Weekly Newsletter

3rd April 2020

To:

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

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

This week @ Kensington

I hope all are well and coping during this difficult time. We have continued to work hard in the background trying to provide the support that our children and families need. We have provided vouchers for our children who are entitled to free school meals; we started to make phone calls to check in with everyone and aim to contact all of you over the next few weeks; we are providing feedback on any work submitted; we are creating new home learning to put on the website and create new packs, and we are providing specific support where it is needed. Alongside this, we are continuing to run the school for those children who are currently eligible to attend.

I would like to say a massive thank you to all of my staff who are working so tirelessly to provide all of this support. All of them are also dealing with their own challenges caused by this situation and it is a testament to their commitment and attitude that they are continually putting others before themselves.

We continue to be here for you. Please do let us know if we can support in any way and we will do everything that we can.

As of now, we do not know when we will be asked to re-open the school. What we do know is that all assessments, including KS2 SATs, are now cancelled this year. Please do not worry about this as it will not affect your child and we will be working hard - in whatever way we can - to support their transition to secondary school.

As previously, please focus on yourselves and your children’s health: emotional and physical. This will mean different things to different families. Some of you will need structure and children will want to keep up a regular diet of maths, English etc. For others it will mean a lot more physical activity. While for others it will be creative or just spending time connecting with friends online. Do not worry. Do whatever you can and whatever you think is right. There is lots of advice on our website and we can provide specific advice if you need. Help your child to be calm. Help yourself to be calm. Do not spend time on social media looking at other people’s posts about their amazing home schooling efforts. (None of it is real by the way!) We will get through this together and, when it is all over, we will do what we do best and make sure your children get the education and support they need to help them now and in the future.

Take care of yourselves and say hi to your children from me and their teachers.

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

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.
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 PARENTING**

Be truthful in answering children’s questions.
Find out what they know about the issue before answering. Keep answers simple. Get information from trusted sources (e.g., official government websites) rather than social media.

Have a family plan of action.
Involve children in preparing the plan. As situations can change quickly (e.g., new travel restrictions, school closures), update the plan as needed.

Help children learn to tolerate more uncertainty.
The COVID-19 crisis creates uncertainty for everyone. Parents need to find a way to accept uncertainty and, through your actions and words show this acceptance to your children. It’s OK to say, “I don’t know; let’s find out what we can.” Big changes to children’s lives can be hard and are often scary. They can also create opportunities for learning new skills.

Take care of yourself the best you can.
Deal with your own distress by taking actions that give you a better sense of personal control. Stress management skills such as mindfulness and/or deep breathing can help reduce stress. Keep healthy and safe (good personal hygiene, exercise daily, eat well, get enough sleep, avoid using alcohol or drugs to lessen stress). Avoid behaviour that might increase your stress. For example, while it is helpful to keep informed about COVID-19, constant checking on your screens can increase stress.

Reach out and connect with loved ones.
Make greater use of phones, online communication tools (video conferencing) and social media to keep in touch with family, friends, and neighbours. Help others in need who are going through a tough time and are more vulnerable (e.g., parents/caregivers with disabilities, older people).
Our school council has got this lovely certificate for all their work this year around the theme of wellness, including healthy lunches and getting a grant for the Wellness Fair.

School Council

Our kids making the rainbows of hope :)