



ELLEN WILKINSON PRIMARY SCHOOL LOCKDOWN NEWSLETTER 6 - 10th February 2021



Dear Parents & Carers,

I hope you are all well. I am sorry the newsletter is so long this week but there is a lot to cover including:

- Parents Evening
- Results and actions from the parent survey on remote learning
- Relationship, Sex and Health education policy agreed after consultation
- Safer Internet Day
- Details of Newham half term activities
- And lots of examples of children sharing their successes during lockdown!

Next week is half term so there will be no lessons (virtual or on site) or newsletter next week. We look forward to welcoming you back online on Monday 22nd February.

Take care and stay safe.

Sue Ferguson

Learning



Parents Evening

Thank you to all those parents who have already booked their Parents Evening appointment time. We hope that the new online system made this quicker and easier. Remember there is also an app for your phone which should make it even more convenient.

If you have not yet booked please do so as soon as possible. To book an appointment you need to register with ParentMail. This allows you to see the times that are available. Details of how to book appointments were emailed to all parents yesterday. Bookings close on Monday 22nd February.

If you need any help with registering on the system please email info@ellenwilkinson.newham.sch.uk or call the main office on 020 7511 9414

It is Safer Internet Week and this year's theme is:



An internet we trust
Exploring reliability in the online world

The theme looks at fake news and disinformation on the internet. Fake news is where false information is presented as genuine news. Disinformation and conspiracy theories, for example about coronavirus, are often widely shared on social media.

These stories could be worrying for your child, and extremists are also using them to influence people. Help your child spot fake news by following the links below. They have lots of information and tips for parents, as well as activities for all ages, which you can do as a family to ensure you keep your child safe online.







To help you talk to your children about having a positive and safe time online, Safer Internet has created a pack for parents and carers, including conversation starters, a fact sheet, family pledge card and more! They have also produced a short film for parents and carers to accompany this pack and to help you start a conversation with your child. Please click the link below:

<https://www.saferinternet.org.uk/page/parents-packs.html>



Remote learning review - Thank you

Thank you to everyone who has taken time to complete our online remote learning review. Results from this are attached to this newsletter. The main issue that came up was the amount of screen time and there were lots of helpful suggestions too. Please see below a summary of the most common of these and how we are looking to adapt our provision to address them.

Feedback/Suggestion	What EWPS will do
 <p>Concerns about screen time</p>	<ul style="list-style-type: none"> • We have already created screen free Friday afternoons • We are now looking at the activities we are setting in some subjects to try and reduce screen time further so that children can just upload a photo once they have finished.
 <p>Time to speak with friends</p>	<ul style="list-style-type: none"> • After half term we will be trialling different ways to give children more opportunities to have some time regularly to just chat with their friends (like they would during a playtime).
<p>Chance for adults to speak to staff</p> 	<ul style="list-style-type: none"> • Parents evening is the week after half term • Also please remember you can always email the year group or contact the main office and we will contact you • We are also half way through family care calls so if you haven't had a chance to chat yet you will be hearing from us soon. • Don't forget parents can also speak to the Learning Mentors each week <p>Chill and Chat for parents on Wednesdays 2.15 - 2.50 pm</p> <p>https://zoom.us/j/95963379153?pwd=STVFMHRhZWVlVQ21QRUJ5a2RBbnNwZz09</p>
 <p>More physical exercise & not sitting so long in front of a screen</p>	<ul style="list-style-type: none"> • We already hold weekly PE sessions and the Youth Games weekly challenge • However we are now speaking with staff to look at ways we can build in some physical activity each day to keep our children moving • This may also include some physical brain breaks during longer sessions
 <p>Links to videos</p>	<ul style="list-style-type: none"> • We will try to make sure links to any pre-recorded footage or videos are put on google classrooms so that children can watch it more than once if needed.
 <p>Making sure children have additional support if needed</p>	<ul style="list-style-type: none"> • We have put support staff in each year group where possible so that children can get extra help if they need it. • Lexia groups are still running as are phonic groups in younger years. • Teaching staff remain online for the majority of the school day so children can always log back on to get extra help. • If you feel your child needs further support please contact their class teacher using the year group email.

Relationships, Sex and Health Education Consultation

Thank you to everyone who was involved with the RSHE consultation last term. We had over 100 people join us on Zoom meets and 47 people who completed the survey.



The Governing Body had reviewed all the feedback this term and we are delighted to confirm that the policy has now been fully approved. A copy of the agreed final policy is attached. This will all shortly be put on our website along with outcomes from the consultations.

On the 3 specific questions raised from parents during the consultations the outcomes were:

In Year 2 should the word 'anus' be used?

Feedback was relatively evenly split so it was agreed that this would be included in the specific PSHE/science lesson it was referred to.

Should lesson 3 in the Year 4 plan be taught in single sex groups?

Feedback was relatively evenly split so it was agreed that this would happen.

Looking at the plans and policy do you feel there is enough coverage about standing up to peer pressure?

Large majority felt this was covered sufficiently so no change will be made in this regard.

Your feedback was hugely important in shaping our approach so thank you for all your input.

Learning Gallery

Welcome to the Learning Gallery! Over the last week lots of children and staff have been sending in photos of what they have been doing in their well being time - have a look below at some of the things you have been doing during lockdown!



Making Igloos!



Cooking



Early Years

EYFS Newsletter

All Nursery and Reception parents should now be receiving the Early Years newsletter every Wednesday which provides specific information about how we can continue to work together to support the learning for your child. If you are not receiving this, please contact the main school office or your child's teacher.



Children's Centre Support for under 5's

We are open from 8.30am–4.30pm.

