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I would like to start by wishing all of those who will be celebrating over the weekend Eid Mubarak. I know this will be a particularly challenging time for so many of our families. The fact that you will not be able to mark Eid as you would normally will be yet another real test but one I know you will find a way to deal with. I have shared a video today, which was shared with us, with alternative ideas about how to celebrate Eid this year. I hope that it helps.

As you know, we have been working hard to make preparations for the school to open for children in Nursery, Reception, Y1 and Y6. I won't repeat what I said in my message yesterday. Just to say that I know this is a very emotive subject and that we all have different views. As always, we are working incredibly hard to try and find the best way forward for our community. We appreciate all of your support as well as your thoughts and feedback. We do very much take all of this into account so please do continue to send through your ideas about what we can do to support you and to help us start to find a way back toward some form of normality. It is clear that coronavirus will be with us for a long time. By working together, we can find a way to minimise the risk of coronavirus but also mitigate the risks that a prolonged period of absence from school and confinement at home will have.

In school, those children who are currently here have been focusing on Mental Health Week this week. They have been discussing their emotions and considering lots of different ways they can work to support their mental health. For many of us this is more important now than it ever was. We are very fortunate at Kensington to have developed Curriculum K. The focus on physical and emotional health alongside communication gives us the perfect platform to support your children whenever they do start coming back to school.

We will all see what the next week brings and what the government announce next Thursday. As always, whatever that might be, we will do our utmost to make the best decision for our community.

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

Sending our families warm wishes and happiness on the occasion of Eid.
This week we celebrated Mental Health Week. The children discussed what it means to be kind and the importance of kindness. They decorated balloons and wrote acts of kindness they could do to make someone happy. They also created happiness themed poems. The children also decorated hearts with messages of positivity and created glitter jars!

This week in EYFS we have been focusing on Mental Health Awareness week and the importance of kindness. The children looked at the concept of kindness and how by filling someone else's bucket we are filling our own bucket too. They made their own creative buckets and wrote things that help to fill someone's bucket. The children understand now that when we help others feel good we also feel good ourselves.

This week, the children in school made a hygiene book. They wrote interesting facts about the importance of washing their hands, keeping cleaning, brushing their teeth and washing their clothes. They found some facts online and combined this into their books. They had an enjoyable time researching and collating everything together.

### Why looking after our mental health has never been more important for teachers and parents

Ben Levinson, the Headteacher of Kensington Primary School in east London explains how he’s been coping with the challenges COVID-19 has brought to his school community.

The two weeks leading up to Friday 27 March were the most challenging of my career. I cried when we told parents the school would be closed indefinitely to the vast majority of pupils, and there have been a few more tearful moments since. My worries have been innumerable - for my school community, my pupils, the parents, colleagues. Alongside worries for my own family and friends - my two young daughters, my vulnerable parents and in-laws, my friends with businesses on the line.

As we move towards a new phase in our response to the outbreak, it’s good to acknowledge that this has been and continues to be incredibly tough. But we all need to make our wellbeing a priority. It’s important to realise that this period isn’t easy for anyone, and in the middle of a challenging time we need to be looking after ourselves so that we can look out for each other. Everyone will have slightly different ways of approaching this, but here are some of the things that work for me.

1. **Deal with life as it is now**
   I have tried, as much as possible, to live in the present. Yes, I have to do some forward planning but the best thing I have found for my own mental health is to focus on ‘what now’ and ‘what next’.

2. **Control what is controllable**
   Was there ever a time when so much was out of our control? I try and focus as much as possible on what I can do, rather than everything I would like to do or influence but can’t.

3. **Use my network**
   One of our strategic goals at Kensington is ‘all in this together’. This has really come to the fore. The whole team has really stepped up and so many people are looking out for me and checking in. My chief executive has been a massive support as have the other headteachers in the Trust. I rely hugely on my immediate family and friends, all of whom are incredible.

4. **Focus on the essentials**
   Receiving huge amounts of information can be difficult to process. Our chief executive has taken on sifting this, analyzing it, and boiling it down to the essentials. This has been transformative to my wellbeing.

5. **Be thankful**
   I am in an incredibly fortunate position for so many reasons. Regularly listing what I have to be thankful for gives me perspective.

6. **Exercise**
   Whenever I hit a low, the best way to get out of it is to break a sweat.

How we look after our own wellbeing is deeply personal, but I hope some of this may resonate. There is much more: from meditation to taking time away to getting outdoors (with all the caveats). I hope you are keeping well. Prioritise looking after yourself. If you don’t, it could undermine your ability to be strong when everyone needs you the most.
**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](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 Calm the drama**

During this time at home our anxiety levels can be high and often we find ourselves whelmed. Our job is to calm the drama that is happening around us, not escalate it. Here are a couple of things we can do to help us keep our calm.

1. **REPLENISH**- Look after yourself over and over again. Put in things to help yourself through out the day to give you that replenishment. Yoga breaks, dance with the kids, a walk in nature, a long hug and practising daily gratitude.

2. **REDUCE**- Reduce your consumption of news or on-line time. Research shows that you will see your mental health improve if you do this.

3. **REFRAME**- Reframe this experience by changing the way you think of it. Think of it as time with your loved ones, home schooling for all or a holiday at home!

4. **REMEMBER**- Remember what matters most and keep your perspective. Your keeping your family safe, putting food on the table and getting to spend time with your loved.

For any further questions or suggestions please email us at [info@kensington.ttlt.academy](mailto:info@kensington.ttlt.academy)
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.