



# 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](http://www.kentishtown.camden.sch.uk)

@KentishTownCE

Issue 15 : 25th February 2021

Dear Parents/Carers,

## School Reopening — Monday 8th March

Our school reopens for all children on Monday 8th March. We are expecting all children to return on that day and teachers and teaching assistants will be ready to welcome your child/ren back to school. We will be offering Breakfast Club from 8am and Activity Club from 3.15pm—5.15pm. You must book a place with Lorraine: [l.benfield@kentishtown.camden.sch.uk](mailto:l.benfield@kentishtown.camden.sch.uk). Lorraine can then make sure she has sufficient staff available each day.

## INSET Day Friday 5th March

There will be no provision for any children in school or via remote learning on Friday 5th March. Staff will be preparing school for the children's return on Monday 8th March.

## Parents' Evenings

Once teachers have had chance to settle and assess children we will hold these meetings on Monday and Tuesday 29th and 30th March. Pam will send the link for bookings. The meetings will be held on Zoom.

## School Dinners

Nikki, our excellent Caterlink cook will be providing hot lunches each day. You can see the menu later in this newsletter and pay for your child/ren's meals on ParentPay. Children will be eating their lunches in the school hall but on a staggered timetable.

## Lateral Flow Tests

Staff in school have been testing ourselves, twice weekly, at home since January. These tests are designed to pick up asymptomatic cases of Covid — 19 which then makes our school environment even safer for everyone.

## Remote Learning

As school reopens, we will no longer be setting Remote Learning or teaching via Zoom. The last day of remote Learning will be Thursday 4th March.

## Thank You

We still have another week to go before we reopen but on behalf of all staff a huge thank for all you have done to support your child/ren's learning during such a difficult period. The engagement from most families has been excellent and that is down to your support, as well as the efforts of our staff here in school. I have included some resources later in the newsletter to support you in talking to your child/ren about their return to school. Please do not hesitate to be in touch if you have questions or queries about any aspect of our reopening.

Best wishes,

James Humphries  
Headteacher

# Preparing Your Child For the First Day Back in School

*As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.*

## Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



## Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – “it’s completely fine to feel like that at the moment” or ‘I can really understand why you would feel like that”



## Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



## Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



## Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



## Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your ‘goodbye’ routine and create a ‘hello’ greeting for the end of the day for them to look forward to.



Dear Parent/Carer,

The NHS Mental Health Support Team ,who work within your school and many others in Camden, are excited to be able to offer an online webinar series for all parents and carers of primary school children in Camden.

The series will include online workshops via Zoom. The five topics covered, scheduled dates and times are:

<u>Topic</u>	<u>Day and Date</u>	<u>Time</u>
Introduction to the Mental Health Support Team: Why Early Intervention Matters	Wednesday 24 <sup>th</sup> February 2021	5-6 pm
Parent/Carer Self-Care	Tuesday 2 <sup>nd</sup> March 2021	12-1 pm 1-1.20 pm -Q&A
Understanding and supporting your child with worries - <i>Option A</i>	Tuesday 9 <sup>th</sup> March 2021	12-1 pm 1-1.20 pm -Q&A
Understanding and supporting your child with worries - <i>Option B</i>	Wednesday 10 <sup>th</sup> March 2021	5-6 pm 6-6.20 pm -Q&A
Parent/Carer and Child interactions	Tuesday 16 <sup>th</sup> March 2021	12-1 pm 1-1.20 pm -Q&A
Routines	Tuesday 23 <sup>rd</sup> March 2021	12-1 pm 1-1.20 pm -Q&A

Each workshop will last up to 60 minutes and have an optional follow up 20 minutes for further questions for those parents or carers that are interested. You can opt in for all five sessions, or whichever most appeals to you.

We offer two options of the same workshop on ‘Understanding and supporting your child with worries’. You can either select **Option A** - 12pm on Tuesday 9th March 2021 or **option B** – 5pm on Wednesday 10th March 2021, whichever one works better for you.

To find out more information and to register for any of the workshops (for free) please go to the ‘Eventbrite’ webpage <https://www.eventbrite.co.uk/e/140783959613> .

We look forward to seeing you!

