This week @ Kensington

Following last Sunday’s announcement from Boris Johnson regarding the re-opening of schools, we have been working hard to figure out the logistics of how this could work. We have spoken to as many Nursery, Reception, Y1 and Y6 parents and carers as we could contact to find out what your thoughts are at this stage. We have drawn up a plan for what we can do to minimise risk for children, parents and staff. We have created an FAQ sheet for parents and one for staff. We have looked at all of our rotas and re-organised these so we have sufficient staff for the children we are expecting.

As previously, all of this is so we are prepared for whatever comes next. 1st June is still a long way off. We all - children, parents, staff, local authority, government - need to feel confident that children returning to school now is the right solution at the right time. Everything is moving so fast at the moment that we will not be able to make a final decision until much nearer the time.

Next week, I will be sharing with you our plans and our answers to some potential questions. It is so important that whatever we do we do together at this time. I would very much like to hear your thoughts about what we are planning and any feedback that you might have. We will continue to communicate with you and gather your views so that we can make the right decisions at the right time for our community.

In the meantime, I hope you are all keeping well and finding the new home learning supportive. I know how challenging this has been and continues to be. I’d like to thank everyone for working so hard to follow the lockdown rules. There was positive news about the rate of infection in London this morning. We will only return to a more normal situation if we all continue to work together. I know it is difficult not to be able to see family and friends but we must keep going. If more children do return to school it will be more important than ever that we are all ensuring we stay safe, practice social distancing, and do not meet up with other people outside of school. These decisions are not just yours, they affect everyone.

Thank you all for your continued support. Take care.

Mr Ben Levinson
Head Teacher

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.
Studybugs —Parent communication during school closure

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

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)

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

TIPS for Parenting

Daily preventative maintenance

The lock-down can mean that our emotions are often unpredictable and can be hard to manage at times. Our children are feeling the same things and often they are soaking up our emotions along with their own. One of the best discipline strategies is to use ‘preventive maintenance’ practices. This will help strengthen your connection and help your child work through some of their big emotions. Here are some practices to help you prepare for your days at home.

- Give yourself time every day- Wake-up half an hour earlier find sometime where you can sit and take care of your own emotions. Try writing in a diary, listening to some calming music or just sitting by the window and breathing in some fresh air. Look after yourself first.
- Train yourself to respond to everything your child says or does with empathy. "It's frustrating you that you can't understand your homework." "I see you're getting tired with staying at home."
- Laugh, laugh and laugh again! It reduces the stress hormones circulating in the body, and increase the bonding hormones.
- Keep the same routine, this will help your child know what to expect so that they feel safer and less anxious.
- Before you sit down to work or get sometime for yourself- “fill your child's cup”. This will make sure that your child can do without you for a bit. Give them some extra hugs, play a game or smother them with kisses. This extra bit of time, affection and love will fill their cup so that you can get some time for yourself.

We are all in this together so If you have any parenting questions or you would like to share something you have tried please email me at info@kensington.ttlt.academy. I look forward to hearing from you all.
**Kensington Hero**

One of our parents from reception has been busy volunteering for a worthy cause during the lockdown.

Lilliana from reception’s mother, Fiona Teruka, has been busy sewing PPE clothing for hospital staff during the lockdown. She said, “I feel rather proud, which makes a change from feeling utterly helpless after hearing reports of NHS/ care workers without PPE.”

How is this being funded? Well It’s a combination of donations, people buying their own material and hospitals funding them. There is over 400 volunteers in North & East London alone. Her family have been supporting her brilliantly with Mr Turuka (Mr T from Y2P) modelling some of the PPE for us. How has she been coping? “It has taken over my life completely - I think my husband and Lili would like to have me back now !”

We’d like to say a massive thank you to Fiona and her family for helping provide hospitals with PPE equipment and for doing such amazing work. If anyone would like to donate then please visit the following link.

https://www.justgiving.com/crowdfunding/fortheloveofscrubs?utm_term=MkdWBQn8m

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This week was spent on emotional health, we focused on strengths, goals, positive thinking and kindness. We discussed what Captain Tom did for the NHS as a hook to initiate discussion and created kindness poems and the children planned a kindness activity to do each day for others. We discussed what people had to give up during WW1 and the way they lived their lives to survive and get through traumatic times. This led onto a discussion about positive thinking and trying to see the world in a positive way, 'seeing the bottle as half full not half empty' as that can help us get through difficult situations and improve our wellbeing which resulted in the children creating positive thinking caps. We also wrote amazing weather poems as that was the challenge set up for us all by TTLT!

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Hi everyone

I wanted to let you know that CAMHS have now moved their fortnightly workshops and Saturday Pop-Up service online open to families to book directly.

**CAMHS Saturday Pop-Up Service**

https://www.eventbrite.co.uk/e/online-pop-up-camhs-newham-registration-102088330946

Bookable 40min video-conference slots for families not open to CAMHS. First come first served basis.

**Newham CAMHS Workshops**

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

For any families with children in Newham. Parents/carers can sign up to any workshops they are interested in. These are:

- 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)

**Anna Freud’s Schools in Mind resources**

There’s a Q&A video here around managing unexpected endings and transitions: [https://www.facebook.com/AFNCCF/videos/168381287880739/](https://www.facebook.com/AFNCCF/videos/168381287880739/)

And toolkits here (I'm sure they will be developing one for reintegration back to school):

VE DAY special news made by Kensington kids

Newham Educational Psychology Service

Parent Advice Phone-In with an Educational Psychologist (EP)

The EP's Parent Advice sessions are offered to any Newham parent or carer who would like to discuss concerns about their child with an educational psychologist. Concerns may include your child's emotional well-being, challenging behaviours, learning progress, your relationship with your child or some of your own worries.

The sessions aim to be supportive, confidential, and informal. Each session is 45 minutes.

Please note these are stand-alone, one-off sessions that do not result in follow-up work. They are free sessions and open to all parents and carers of Newham children and young people. There is no criterion or threshold to access these sessions.

Sessions will operate weekly starting: Tuesday 6th May
To book a session email or phone
sarah.parkinson@newham.gov.uk
Mob: 07976 735226

Book early to avoid disappointment

PARENT INFORMATION

Parent Hotline for Non-Medical Issues
Signposting parents to essential services
Manned by Trust/School Staff
Monday to Friday: 10am - 3pm
Contact: 07944 224 266
STAY SAFE EVERYONE!