Weekly Newsletter

This week @ Kensington

It has been wonderful to see our Nursery and Reception children back at school this week. Children are remarkably resilient and adaptable. The first two days they found hard - and I know they will be exhausted tonight! - but by Wednesday it was back to normal.

As we start the countdown to the summer holidays, we are developing plans for how we bring this year to an end. There is no doubt it will be very different from any end of year we have previously experienced. If you or your children do have thoughts, please share them through Studybugs or by emailing info@kensington.ttlt.academy.

We know that for many families, balancing work and childcare has been a real challenge. We would love to be able to help over the summer but, I hope you understand, if we are to come back in September with the energy and enthusiasm that we need, we all need a break. We are currently working with the Local Authority and other providers and we hope to be able to share with you soon information about what is available for your children over the summer in terms of activities and childcare options.

None of us can be certain what the future holds. We are currently planning that September will be ‘normal’. We know that the reality is plans may need to change but we will not know for certain until the end of August. As it stands, the children will be back at school from 8.45am on 7th September. It is essential that you have Studybugs as this is how we will communicate any changes to you.

We really need your help. When we come back in September it will be essential that your children settle back into school life as quickly as possible. Some of them will not have been at school for 6 months. Towards the end of August, please help us by starting to prepare them: get them into a good routine - particularly bedtime and waking up; talk to them about school - what are they looking forward to, what are they anxious about?; if you can, practice the journey to school and let them see the building; give them opportunities to write so they can rebuild their stamina; get them physically active so they have the energy to last a whole day at school.

It has been an unimaginable few months. Now is the time to start looking to the future and considering how we move forward together. We are developing our plans. Please do share your thoughts and ideas if there is anything you think we can do to support your children and yourselves in achieving this.

Mr Ben Levinson
Head Teacher

ONLINE P.E sessions

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

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
YST National Sports Week
Saturday 20th – 26th June

Here is how you can participate at home. Complete these activities for the week and record your score each day. Send your scores to school and you’ll receive a sports certificate!

Come on! Healthy bodies, healthy hearts!

Reception – Year 4
Repeat these activities twice.

Year 5 and 6
Repeat these activities 3 times.

- 30 seconds Star Jumps
- 30 seconds Touch & Jump
- 30 seconds High Knees
- 30 seconds Touch & jump

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.

School Uniform (Reception-Year 6)

Please note that it is not compulsory to have uniform with the school logo on and children can wear plain clothing as follows:

<table>
<thead>
<tr>
<th>Winter</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Black, navy or grey jogging bottoms</td>
<td>![image]</td>
</tr>
<tr>
<td>White t-shirt or polo shirt</td>
<td>![image]</td>
</tr>
<tr>
<td>Navy sweatshirt, cardigan or fleece</td>
<td>![image]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Summer</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Black, navy or grey jogging bottoms or shorts</td>
<td>![image]</td>
</tr>
<tr>
<td>White t-shirt or polo shirt</td>
<td>![image]</td>
</tr>
</tbody>
</table>

Head scarves will need to be the stitched type in blue or white colour. Pinned headscarves are not allowed to be worn due to health and safety.

All of the above items can be purchased from any high street retailer.
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 Study-bugs:

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.

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

Express yourself

Sharing and expressing your emotions during this time is really important for you and your child. Try the following ideas:

Oral or written journaling

Both you and your child can talk through your feelings, you can use these sentence starters: “Today I am feeling…”, “Today I am grateful for…”, “I know I am strong because…”, “When I grow up I want to…”, “My happiest day was…”. For children with more advanced writing skills, taking time to reflect and express their thoughts and emotions on paper can be a great way for them to manage stress.

Word or picture web

In the middle of a piece of paper, your child can draw a picture of themselves or write their name. Draw lines coming from the center and ask your child to write words or draw pictures to describe how they are feeling about their day, going back to school or being in lockdown. Once finished, ask your child to explain their drawing. It’s a good way to find out what your child may be struggling with, you could also create a word/picture web for yourself. Doing this weekly is a good way to see how feelings and emotions change.