This week @ Kensington

It has been wonderful to hear from so many of you how our new curriculum and the focus on Physical Health is inspiring your children to be more active at home. We have really noticed the difference in school already. Children are more focused; learning more effectively, and starting to retain more information. Thank you to all of you who joined in with our Workout Wednesday. It is so important that your children see you being active. They will copy what they see. It would be great if even more parents could join in with us next week.

Thank you for your support in making sure children are wearing the right clothes. Particularly now the weather is starting to change this is even more important. The fitter and healthier they are, the less likely they will be to get sick, which mean better attendance and better learning. It all makes a difference. Can we ask that you make sure your children have a water bottle with them and that they are not wearing jewellery. They are really active now and this means they need a drink. Thanks for your support with this.

Next week we have our Outdoor Learning session. You can come along and learn with your children. The last one was a great success with well over 100 parents joining us. Please meet at the school for the session, which will take place in Plashet Park. This is for Y1-6. We are currently organising, ‘Learn with your child’ sessions for Reception and Nursery and will let you know as soon as these have been arranged.

Finally, I am delighted to say that we have been recognised as a Quality Lead by Achievement for All. Achievement for All are a national organisation who work with schools to support children not yet working at age-expected. We are one of only a few Quality Lead schools in the country – AfA’s highest award – which recognises all of the work we do to support all of our children in achieving their best.

Ben Levinson (Head Teacher)
Parents’ Evenings

Wednesday, 16th October & Thursday, 17th October @ 4-7pm

You will be asked to book the date and time in coming weeks. Please remember to book the date and time with your child’s class teacher!

NO After School Clubs on Wednesday, 16th October and Thursday, 17th October due to Parents’ Evenings.

Parent Performances

In line with our changes to the curriculum, we are also changing how your children share their amazing work with you. I know many of you have already enjoyed our first, ‘Learn with your child’ session. In addition, following on from your feedback, we are also changing the performances our children put on for you. Rather than basing these on religious festivals, children will be celebrating their fantastic work in class through some special events and performances. Dates of these are below. We do hope you will be able to join us for your child’s performance. Finally, can I reassure you that children will still be learning all about different religions, faiths and cultures through the curriculum we deliver across the year.

Y2: 5th December 2019
Y5: 17th December 2019
Y3: 5th February 2020
Y1: 26th March 2020
EYFS: 7th May 2020
Y4: 19th May 2020
Y6: 24th June 2020

Workout Wednesdays

Every Wednesday at 8.40am on the main playground

Join us to get fit and have fun with your child every Wednesday morning in our weekly 10 minute workout sessions.
We’re pleased to announce that Kensington Primary is introducing a new, more efficient and secure system for reporting your child’s absence due to illness, called Studybugs. If you haven’t already, please get the free Studybugs app, or register on the Studybugs website, and use it to tell us whenever your child’s ill and unable to attend school. Get the app or register now (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 and with support with downloading the app please speak to the office staff.

Curriculum K: The Importance of Physical Health and Being Outdoors

Autumn has arrived: the hours of daylight are getting shorter, the weather is cooler and the days are wetter. As the weather continues to change and winter arrives some of you might question what will happen to our Physical Health curriculum and Outdoor Learning approach.

There are many studies, which have found being physically active and being outdoors can improve health. This in turn contributes to a child’s ability to learn at their best. Giving children a break from busy routines, lowering anxiety, a positive impact on mental health, stress relief and topping up on Vitamin D are all five good reasons we aim to be outside with our children as much as possible during these colder months.

https://outdoorclassroomday.com/2018/03/19/five-reasons-going-outdoors-improves-childrens-mental-health-and-wellbeing/

Is my child more likely to be ill if they spend time outside during the winter?

Numerous research studies have found this to be a myth. You cannot catch a cold or flu from being outside and feeling cold. In fact, colds and flu are more common during the winter months because we spend more time indoors, which means we are closer to each other, allowing the viruses (germs) to spread more easily. Being outside and physically active during the winter is believed to reduce the risk of getting sick!

How can you help?

There is a great Norwegian saying, “Det finnes ikke dårlig vær, bare dårlig klær!” which translates to “There is no bad weather, only bad clothes!”

During the cooler months, make sure your child has long bottoms and their school jumper to wear during their physical health/outdoor learning and on rainy days make sure your child has a waterproof jacket.

For more information, please see:

https://www.unitypoint.org/livewell/article.aspx?id=9161c3a0-54dc-46d7-a633-e1d15a5227e2


Invitation

East London Children’s University would like to invite you to attend

Autumn 2019 Graduation!

