

7th March 2021

Well once again, we are a matter of hours away from the re-opening of school during this pandemic and we are all hoping that this will be the last time that we are in this position. The school has been thoroughly cleaned and the classrooms have been organised in readiness for the return of your children. We have carried out what we feel to be a thorough risk assessment of our setting to ensure that it meets the guidelines set, and we feel sure that it is as safe as we can make it for all staff and pupils.

We fully appreciate that some of your children may be experiencing a range of emotions about coming back to school; some may be excited and some may be reluctant. Others may be anxious and concerned about school work, friendships or any changes that they anticipate will be taking place in school. It is only natural for them to have a mixture of emotions. The grown-ups are anxious too! Please reassure your children by telling them that we are looking forward to seeing them and explaining to them that school will be very similar to the way it was when they returned to school last September.

Some of your children's queries have filtered through to me and you can share with them that, YES they will still be in class bubbles and unable to mix with other class and YES they will still have staggered play and lunch times BUT, the playground equipment can now be used (with regular spraying and cleaning between classes) and the new lunch time timetable will mean that the older children will move to different play spaces more frequently.

Below is a reminder of the start and end of day times for each class.

Year Group	Entrance	Start of day	End of day
Nursery	Nursery entrance	9.05	3.00
Reception	Nursery entrance	8.55	3.20
Year 1	Courtyard	9.05	3.30
Year 2	Courtyard	8.45	3.10
Year 3	Playground	9.05	3.30
Year 4	Playground	8.45	3.10
Year 5	Playground	8.55	3.20
Year 6	Courtyard	8.55	3.20

Punctuality

It is very important that children **arrive on time** at the start of the day and are collected promptly at the end of the day - not too early and not late. If you arrive late at either end of the day, this may impact on others and you. Please bear in mind that if you are late you may be asked to wait until another class has entered or exited the school before you can collect your child.

Tomorrow, **Monday 8th March**, it is compulsory for all primary aged pupils to be in school. We are looking forward to 100% attendance!

The wearing of masks

Any adults entering the school premises (including outdoor spaces) **must** wear a mask. We would appreciate it if any adults exempt from wearing a mask could wear something that indicates that they are exempt, so as to avoid repeated requests to wear one or any misunderstandings.

Children are not required to wear masks in school.

Teachers and support staff are not expected to wear masks whilst in class, however, there are exceptions for those who may need to wear them due to medical conditions. All staff must wear masks or face coverings at the school gates and entry points to the school.

Children **will** be able to bring their belongings to school in their school bags – packed lunch containers will still need to be in containers that can be wiped down and water bottles also need to be to be wiped down.

- Children **will** be able to take reading books home.

Mental Health Tip of the week

Week 15 – Thoughts are not facts

Sometimes we can experience a flood of negative thoughts that can lead us to question ourselves and our abilities. These thoughts can spiral out of control and leave us feeling low and not good about ourselves. By reminding ourselves that these thoughts are not facts, we can begin to take control of them, rather than letting them control how we feel and behave. We do not have to attach any meaning to them, we can let them come in and out, give them no power and see them as clouds drifting through our minds. Remember that they are not a reflection of reality or of our true selves and we do not have to react to each one. The more we can start to do this, the more we can be in control of our thoughts and not let them affect our mood, our self-esteem and our self-belief.

Free Parenting Workshops

One of our parents works at a parenting centre - a collaboration between Kings College London and the NHS - and she has kindly shared this link with us. Please take a look to see if this can be of support to you.

Here's the link to more information.

<https://thrivedn.co.uk/2021/02/26/support-for-parents-by-parents-new-workshops/>

The Thrive workshops have been commissioned to support parents in response to Covid19. Parents can attend either individual workshops or a set of three connected workshops. They run on Tuesdays and Wednesdays.

