brushing sessions as part of the [Dental Wellness Trust](#) programme. This programme has been invaluable in supporting children to brush their teeth for the recommended two minutes, twice a day.

We are confident lots of children are continuing this fantastic routine at home, but for parents who may be struggling to get children to brush their teeth, the Dental Wellness Trust are hosting a number of live tooth brushing sessions on [@dentalwellnesstrust](#) and [@londonsportsdentist](#) Instagram pages.

The sessions are live at 8.30am:

- Daily from the 6th to 10th April on [@londonsportsdentist](#)
- Every Monday and Friday from 13th April to 24th April on [@dentalwellnesstrust](#)

The Early Start Nutrition team are excited to be taking over one of the live tooth brushing sessions on **Friday 10th April at 8.30am**. You can join us via our [Instagram page](#). Don't forget to give us a wave if you tune in!



Government updated handwashing advice

It is essential that everyone washes their hands more often, using soap and water for at least 20 seconds. Hand washing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin less hospitable to the virus. Hand sanitiser can be effective if soap is not available or the situation makes using soap less feasible (i.e. when outside) but using hand sanitiser provides none of the virus-destroying friction that rubbing your hands together and rinsing with water provides.

The latest guidance and video on hand washing can be found at:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>



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, details can be found on the fact sheet sent out this week or you can contact:

- **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)