With best wishes,

Hazal Demir  
(MHST School Practitioner for Kentish Town Primary)

# Nursery September 2021

There are places available in our Nursery for September 2021. Please contact Pam/Sarah in the office for details: admin@kentishtown.camden.sch.uk.

Thank you!

		SPRING MENU 2021					
		Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK ONE 4 Jan 25 Jan 22 Feb 15 Mar	Option 1	<b>MEAT FREE MONDAY</b> Macaroni Cheese	Chicken Sausages, Mashed Potatoes & Gravy	Roast Beef with Stuffing & Gravy served with Roast Potatoes or Plain Pasta	Chicken Tikka Curry with 50/50 Rice	Fish Fingers / Salmon Fish Fingers with Oven Baked Chips or Couscous	<ul style="list-style-type: none"> <li>Added Plant Power</li> <li>Vegan</li> <li>Wholemeal</li> <li>Oily Fish</li> <li>Marine Stewardship Council www.msc.org Chair of Custody Reg Code: MWL-C1009</li> </ul>
	Option 2	Vegetable & Red Kidney Bean Pasta Bake	Vegetarian Sausages, Mashed Potatoes & Gravy	Vegetable Wellington with Stuffing & Gravy served with Roast Potatoes or Plain Pasta	Chickpea Curry with 50/50 Rice	Spanish Omelette with Oven Baked Chips or Couscous	
	Vegetables	Sweetcorn Peppers	Cauliflower Florets Cabbage	Swede & Carrot Mash Green Beans	Broccoli Carrots	Baked Beans Peas Baked Tomato	
	Dessert	Yoghurt / Fresh Fruit	Pear & Raisin Upside Down Cake Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Peach Crumble & Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	
WEEK TWO 11 Jan 1 Feb 1 Mar 22 Mar	Option 1	<b>MEAT FREE MONDAY</b> Sweet & Sour Butter Bean with Vegetables with Couscous	Mexican Beef Chilli with 50/50 Rice	Roast Chicken with Gravy served with Roast Potatoes or Plain Pasta	Turkey & Chickpea Aloo Chaat with 50/50 Rice	Fish in Batter with Oven Baked Chips or Sweet Potato Mash	<ul style="list-style-type: none"> <li>Available Daily</li> <li>Freshly cooked jacket potatoes with a choice of fillings (where advertised)</li> <li>Bread freshly baked on site daily</li> <li>Daily salad selection</li> </ul>
	Option 2	Quorn Chow Mein with Egg Noodles	Five Bean Chilli with 50/50 Rice	Chickpea & Vegetable Loaf with Gravy served with Roast Potatoes or Plain Pasta	Lentil & Sweet Potato Curry with 50/50 Rice	Cheese & Tomato Quiche with Chips or Sweet Potato Mash	
	Vegetables	Sweetcorn Broccoli	Green Beans Carrots	Cauliflower Florets Red Cabbage	Broccoli Baked Tomatoes	Baked Beans Peas	
	Dessert	Yoghurt / Fresh Fruit	Blackberry & Apple Cobbler with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Peach Upside Down Cake Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	
WEEK THREE 18 Jan 8 Feb 8 Mar 29 Mar	Option 1	<b>MEAT FREE MONDAY</b> Mixed Vegetable Wholemeal Pizza	Turkey & Leek Pie with Gravy	Roast (as advertised), with Gravy served with Roast Potatoes or Plain Pasta	Beef Bolognese with Wholemeal Spaghetti	Breaded Fish with Oven Baked Chips or Steamed New Potato	<b>ALLERGY INFORMATION</b> If your child has an allergy or intolerance, please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance, you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.
	Option 2	Cheese & Tomato Wholemeal Pizza	Lentil & Basil Whirl with Mash Potato & Gravy	Bean & Lentil Burger with Gravy served with Roast Potatoes or Plain Pasta	Soya & Vegetable Bolognese with Wholemeal Spaghetti	Mixed Pepper Frittata with Oven Baked Chips or Steamed New Potato	
	Vegetables	Cauliflower Florets Baked Tomatoes	Sweetcorn Broccoli	Green Beans Red Cabbage	Broccoli Carrots	Baked Beans Peas	
	Dessert	Yoghurt / Fresh Fruit	Banana Sponge & Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	Pear & Strawberry Crumble with Custard Yoghurt / Fresh Fruit	Yoghurt / Fresh Fruit	