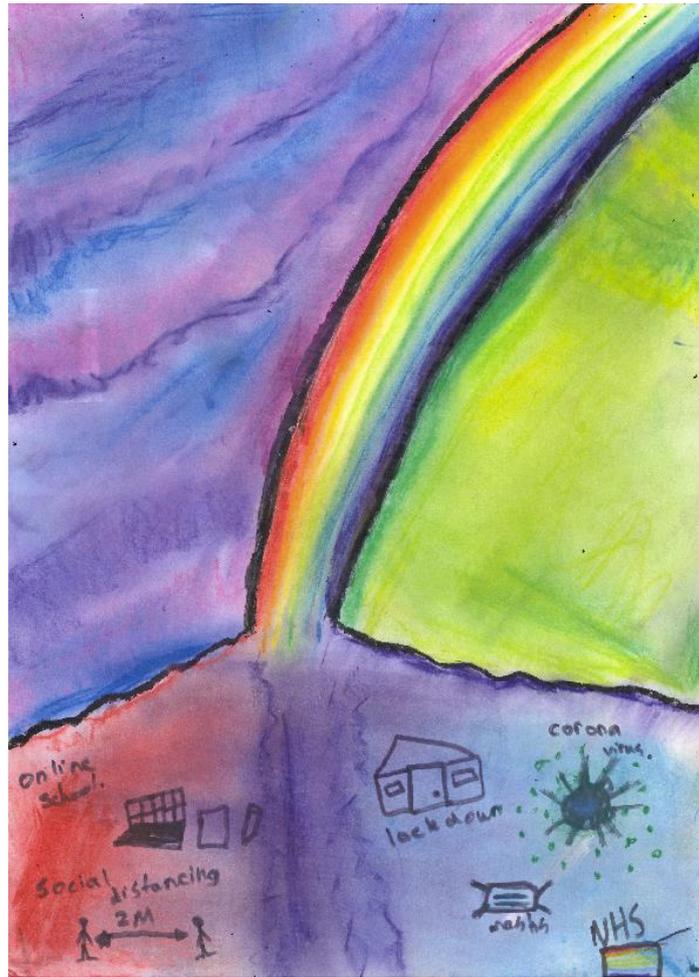


BOOK WEEK

We have extended Book Week into next week. 'Dress Up as a Book Character Day' will take place on **Thursday 11th March**. Please do not go to any expense to purchase an outfit online for your child. If you are handy with glue or tape, great! If you are handy with a sewing machine, great! You may even simply knot fabric together or your child may wear some of your clothing. Thinking about a character or a book that they love is the most important thing.

We are really looking forward to it and the fun that the children will have.

Continued....



I want to end this week's newsletter with a beautiful piece of artwork that was created by Ineda, one of our Year 6 pupils. I can fully understand why she wants to bury so many of the components of the past year that have become a daily feature of our lives but I love the optimism in the message clear, there is light at the end of this very long tunnel.

Looking forward to seeing you all tomorrow,

Anne

Anne Fontaine

Let's keep each other safe!

HANDS



FACE



SPACE



Three simple words that mean so much.

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 newsletter at camden.gov.uk/coronavirus-updates



I am pleased that so many residents have now received their first COVID-19 vaccination or have appointments coming up. I encourage anyone currently eligible to get your vaccine – it's the best way we can protect ourselves against the virus.

Please remember that even if you have been vaccinated, you still need to follow Government and public health guidance – keeping your distance, wearing a face covering (unless exempt) and washing your hands.

As part of the phased approach to ending lockdown, which includes schools and further education colleges opening from next week, restrictions will only be eased if the data on vaccine uptake and infections are heading in the right direction.

Thanks to the role everyone has played so far, coronavirus cases are falling in Camden and London but the virus has not gone away and we will need to keep taking precautions to make sure we don't go backwards, including regular testing. The Council is committed to doing all we can to help, and Camden are providing free rapid tests for parents and carers of school children, anyone who needs to leave the house for work, and those in close contact with others through care or volunteer responsibilities.

Councillor Georgia Gould, Leader of Camden Council

Schools and further education colleges



From Monday 8 March, all schools and further education colleges will reopen for face-to-face learning. Schools will have updated their risk assessments to ensure the necessary measures are in place to keep pupils and staff as safe as possible. Parents and carers of primary and secondary school or college age children will be encouraged to book

regular free rapid lateral flow tests – find out how below. Your child's school will be in contact but you can also find out more at camden.gov.uk/schools-children-and-families

Rapid COVID-19 testing

Free, rapid COVID-19 tests with results in 45 minutes are available to these people **without COVID-19 symptoms** in Camden:

- Parents and carers of primary and secondary school or college age children
- Adults living or working in Camden who need to leave home for work
- Adults who are in close contact with others through care or volunteer responsibilities

Book a test appointment at one of seven community test centres at camden.gov.uk/rapidtest or call **020 7974 4444 (option 9)**.

You can also pick up a home test kit from the NHS Kingsgate or Ramsay Hall test centres (open 1.30 to 7.30pm every day), or find your closest COVID-19 test centre at

find-covid-19-rapid-test-sites.maps.test-and-trace.nhs.uk

If you test positive without symptoms using a home rapid test kit, you and your household must self-isolate and book a PCR test, which is sent to a lab – visit nhs.uk/coronavirus or call **119**.

Most people get their result the next day. **Do not go to a rapid test centre with symptoms.**

COVID-19 vaccine

The COVID-19 vaccine is safe, effective and gives the best protection against coronavirus.



- If you're 60 or over, clinically extremely vulnerable or are in receipt of Carer's Allowance and haven't had your first dose of the COVID-19 vaccine, you can now book your vaccination at nhs.uk/covid-vaccination or call **119** for free. **If you're clinically vulnerable, you can book an appointment once you receive a letter from your GP.**

- Government guidance has changed, and people on the GP learning disability register are now eligible for the vaccine. If you are on the register, your GP will contact you to book an appointment. **Please make sure you are registered with a GP and that they have included you on their learning disability register.**

If you have a learning disability and would like support with the vaccination process, call **020 7974 4444 (option 9)**.

