

Dear Parents & Carers,

Thank you for your patience in relation to upcoming events that we normally issue at the start of each academic year. In the current situation I am sure you appreciate that unfortunately what we can and cannot do is changing quite frequently and therefore we do not want to promise to hold an event unless we are sure it will take place. Some of our end of term events will unfortunately not take place this year but we are looking at ways to provide other opportunities.

Nativities: These will take place but will need to be recorded and a link sent to you. Classes will also watch the performance virtually. Further details and permissions will be sent out next week.

Christmas Decorations: We will still have these!

Christmas Disco: Sadly we can't have a disco at the moment but we are looking to move this to the summer time when hopefully there will be fewer restrictions or we can do this outside.

Christmas Cards: Again we can't have these brought in from home and being sent out again, but we will give children the opportunity to make some in school.

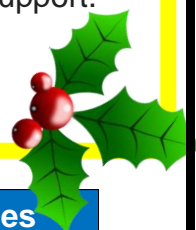
Christmas Dinner & Winter Jumper Day: This will be going ahead and will be on Wednesday 16th December.

Toys in on the last day: Unfortunately we can't do this but we have a couple of other ideas to hopefully still make the day special!

I know it is disappointing we can't come together in the same ways we do normally, but through the events above and others we will still come together. Thank you for your ongoing support.

Take care and stay safe.

Sue Ferguson



Smart Watches

We are happy for children to wear watches in school but please make sure these are not smart watches. Not only are they very expensive and could get damaged when the children play but more importantly they do have camera and internet access and therefore would not be permitted in the classroom (like mobile phones). Thank you for your support on

General Messages

Anti-Bullying Week

Thank you for all your support with Anti-Bullying Week which in total raised £176! Also a huge thank you to the staff and the Junior Governing Body that ran this event this year.

Relationships, Sex and Health Education

Thank you to year 1 and 2 parents who attended the RSHE consultations so far. These meetings on Zoom are continuing through this week and into next. There will then be an online survey sent out to all parents. Want to find out more? Ask a question? Have your say then please join us. Details of events are sent out to the relevant year groups each week and again on the day of the event.



COVID QUESTION OF THE WEEK

Q: IF MY CHILD'S CLASS BUBBLE HAS TO ISLOATE DO THE REST OF OUR FAMILY HAVE TO ISOLATE TOO?

A: No. If we have to direct a class to stay home in isolation it is only for the person in that bubble, everyone else in the household can continue to go to school and work. However if **anyone** in the family develops symptoms during the isolation period the whole family should isolate until a test is done for the person with symptoms.



Parent Support

Strengthening Families Autumn Offer 2020

Strengthening Families has been organised by Newham's early help teams. It is about recognising that all families need a helping hand at times such as these and this helping hand should be as varied and as diverse as our families. Strengthening Families is steeped in our values of keeping people at the heart of what we do.



Family Relationships Matters

A coach will work with you to reduce arguments and promote healthy communication.

Family Money Matters

Providing information, guidance and support for Families who are worrying about money, housing and employment.

Parenting Befriending

A bespoke parenting befriending service for parents / carers of children and young people aged 0-16 years who need a space to talk and think through the ways that they are coping in the circumstances and practical suggestions to manage challenges such as their young person's behaviour, anxiety and worries, family relationship challenges and a young person's screen time.

If you would like to access any of this support please contact either the Children's Centre or Julie Baker on 02075119414

Being a Parent Course

A free course for parents of children aged 9 to 16 years delivered digitally via Zoom.

Delivered for Parents by Parents

- The course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children. You will leave this course feeling better able to:
- Help others by sharing your experience as a parent
- Learn new ways to communicate with your children, celebrate successes and solve problems together
- Create a calm and peaceful family life

To sign up for the course, please follow the link below:
<https://www.headstartnewham.co.uk/get-involved/>



Well-being - NHS talking therapies

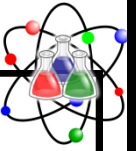
Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help with common mental health problems like stress, anxiety and depression. You can access talking therapies on the NHS.

A GP can refer you, or you can refer yourself directly to an NHS psychological therapies service (IAPT) without a referral from a GP.

<https://www.nhs.uk/conditions/stress-anxiety-depression/free-therapy-or-counselling>



Learning Tips



Reading Tip - Set a routine.

The best way to incorporate reading in the household is to devote 15-20 minutes, at the same time every evening, to family reading time. Make it part of a routine, maybe before bed? Another fun idea is to have children read to their pets, siblings, or stuffed animals, like a game.



Curriculum Tip—Science

Want to help your child with science? Not sure where to turn? Then why not visit the BBC Bitesize website that is full of useful information and activities.

<https://www.bbc.co.uk/bitesize/subjects/z6svr82> - KS1

<https://www.bbc.co.uk/bitesize/subjects/z2pfb9q> KS2

Safeguarding



E-Safety

Would like further advice about how to keep your child safe online? If so you may want to consider downloading the free National Online Safety app. On it you'll find:

- Hundreds of online safety guides on the topics you need to know about – from screen addiction, fake news and trolling to hacking, social media influencers and sexting;
- An online safety training course for parents – developed by our experts and delivered by online safety ambassador Myleene Klass;
- The option to get notifications to your phone as soon as new content becomes available – so you can stay up-to-date with the latest online crazes (and risks);
- The facility to personalise your content by identifying key resources.



ACT

**ACTION
COUNTERS
TERRORISM**

Family and friends know when something's not right. It can feel scary to think someone close could be heading down a path towards extremism. However, you are best placed to spot worrying behaviour at an early stage and can help the person you care about get the support they may need to move away from extremism.

You are not alone. If something doesn't feel right, call the national **Police Prevent Advice Line on 0800 011 3764, in confidence**, and specially trained Prevent officers will listen carefully to your concerns.

They are there to help. You will not be wasting their time. The earlier you share your worries, the quicker you can get the person you care about the help they need to protect them from being groomed and radicalised.

Trust your instincts. Act early. If you're worried that someone you know is being radicalised, call the advice line for more information or advice.



Stars of the week



Our stars are awarded in our Friday virtual assembly to children who have shown particular commitment to our school values during the week. To say thank you they also get 3 House Points and a star of the week pencil to use in school or take home.

Value	Inspire	Respect	Successful	Resilient	Heard and Cared For
Guppy 1	Olivia A	Reece	Ridwan	Adam	Elia
Guppy 2	Francesca	Jayden	Spencer	Robert	Oliver
Clownfish	Markas	Daniel M	Matas	Barirah	Daniel L
Lionfish	Ayden	Deborah	Joel	Jonathon	Raffael
Jellyfish	Nojus	Sofia	Jahdel	Kartar	Mikaela
Starfish	Jason	Rhea	Alexandra	Issa	Glory
Lobster	Kotryna	Ilyas	Quinel	Khadija	Miley
Turtle	Keiaana	Precious	Daniel.G	Arile	Emma
Octopus	Eliza	Camilla	Zoya	Jahleeka	Nisa
Seahorse	Aronas	Aydan	Vanessa	Precious	Lily
Stingray	Joseph	Kornelija	Tade	Emilly C	Matei
Dolphin	Aimee	Sofia	Raymund	Rosie	Gabriel
Shark	Konrad	Agota	Maksims	Stefanie	Zainab
Whale	Luca	Asher	Tajus	Kiesantis	Megan