Weekly Newsletter

27th March 2020

Dates & Events for the Diary

To:

School is closed until further notice except children of key workers.

Please stay at home unless it is essential to go out.

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

This week @ Kensington

I hope you are all managing to keep well and safe. We miss all of your children and you very much. If there is anything we can do to support please let us know by phoning the school between 9am and 3pm, emailing info@kensington.ttlt.academy, messaging us using Studybugs, or calling TTLT hotline.

I hope you are getting on ok with home educating your children. Please remember, what is most important right now is making sure everyone is as calm and relaxed as they can possibly be. Take time to get outside once a day if you can and go for a walk or a run around. If you can’t get outside, join in with the Joe Wicks workout at 9am or try one of the other home exercise options. Being physically active has a really positive impact on your emotional well-being. Take time with your children to talk, read, cook, be silly, draw, write, play games, whatever you both enjoy. It’s important to get a structure in place so it might be a good idea to agree on a timetable. Please try not to worry about it though. There is enough worry at the moment. It is more important for your children to be physically and emotionally healthy than it is to be doing 5 hours of school work a day.

Please keep well. We are hoping to call all of you over the next few weeks just to check in and make sure everything is alright. As I say, if there is anything we can do to help, please let us know and we will do everything in our power to support you.

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**

Reassure your children that your family is your top priority.
Say something like “I’m your parent, it’s my job to keep you safe and we are doing everything we can.”

Maintain everyday family routines.
Keep to usual rising times, mealtimes, and bedtimes. Every family is different. Involve children in working out any new routine (e.g., have a daily plan of activities for school-aged children who are at home).

Have plenty of interesting things to do at home.
Busy children are less likely to be bored and misbehave. With your child, help create a list of 20 activities that will keep them busy (not just screen time).

Take notice of behaviour you like.
Think about the values, skills and behaviours you wish to encourage in your children at this very difficult time. There are many opportunities to teach your children important life skills (e.g., being caring, helpful, cooperative, getting on well with siblings, taking turns). Use plenty of praise and positive attention to encourage behaviour you like. Give them positive attention letting them know you are pleased by telling them what they have just done (“That’s a lovely card you have written to your grandmother. That’s so kind. She will really appreciate that.”)

Make sure your child knows you are ready to talk.
Children need to be able to talk to parents about their concerns and have their questions answered. When a child wants to talk about their feelings, stop what you are doing and listen carefully. Avoid telling your child how they should feel (“That’s silly. You shouldn’t be scared about that.”) Let children know it is OK to be worried. Talking or drawing can help children get in touch with their feelings and figure out what they are anxious about.
Kensington Choir:
The choir club leader has created a playlist of songs for the children.

Here’s a playlist... Kensington choir by Maisy Matumaini  
https://open.spotify.com/playlist/2FrkTb3tCy3U1I6Pvvs6rL?si=AeVjKpAcRW62AQJ2wLTy1w