



Kentish Town CE Primary School Newsletter

Love — Equality — Compassion
Excellent Teaching, Excellent Effort, Excellent Progress:
Every Child, Every Lesson, Every Day

www.kentishtown.camden.sch.uk

Issue 13 : Thursday 2nd April 2020

Dear Parents and Carers,

Keeping in Touch and Remote Learning

All class teachers will be calling you and your child/ren this week as we end the Spring term. I think it is very important that we maintain contact with you all. Some teachers are working remotely and so if a caller ID Withheld call comes through it is likely to be your child/ren's teacher. Other teachers will call from our school number. Teachers are reporting that they are really enjoying talking to their classes (and you) and some parents have reported how much they have appreciated the contact.

You all have the emails of your child/ren's respective teachers so please be in contact with any questions you may have.

I know there have been some issues with the Remote Learning pages offered and I am working with the CLC on an improved option for the Summer term. I am also keen to introduce Zoom meetings for all children with their class teacher/s, in small groups, after Easter. I will give you more detail immediately after the Easter holiday. The Summer term begins on Tuesday 21st April (Monday 20th April will be a training day for teachers) — via Zoom!

Every Headteacher I have spoken to in the last week (from Camden, Islington, Haringey, Enfield and further afield) has reported that they are having the same issues with remote learning and with parents/carers and teachers all exploring new ways of working. We are not alone in forging a new way of working together. Remember also that the Government closure of schools is a national picture and that all children and families are in the same situation.

Tips for E-safety

With children's activity online increasing, it is important that you consider:

- the sites that your children are accessing
- supervising children during Face-time/Zoom sessions
- the importance of using reputable organisations or individuals if you are getting additional support for your children (e.g. through online companies or tutors). They should be able to provide evidence of being safe to work with children.

Resources that can help you to keep your children safe online can be found at: Thinkuknow or UK Safer Internet Centre.

And finally... I know it is hard but please try to have some relaxing time in the next two weeks. Remember that your children are "on holiday" and try not to push too hard with the learning. **Reading however is non-negotiable. Tell them I said so!**

Best wishes,

James Humphries
Headteacher

Tips for Parents/Carers Supporting Home Learning

Be realistic about what you can do

- **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure at home will help them to adapt**. Use the tips below to help you make this work for your household
- **Experiment** in the first two weeks, then **take stock**. What's working and what isn't? Ask your children, involve them too
- **Share the load if there are 2 parents at home. Split the day into 2-3 hour slots and take turns so you can do your own work**
- **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this fact-sheet for some advice on mental health and wellbeing

Keep to a timetable wherever possible

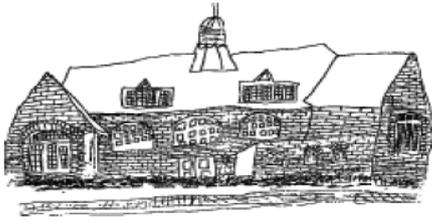
- **Create and stick to a routine if you can. This is what children are used to**. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
- **Involve your children in setting the timetable where possible**. It's a great opportunity for them to manage their own time better and it'll give them ownership
- **Check in with your children and try to keep to the timetable, but be flexible**. If a task/activity is going well or they want more time, let it extend where possible
- **If you have more than 1 child at home, consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household
- **Designate a working space if possible, and at the end of the day have a clear cut-off to signal school time is over**
- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
- **Distinguish between weekdays and weekends, to separate school life and home life**
- Make time for exercise and breaks throughout the day
- **Start each morning with a [PE lesson](#)** at 9am with Joe Wicks
- If you have a **garden, use it regularly**. If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others)
- Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended

Other activities to keep children engaged throughout the day

- **Where you have more freedom in the timetable, make time for other activities.**
- Get your children to **write postcards** to their grandparents or to pen pals
- Ask **grandparents to listen to your children read** on FaceTime or Zoom (or ask grandparents to read to younger children)
- **Give them chores** to do so they feel more responsible about the daily routine at home
- Ask them to **help you cook** and bake (great for science and maths!)
- Accept that **they'll probably watch more TV/spend time on their phone/tablet** – that's ok but you might want to set/agree some screen time limits

See guidance on supporting your mental health and that of your children:

[Coronavirus and your wellbeing](#) – Mind.org



Kentish Town C of E Primary School Suggested Remote Learning Timetable

<u>Activity</u>	<u>Recommended Length of Time</u>	<u>Possible Activities</u>
PE/ Exercise	1 hour a day (two 30 min sessions)	-Joe Wicks PE: https://www.youtube.com/watch?v=d3LPrhI0v-w -Just Dance on You Tube -Cosmic Kids Yoga: https://www.youtube.com/user/CosmicKidsYoga
Times tables/ number facts practice	15-20 mins	-Numbots online game/app -Times Table Rockstars online game/app -Many more maths games: https://www.topmarks.co.uk/maths-games
Online Learning	1 hour (younger children) or 1.5 hours (older children)	Every day, complete online and/or printable activities set by your teacher from the school website.
Reading for pleasure	15-30 mins (or more!)	Read a book, comic, magazine, listen to an audio book or use Story Emporium: https://www.thestoryemporium.co.uk/portal/library_phils.php (log in provided on class remote learning page) -Some children have a Bug Club log in too
Spelling/Phonics	15-20 mins	-Phonics Play is currently free: https://new.phonicsplay.co.uk/ -Spelling Play is currently free and suitable for children yr3 and up: https://www.spellingplay.co.uk/member-only/resources.html
Life skills	20 mins	_Learn a new skill eg knitting, tie your shoelaces, baking, sewing, calligraphy, telling the time, coding etc.
Create!	30 mins +	-Do something creative – draw, dance, sing, paint, cook, write a poem make something etc -Choose an art activity from your class DB and share it with your classmates/ teacher
Fresh air	20 mins +	-Go outside into the garden, park or street and get some fresh air if possible. Play football, go for a walk or jog, walk a dog, ride your bike/scooter.
French	10-15 mins	-Carry on learning French: https://www.duolingo.com/ (an adult can see up a FREE account) https://www.bbc.co.uk/bitesize/subjects/z39d7ty (video clips/songs/games/ quizzes)
Do something kind J	20 mins	Help your family e.g lay the table, tidy your bedroom, help a sibling, read a story to a younger relative, make dinner, wash up, write a card, water the plants etc.
Do something fun!	30 mins- 1 hour	Do something you enjoy that makes you happy each day – play, watch TV, play a board game, play with Lego, read etc.
Connect!	15-20 mins	Skype, phone, text, email, write a letter or go on social media to connect with family and friends, especially elderly relatives.