To:

School is closed until further notice except children of key workers.

Please stay at home unless it is essential to go out.

I hope that you are all keeping well and managing to cope during this challenging time. As we enter the next phase of the current lockdown, I would suggest that you go back and revisit some of the information we sent out. This is all available on our website.

Most important is making sure you are doing what you need to keep yourselves and your children calm and happy. For some, this will be structure in the form of a daily timetable. For some, it will be regular academic studies. For others, it may be more relaxed and going with what the children want to do on that day or that week. Remember, learning comes in many different forms. Children learn just as much through spending time talking with you, playing games, being independent, getting bored, doing creative activities or many other things, as they do sitting doing worksheets or other more traditional activities.

A couple of things I would say apply to all children.

1. Physical health: all children need an opportunity to be active. I know this is incredibly hard now but making time each day - inside or outside depending on your situation - for children to have some physical activity will make a huge difference.

2. Emotional health: we’ve shared lots about how to look after your emotional health and your children’s. Physical activity is key, so is limiting exposure to all of the news. Try to live in the moment and not focus too much on what might happen in the future. Focus on what you can control, not what you can’t. Talk about your emotions with your children and let them talk about their’s. Remember that emotions aren’t right or wrong. We all feel a range of different emotions and all of these are valid.

3. Limiting screen time: technology can be amazing and lots of learning will happen through technology. Again, this isn’t just on school-based activities, children can learn so much through TV programmes and games as well. I sent out information on being safe online; this is really important. Most important is having an open dialogue with your children and mutual trust. Whilst technology is great, like everything in life, moderation is key. You need to judge what that is but if children are on screens instead of doing everything else, you probably need to address this balance with them.

As always, we are here to support you. We are trying to contact all families at least once every few weeks to check in and make sure you are ok. If you have recently changed your phone number or address, please can you let us know so we have up-to-date details.

Mr Ben Levinson
Head Teacher

This week @ Kensington

I hope that you are all keeping well and managing to cope during this challenging time. As we enter the next phase of the current lockdown, I would suggest that you go back and revisit some of the information we sent out. This is all available on our website.

Most important is making sure you are doing what you need to keep yourselves and your children calm and happy. For some, this will be structure in the form of a daily timetable. For some, it will be regular academic studies. For others, it may be more relaxed and going with what the children want to do on that day or that week. Remember, learning comes in many different forms. Children learn just as much through spending time talking with you, playing games, being independent, getting bored, doing creative activities or many other things, as they do sitting doing worksheets or other more traditional activities.

A couple of things I would say apply to all children.

1. Physical health: all children need an opportunity to be active. I know this is incredibly hard now but making time each day - inside or outside depending on your situation - for children to have some physical activity will make a huge difference.

2. Emotional health: we’ve shared lots about how to look after your emotional health and your children’s. Physical activity is key, so is limiting exposure to all of the news. Try to live in the moment and not focus too much on what might happen in the future. Focus on what you can control, not what you can’t. Talk about your emotions with your children and let them talk about their’s. Remember that emotions aren’t right or wrong. We all feel a range of different emotions and all of these are valid.

3. Limiting screen time: technology can be amazing and lots of learning will happen through technology. Again, this isn’t just on school-based activities, children can learn so much through TV programmes and games as well. I sent out information on being safe online; this is really important. Most important is having an open dialogue with your children and mutual trust. Whilst technology is great, like everything in life, moderation is key. You need to judge what that is but if children are on screens instead of doing everything else, you probably need to address this balance with them.

As always, we are here to support you. We are trying to contact all families at least once every few weeks to check in and make sure you are ok. If you have recently changed your phone number or address, please can you let us know so we have up-to-date details.

Mr Ben Levinson
Head Teacher

NO After school clubs or 6 O’ clock club or Breakfast club until further notice

ONLINE P.E sessions

Joe Wicks is teaching a live P.E session every morning at 9AM. It will be on his YouTube channel and website. A great way of keeping the children busy and active!

https://www.thebodycoach.com/blog/pe-with-joe-1254.html

Follow us on Twitter and Facebook

We are now sharing latest news, stories from all the schools in the Trust on a central Facebook TTLT page and the @LearnTapscott Twitter feed continues to showcase some of the lovely events, activities and achievements from across the Trust.

It would be great to build up a greater following on these platforms. The Facebook Page is The Tapscott Learning Trust. The Twitter feed directed at parents is @LearnTapscott.

If you don’t already follow and use either of these then please do.
Dear parents,

It is important to download the Study bugs app as this will be the form of communication between school and parents from now on.

Due to the recent uncertain changes, we are trying to reach all parents by sending messages through Study bugs.

Please follow the link to download the app: [https://studybugs.com/about/parents](https://studybugs.com/about/parents)

Kensington Primary School’s Top 3 reasons to use Studybugs:

1. It’s integrated with our systems so we know right away if your child is unaccounted for
2. It’s quick and easy to register and use and automatically reminds you to keep us posted.
3. You’ll be helping the NHS and other public health organisations improve children’s health. ([https://studybugs.com/about/schools](https://studybugs.com/about/schools))

For more information or support with downloading the app please speak to the office staff.

---

**Tips for Parenting**

Looking after yourself during Quarantine

Every parent is under tremendous stress right now. You can't be the emotionally generous parent you want to be unless you work through your emotions and replenish yourself.

For instance, maybe you'll:

- Build an hour of "Me Time" for everyone into your family routine so you can sit and find your calm.
- Go to bed early so you get extra sleep. (Good for your immune system as well as your patience!)
- Use a family schedule or routine. (The human mind likes to know what to expect. Otherwise, it gets more anxious.)
- Ensure household chores are shared by all. This will help train your children and will help you feel calm amongst the continuous chores that build up.
- Get up half an hour earlier than your children so you have time for yourself to drink your tea or coffee. Try writing in a journal. (Journaling develops self-regulation and compassion.)
Place2Be have put together some useful resources for families during the lockdown. Please see the link below:

https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/?utm_source=Place2Be+staff+new&utm_campaign=3b3293750b-ceo_news_06_04_2020&utm_medium=email&utm_term=0_5609e0f393-3b3293750b-220048731

We have recently received a donation of £217.15 from Kensington Primary School, after your Children’s Mental Health Week activities. I wanted to get in touch to first of all say thank you for your incredible support. Your fundraising will help ensure that no child has to face mental health problems alone.

I would love to send out a thank you certificate to show our appreciation to Kensington Primary School, if you can let me know the best way to address the certificate, I’ll make a note to send this out to you as soon as our team are back in the office (we’re currently working remotely for the foreseeable future).

Thanks a million!

We rely on supporters like you to help as many children and families as possible so, once again, thank you so much for your amazing support. Please don’t hesitate to get in touch if you’d like information on what your donation will be supporting and other ways you can support Place2Be.

New learning opportunities for students at home

MON, 20th APRIL: Explore our freshwater biome
TUE, 21st APRIL: Learn more about freshwater
WED, 22nd APRIL @ 11:30am: Create your own river story
THUR, 23rd APRIL @ 10:30am: Go on a garden safari
FRI, 24th APRIL @ 11am: FREE WWF expert webinar

Our #LearnToLoveNature campaign is about providing inspiring and enriching content for students to access and use independently from home. Each week, we’ll be providing five engaging ways for young people to connect with nature and learn more about our amazing planet; from inspiring videos to activity sheets and live webinars with WWF experts. From Monday we’re focusing on Freshwater, and we’ll continue to provide fresh new content and activities over the coming weeks; so please do visit our website: https://www.wwf.org.uk/