Call: **0207 474 0654** Website: www.bardcc.co.uk

Email: childrens.centre@ellenwilkinson.newham.sch.uk

Facebook: Beckton and Royal Docks Children's Centre | Instagram: @bard_cc

General Information

February Half Term Activities in Newham

It's February Half Term and Newham want young people to enjoy the holidays. In it's holiday programme, they're providing young people and families information about how to stay safe and healthy with a focus on both physical and mental health support and opportunities.



There are also a wide range of online activities both in and around Newham, and further afield in order to ensure there are activities for every age group and interest. For those who want to continue learning over the half term there are lots of free resources and lessons covering many subjects from Early Years to Year 11 available at:

www.thenational.academy



See the programme attached to this newsletter or you can access online

www.newham.gov.uk/ActivitiesForYoungPeople

National Fizz Free February

Kent Community Oral Health Team is Promoting National Fizz Free February Awareness Month!



How can too much sugar affect children's Dental and General Health?

Too much sugar in the diet can lead to **painful tooth decay**. Every 10 minutes a child in England has a tooth removed in hospital. Too much sugar is bad for children's health too as it can lead to the **build-up of harmful fat** on the inside that we can't see. This fat can cause **weight gain** and serious diseases like **type 2 diabetes**. Which people are getting younger than before, and **heart disease** and some **cancers**. Click on the following links to find out more:

<https://www.nhs.uk/change4life/food-facts/sugar>

For specific advice on how to prevent dental decay check link or QR code

<https://www.kentcht.nhs.uk/service/dental-services/oral-health-promotion-resources/>



COVID Question of the week -

Is there vaccine information in community languages?

Yes there is! NHS doctors, nurses and other frontline staff have come forward to help reassure communities that COVID-19 vaccines are safe, effective and have been independently tested to the highest standards.

NHS staff have recorded messages in some of the most commonly spoken languages – apart from English – in the capital to help ensure messages about the importance of getting a COVID-19 vaccine

<https://www.england.nhs.uk/london/our-work/covid-19-vaccine-communication-materials/>

Wellbeing and Support

Supporting Parents Helpfinder (Young Minds)

YOUNGMINDS

Times are tough for many people right now. Parents find themselves pulled in many different directions and children may be struggling being in the house for so much longer than usual.

A mixture of concern about covid, work from home and children at home, along with a possible financial impact make for a stressful household.

Young Minds have created a useful 'Supporting Parents Helpfinder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond).

<https://youngminds.org.uk/supporting-parents-helpfinder/>

Weekly parent support workshops



Need some support for yourself or your family during lockdown? Not sure where to start? Newham is running weekly workshops every **Thursday, 4pm-5pm** on **Zoom** to help you find the support you need. This can include support for wellbeing and mental health, finances, housing, befriending and much more. Click the link below to join the workshop!

<https://zoom.us/j/95579486838>

Workshops

Supporting children during the Coronavirus pandemic - Thursday 11th February 2021, 4-5pm

Taking care of yourself during the pandemic - Thursday 18th February 2021, 4-5pm

Congratulations!

Assembly Special Mentions



Congratulations to the following people who had a special mention in assembly this week



Everyone in Guppy 1 & 2 - For doing so well on their zoom lessons, logging in every day, joining in and listening well. Keep up the excellent work Guppies!

Maria (5D) - Every day, I look forward to seeing what Maria has written in English.

Jay, Evie, Elena, Emma & Diana (2s) - For being absolute superstars during all lessons.

Everyone in Octopus class - Octopus have worked incredibly hard this week and made their teacher so proud. English: so much effort has been put into their newspaper reports!- some budding journalist in the making. Year 4 was also given an optional geography project, in which almost everybody took part. The children worked relentlessly and produced phenomenal art and geography outcomes. They then went on to teach each other and I am blown away at the independent and hard-working attitude towards learning.

London Youth Games - Congratulations Class Winners

Well done to the following children for being class winners over the last couple of weeks. Keep up the good work and help Newham perform well in this year's games. This week's activity is **Shuttle Runs**.

Not sure? Then follow the link to see a video: is: https://youtu.be/E9GFqt-As_o

Week 3 - Jumping Jacks

G1 - Emily 57
G2 - Nicolas 70
L1 - Daniel M 50
C1 - Elizabeth 32
S2 - Vesta 80
J2 - Sajda 59
L3 - Daniel G 108

T3 - Afia 46
S4 - Agnija 67
S5 - Kadija 93
D5 - Ikran 36
S6 - Mubashir
W6 - Tajus 77



Remember to submit your results each week to your class teacher.



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.



	Inspire	Respect	Successful	Resilient	Heard and cared for
Guppy 1	Emilis	Adomas N	Robert	Brittany	Elena
Guppy 2	Robert	Tessa	Areeb	Helen	Scarlett
Lionfish	Kenny	Rokhaya	Ibrahim	Emilijus	Blessing
Clownfish	Hannah	Farwa	Joel	Jessica	Luca
Jellyfish	Annabel	Saarah	Evaldas	Milana	Aisha
Starfish	Michael	Simon	Ezekiel	Sarah	Issa
Turtle	Petra	Ulliel	Afia	Meer	Daria
Lobster	Anna	Maya	Mattias	Naglis	Daniel.G
Octopus	Thomas	Adeturayo	Enrikas	Arianna	Zeynep
Seahorse	Peter	Aydan	Ermal	Maxi	Maria
Stingray	Joseph	Daniel E	Sam A	Masai	Tade
Dolphin	Rubena	Sofia	Zarah	Micah	Shemi
Shark	Chidi	Stefanie	Daisy	Jay	Mubashir
Whale	Emily	Erikas	Ama	Asher	Kayne



House Winners

Last week's House winners who earned the most house points were **Nelson Mandela!** Congratulations!