Why I got the COVID-19 vaccine

Paul Smith is a community nurse who's involved in Camden's vaccine rollout. As a healthcare professional, he's already been vaccinated and explains why he chose to have it:



"I am very privileged to have had the vaccine so early. As a nurse, I feel very reassured that I am protected."

Camden libraries activities



Camden libraries together with Age UK Camden are running online 'Reading Friends' groups to connect people through reading and sharing stories. Activities include a knitting group; a poetry group; reading aloud sessions with older residents; and story time sessions for children and adults. Find out more at camden.gov.uk/readingfriends. To find out more about Camden digital library services and the Request and Read service, visit camden.gov.uk/libraries.

Stay at home to 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 outside your household or bubble

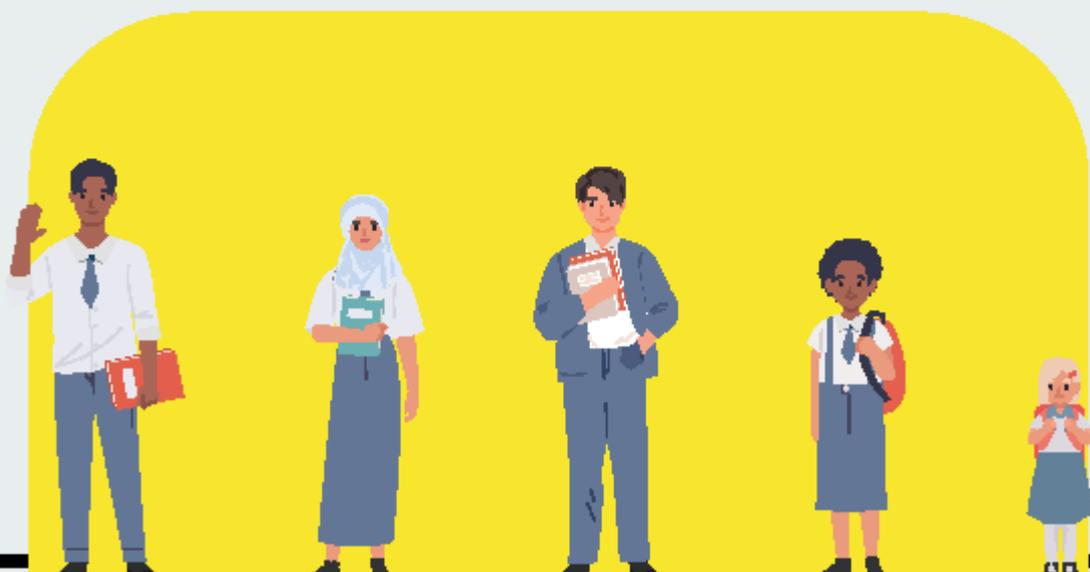
For the latest information on the Government's plans to ease lockdown restrictions, visit gov.uk/coronavirus

camden.gov.uk/coronavirus 020 7974 4444 (option 9)

 **Camden**

Back to school

Updated: March 2021



From 8 March, schools and nurseries will safely reopen and we're really looking forward to welcoming back all our children. However, we know that some people have concerns about what this might mean.

Schools have been carefully following local and national public health advice to prepare for the return of all children and to ensure each school is safe. This includes regular rapid testing of school staff and secondary and special school pupils to identify those who may have COVID-19 but no symptoms.

Children don't spread coronavirus more than adults. For most people – and especially children – if they do catch the virus, the symptoms will be mild.



Supporting Children's Wellbeing

A short guide for Parents and Carers

Over the past year, we have had to adapt and adjust our lifestyles and routines in response to the coronavirus and lockdown.

Now, as children and families return to school, they may be experiencing a range of emotions. Here are some tips to help support your family's wellbeing and the return to school.

Managing Different Emotions



Acknowledge anxiety and other feelings by saying things like:

- "I can understand why you feel worried"
- "I noticed you didn't play with your friend, is anything on your mind?"
- "Thank you for sharing that with me, you are being really brave."



Create a safe space to talk by:

- Spending quality time with your child so they have your full attention
- Using eye contact to show you're listening
- Doing an activity with your child to make it easier for them to talk

Encouraging creative coping activities:



Keeping a Healthy Lifestyle for all the family



Reminding children to have healthy habits:

- Regular meals that include fruit and vegetables
- Daily exercise
- At least 8 hours of sleep each night
- Limit screen time, especially in the evenings and encourage more play and reading time

Helping Children Build Resilience

Praise the effort your child has made, rather than the final outcome:

- "I can see you worked really hard on that drawing"
- "You spent a lot of time on building that tower, I'm proud of you!"

Encourage your child to keep trying and learning from their mistakes:

- "You don't know how to do this YET, but keep going and you will."
- "Its OK to make mistakes, that's how you learn"



Support for Parents:

- <https://www.mentallyhealthyschools.org.uk/resources/?Audience=ParentsAndCarers>
- <https://youngminds.org.uk/find-help/for-parents/>
- <https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

