

7th February, 2021

Another week has flown by and we are now just one week away from half term, which starts on Monday 15th February for one week. After 6 weeks of online learning and home schooling I am sure that everyone is looking forward to a little of a break. Of course we also hope that we are ever closer to the full re-opening of the school.

Last week was **Children's Mental Health Week** with a focus on 'expressing yourself'. It has been great to see how the children have expressed themselves through their artwork, written work and even through dance. It was such a pleasure to attend a musical concert for the Year 2 class, performed to the children by their teacher Olga and fellow musician. It was such a joy to see the children dancing and jigging to the sound of a violin and penny whistle.

We also conducted a Pupil Wellbeing Survey, which will be very helpful to us in our preparations for continued online learning, but also for our planning for the children's return to school. It is clear that the vast majority of children are very excited about the prospect of returning to school, but we know that some are anxious too.

As the year has passed by many celebrations and important days in our school calendar have passed us. However, there are still days and weeks to focus on. Next week (8th -12th February) is **Safer Internet Week**. A very important week, particularly as the children are spending so much time online. The week will involve many sessions focused on how to keep safe online.

As part of the week **Thursday 11th February** will be **Screen Free Day**. The children will be set work/activities that will not require use of computer screen.

Parents and carers can follow this link for advice about how too much screen time can affect a young person's development and learning, and how we can assist this as parents and carers.

<https://www.internetmatters.org/issues/screen-time/>

Please also take a look at the article from the Royal College of Paediatrics and Child Health about the impact of prolonged screen time on a child's health attached. It is very informative.

Dates to look forward to:

Parent meetings	Thursday 11 th February
Chinese New Year The Year of the Ox	Friday 12 th February

Shrove Tuesday
Pancake Day

Tuesday 16th February



**Book Week/
World Book Day**

Week commencing 1st March /Thursday 4th March

Red Nose Day

Friday 19th March (Y6 are already working the content of a magazine to sell and raise funds for the cause)

Parent meetings

You should all have received an email inviting you to attend a catch up meeting with your child's class teacher on Thursday 11 February. It takes a while to co-ordinate the appointments and to ensure that there are no clashes for those with more than one child in the school. Therefore, if you have not done so already, please let the office know by the end of the school day on Monday 8 February, whether you would like to book an appointment.

This week's Health and Well-Being tip

Week 12 - Reach out for help

It is not always easy to ask for help or to reach out to others in times of need. However, asking for support can help us to put things into perspective and gives us time to explore and process some of our feelings. Having a supportive ear also promotes a sense of belonging during challenging times and reminds us that we are not alone. Try to find someone you feel comfortable with, who you know can give you the support you need and be honest with them about what's going on for you. As hard as it may seem at first, you'll feel great once it's off your chest. Remember, people love to help others!

Please remember to keep an eye on our website for any current news. This week look out for some lovely digital art completed by Year 6 and the third edition of Hawley Scribbles.

Wishing you a safe, happy and healthy week ahead.
Anne Fontaine

HANDS



Let's keep each other safe!

FACE



Three simple words that mean so much.

SPACE



Coronavirus: Weekly update from Camden Council

For the latest information and support from Camden Council and its partners, including updates to services:

- Visit camden.gov.uk/coronavirus – includes information in different languages
- Check the rolling news pages at news.camden.gov.uk
- Follow Twitter [@CamdenCouncil](https://twitter.com/CamdenCouncil) and Facebook facebook.com/LBCamden
- Speak to someone at the Council directly by calling **020 7974 4444 (option 9)**.



SIGN UP to the Council's coronavirus e-newsletter for regular service updates, news and support at camden.gov.uk/coronavirus-updates



As the current lockdown enters its second month, I know many will be finding life extremely hard. While everyone's experience is different, it's so important we continue to look after and be kind to each other – but also to ourselves. That includes taking care of our mental and physical health.

If you need any support, we are here for you. We can provide help with accessing essentials such as food and medicine, support with self-isolation, your finances and much more. To speak to the team, call **020 7974 4444 (option 9)** or visit camden.gov.uk/coronavirus

While the rollout of the COVID-19 vaccine brings great hope, it is crucial we all continue to stay at home as much as possible – people are still catching the virus every day. Even if you don't have symptoms, you could be carrying the virus when you go out. If you do need to leave home for work, we are offering free tests with a 45-minute turnaround time for those who live or work in Camden – see details below to book a test.

Stay safe and thank you for continuing to look after our borough.

Councillor Georgia Gould, Leader of Camden Council

STAY AT HOME TO SAVE LIVES



With cases of coronavirus still so high in London, it's vital to follow public health advice to help control the spread of the virus and save lives:



Wear a face covering in indoor and busy outdoor public spaces, unless you're exempt



Wash your hands regularly and thoroughly



Keep 2 metres apart from people you don't live with



If it's essential to go out, act like you and others have COVID-19

For more information on national coronavirus restrictions, visit gov.uk/coronavirus

£500 support to self-isolate

If you're employed or self-employed, on a low income and currently receiving benefits, you may be eligible for a one-off payment of £500 to support you to self-isolate and to make up for lost income. This is called a Test and Trace Support Payment.

Find out more and apply at camden.gov.uk/apply-for-test-and-trace-support-payment – or call **020 7974 4444 (option 9)**.

No symptoms but must leave home for work?

Rapid COVID-19 tests are available for adults who live or work in Camden, who do not have symptoms and do not have access to tests via their employer. Even without symptoms, you may be infectious and at risk of passing the virus on to others. By taking a free test, you are helping to protect yourself and others, particularly those at highest risk. Please note new opening times at test locations:



Swiss Cottage Library, 88 Avenue Road, NW3 3HA: 7.30am – 2.30pm



New Charlie Ratchford Centre, Crogsland Road, NW1 8AY: 9am – 5pm



33-35 Jamestown Road, NW1 7DB: 7.30am – 7.30pm



Triton Café at Regent's Place, 17-19 Triton Street, NW1 3BF: 9am – 5pm

You will receive results within 45 minutes. You must book in advance. Visit camden.gov.uk/rapidtest

Got symptoms?

Self-isolate and get a free test by calling **119** or via nhs.uk/coronavirus. If you need help booking call Camden Council on **020 7974 4444 (option 9)**.

Please note, you will never be asked to pay for a test.

COVID-19 vaccine

The COVID-19 vaccine is important because it will help to reduce the number of people dying or getting seriously ill from COVID-19, which will help to reduce the strain on the NHS over time. It's safe, effective and gives the best protection against COVID-19. The NHS will contact you when it is your turn to be vaccinated – please make sure you attend your appointments.

Find out more about the COVID-19 vaccine at nhs.uk/coronavirus or call **119**.



Dr Zuhaib Keekeebhai is a local GP, pictured above having his vaccine. He said: "I've had the vaccine and I urge you to have it too when it's your turn. One thing we can all do to keep each other safe is to keep following the rules."

Social care workers

The COVID-19 vaccine is being offered to frontline social care workers working directly with people more vulnerable to COVID-19. Camden Council knows many people with care needs directly employ personal assistants or care workers.

If you provide paid care privately or via a direct payment to someone living in Camden and have not already been given information about booking a vaccination by your employer, email socialcarevaccinationinfo@camden.gov.uk