Weekly Newsletter

This week @ Kensington

Today would have been the start of KS2 SATs. It is amazing how much of a distant memory that seems after such a short time.

VE Day gave us an opportunity to reflect. It means a great deal to so many but for me it makes me think of sacrifice. My grandfather was given a week’s compassionate leave in December 1941 to return home for the birth of my father; he didn’t see him again until the war was over. When we talk to the children about historical events, it always strikes me how exceptionally hard it is to imagine what it must have been like. I know from talking to my own children that they struggle to truly empathise with what that must have been like.

Whilst I am not suggesting there is a direct comparison, it is hard not to think about the sacrifices we are currently being asked to make. We are all having to sacrifice a great deal. There is no doubt that, one day, the coronavirus of 2019-20 will be part of history lessons in schools. I wonder how that will be judged by history.

As always, we are here to support in any way that we can. We have sent out the next lot of home learning today. This is aimed at providing you and your children with what you need to support them at home. As I have said many times, what is most important is your and their health and happiness. We can and will close any gaps in their learning when we return but it will be so much easier if we start from a point where they are happy and not stressed. Please do as much or as little of the work as you see fit depending on your circumstances. I know many of you are spending more time together as a family and I strongly encourage this. If you need help, let us know through Studybugs at info@kensington.ttlt.academy or speak to a member of my team when we call to check-in and see how you are. After the success of the bedtime stories on Facebook we will also be launching some new learning challenges tonight. Check out TTLT’s Facebook page and get involved!

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**

How will I deal with pressure in front of my children today?

Your children are watching you handle this pandemic, and they are learning how to deal with it from you. Do they need to panic? Or could they maybe find ways to deal with the conflicting emotions during this time. None of us are perfect parents, here are some ideas to help you deal with the pressure.

1. Let go of your perfectionism and try to be more flexible. Let go of the pressures to have a perfectly clean house, lower your standards when your child is trying to clean up or cook. These are times to enjoy the home you have together and for your child to learn how to be more independent whilst helping you out.

2. Stop, Pause and Breathe. Try this when you get frustrated with your child today. Sometimes we all need a time out from each other (including parents). We need to recollect our thoughts and come back to try again. Call it the refresh moment for the day!

3. When you feel overwhelmed, remind yourself to take things one day at a time. Planning ahead can make you feel frustrated or lose hope. A day at a time is the best way to handle the lockdown.

4. Forgive yourself for not being as perfect as you’d like, and let go of the guilt when you let your kids have some extra screen time.

5. Find time for laughter each day. Laughter reduces the stress hormones circulating in the body. It also increases the bonding hormones, so you feel safer with the person you've been laughing with. It could be telling silly jokes, watching a comedy or playing a game which will have you all giggling! Find those moments of joy in your day.
Last week we were thinking about things that make us happy. We said the sunshine ALWAYS makes us feel happy and calm. We then decided to create our very own garden masterpiece! We thought of all the different things we might find in a garden and planned out our design. We then used lots of different materials and techniques to make the different parts of our garden. We decided to make flowers, birds, bees and ladybirds. To make these we used paint, tissue paper and water colours to create our garden. We got a little bit messy whilst we were creating our garden (sorry grown ups!) But we had SO much fun. We love our summer garden. :)

Newham CAMHS Workshops: are being relaunched online (via Zoom) starting 27th May with a Coping with Anxiety workshop.

A reminder that workshops are open for any yp/family in Newham and yp/families are encouraged to sign up themselves (rather than professional referrals). You can either send them the link below or they can google “Newham CAMHS workshops” and our page comes up. Here is our website with upcoming topics dates:

https://www.eventbrite.co.uk/o/newham-camhs-workshops-23209370238

• Coping with anxiety (27th May)
• Managing my mood (10th June)
• Managing anger (24th June)
• Managing worries (8th July)
• Parenting and self-care (22nd July)
• Mindfulness and self-care (5th August)

East London Children’s University

We hope the new term has started as well as is possible for you all given the current circumstances. Here at 15billionebp our commitment to staff, young people, schools, businesses and partners remains a top priority. Our East London Children’s University team are working remotely on developing our programme throughout this period in preparation for when students are able to return to their classrooms and travel restrictions are eased. As mentioned in Jessica’s email to you all before the Easter holiday, our bumper ezines full of fun home based activities can be found on our website –


In addition, the national Children’s University database of fun, home based, on and offline activities for families can be found here - https://www.childrensuniversity.co.uk/covid19 Students from schools across East London have begun sharing their artwork and photographs of activities with us. We love receiving feedback from children, families and schools and invite you to please share with us details of Children’s University activities which have been completed by your students. Feedback can be sent to Jessica – jessica.worf@15billionebp.org or via twitter @EastLondon_CU

We hope that by now you will have received your Service Level Agreements which contain details of your school membership to Children’s University for the period 1 April 2020 – 31 March 2021. If you have any questions regarding the SLA, please do not hesitate to contact us.