An event hosted by the Mayor of London’s London Curriculum team and celebrating East London Children’s University Autumn Graduates.

During the ceremony we will hear from guest speakers Deputy Mayor of London Joanne McCartney and Andrew Buxton CMG, we will announce further guest speakers soon.

Date: Friday 18th October 2019
Time: 17.00pm for refreshments and networking.
Venue: City Hall, Greater London Authority, Queens Walk, London, SE1 2AA

To book your place, please complete our Eventbrite booking form here.
**Screen Time**

Help children balance screen time and adopt a healthy digital diet.

Screen time can offer children opportunities to learn and develop new skills at a touch of a button but like anything, too much of it can have a negative effect on their wellbeing.

As children get older and more independent online, finding the right balance for your family can be challenging but the key is to think about it early on and set some clear boundaries around their online use.

Please have a look at the tips and guidance section relevant to your child’s age group.

https://www.internetmatters.org/issues/screen-time/?utm_source=mc_facebook&utm_medium=social&utm_campaign=screentime_girl_2&fbclid=IwAR2_L4zq2EGu7jadwfWHmkCS_5TDRQM80fy6hZoU0IPbxynX6np8Aky1aK4

**Year 4 & 5 @ British Museum**

Year 5 visited the British museum to look at the Mayan artefacts. The children were amazed by the sculptures that were on display. As part of the exploring, the children used their retrieval skills to find key information about the Mayans.

Year 4 enjoyed an amazing, educational trip to the British museum this week. At the museum we got to see the classical Greek sculptures on display which were originally part of the Parthenon – a 2,500 year old temple dedicated to the Greek goddess Athena, in Greece. The collection included a 75 metre long frieze showing battles between the Lapiths and the Centaurs. Was a truly inspiring trip and gave the children an insight into what life was like for the Greeks and also gave them some brilliant ideas in creating mythical creatures for our story writing in English.

![Images of children at the British Museum](image1.jpg)

**Let’s workout!**

If any of you joined in on our “Work Out Wednesdays” you would have seen how fun it is to do first thing. It wakes your body up and you start your day off feeling energised and motivated.

There’s no reason you can’t enjoy these benefits in your morning routine. Try getting the children to march around the house instead of walking. Ten star jumps before breakfast or have a quick dance (set that alarm earlier!!) Whatever you choose, being active first thing has many benefits. Come on, get moving!!
Achievement for All Quality Lead Status

Kensington Primary School is delighted to be awarded for Achievement for All ‘Quality Lead’ status recognizing how we enable ‘every child to be the best they can be regardless of background, challenge or need’.

The Achievement for All programme delivers a whole-school improvement framework that raises the aspirations, access and achievement of vulnerable and disadvantaged pupils, including those with special educational needs and disabilities, EAL, looked-after children and children on free school meals.

The framework is tailored to meet the needs of each individual school, their context and the pupils they wish to support. Achievement for All works with primary, secondary and special schools and pupil referral units.

The programme:

- delivers significant improvements in progress and attainment in Reading, Writing and Maths
- successfully closes the gap – many pupils with SEND working with Achievement for All progress faster in English and Mathematics than the national average for all pupils
- improves wider outcomes such as behavior and attendance, reducing persistent absenteeism by 10%
- leads to a whole-school impact with improved outcomes across the school
- helps to significantly improve school relationships with parents.

Kensington's participated in the Achievement for All programme from 2016 to present.

In July 2018 Kensington Primary School was awarded 'Quality Mark' status. This week following a rigorous assessment process, the school achieved 'Quality Lead' status.

Although we have now completed the accreditation elements of the programme we continue to use the strategies and practices of Achievement for All to ensure the best possible outcomes for our vulnerable pupils.
Why Should I Choose A Healthy School Meal for My Child

As we continue to deliver our Health Curriculum, your children are becoming more knowledgeable about how they can begin to look after their own health. Your children can tell you all about why they are increasing their physical activity, the importance of a healthy and balanced diet and some of the different processes happening inside their body.

By choosing a daily healthy school meal, you are providing your child the opportunity to put this important learning into practice by making healthy food their choice, including plenty of fruit and vegetables. Every day our school meals provide a range of a protein (including vegetarian options), carbohydrates, vegetables and healthy deserts they can choose. We also provide a delicious all-you-can eat salad and fruit bar.

Helping your child to improve their diet now will help them to build a healthy future and help to protect them against the development of various chronic diseases, including diabetes.

SAY “YES” TO A FREE HEALTHY SCHOOL MEAL!