



As drawn by the Secret Artist NWS

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 20 : 22nd April 2021

Dear Parents and Carers,

Welcome Back

I hope you all managed a relaxing and restorative Easter holiday. It has been wonderful to have our school filled with the sound of children playing and learning this week. It has also been great to see so many of you at the various entrances.

Lateral Flow Device Tests

We are part of a trial aimed at catching Covid—19 cases in people who have no symptoms. If you would like to take LFD test kits from school, then please email admin@kentishtown.camden.sch.uk. You should then test twice weekly and notify the NHS of the test result. The tests are free and they are intended for adults in your home only. Catching asymptomatic cases of Covid—19 will obviously help us to keep everyone safe and our school open for children. Many thanks for your support.

School Dates

Friday April 30th — Foxlease Y6 Residential Trip Meeting in the school hall at 9am

Monday 3rd May — May Day Bank Holiday — school closed

Thursday 6th May — Mayoral and Local Election — **School Open**

Monday 10th May — Class Photos

Friday 14th May—Safari Pete (animal specialist!) visiting Oak and Acorn Classes

Monday 7th June — Wednesday 9th June—Challenge Partners Virtual Quality Assurance Review

Monday 14th to Friday 18th June — Beech Class School Journey to Foxlease (Hampshire)

Monday 21st June — Y1—Y6 Sports Day on Parliament Hill Running Track

Tuesday 22nd June — Windrush Day

Monday 5th July—Filming of Chestnut's Primary Shakespeare Company performance of Romeo and Juliet (this will be shared with parents and carers at a later date)

Friday 9th July—Summer Fair (subject to the lifting of restrictions)

Friday 16th July—Y6 Show

Tuesday 20th July—Y6 Leaver's Service in the playground

Wednesday 21st July—End of Term

Swimming

Kentish Town Baths will be reopening in May. Coach Chloe has arranged for Sycamore, Chestnut and Beech Classes to attend swimming classes. Chloe will confirm the details in the next few days.

Daily Supported Reading in Ash Class

We are still looking for more parent volunteers to read outside with groups each morning from 9am—9.30am. Please contact Lorraine — l.benfield@kentishtown.camden.sch.uk if you can help with this. Lorraine will also help to train you on our approach to reading if you would find this helpful.

Best wishes,

James Humphries - Headteacher

Supporting Children & Families

Parent / Carer Newsletter

Kentish Town C of E Primary School

Some of the most comforting words in the world are, 'Me too', the moment when you realise that your struggle is also someone else's struggle and that you are not alone..

Service Information: supporting the emotional health and well-being of children, young people and their families.

Camden Early Help

If you're feeling worried about your child, or you want to make a change in your life, Camden Early Help can help. Free support for families with children aged 0-19 in Camden. Practical and emotional support with a range of life issues. Working with you and your family to make change.

Call 020 7974 3317 (9am to 5pm-ask for Early Help)

email:LBCMASHadmin@camden.gov.uk

<https://www.camden.gov.uk/en/early-help-for-children-and-families>

'Open minded' Camden Councils Child and Adolescent Mental Health Services (CAMHS)

Camden Council coordinates all of the mental health services available to children and young people in the borough under the name 'open minded'.

There are a wide range of different ways to help children with emotions and behavioural difficulties, including advice and support for parents, a range of counselling therapies for children and therapeutic work with a family as a whole.

To contact open minded (CAMHS)

Call 020 8938 2241

alternatively you can make a self referral

<https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/camden->

Confidential Parent Carer Counselling

To access the service, the parent or carer must look after a child who attends a Camden maintained school or Children's Centre. This is a free counselling service for parents and carers. They will contact you within 2 weeks of receiving your application.

You can access the service directly via the application form which can be found on the website

<https://cindex.camden.gov.uk/kb5/camden/cd/service.page?id=V4qDIShbkCs>

<https://www.camden.gov.uk/parent-and-carer-counselling-service>

iCope

iCope offers various types of support for free.

Confidential help for problems such as stress, anxiety, depression and insomnia.

If you require urgent support you can find all the information on their website.

<https://www.icope.nhs.uk/camden-islington/>

[iCope | Free Help for Stress, Anxiety, Depression and Insomnia](#)



MHST Mental Health Support Team

The mental health support team work for children, their families and schools across the country supporting the mental health of young people offering various support in and out of the school setting. The MHST works closely with staff at Kentish Town School identifying children that may need extra support, setting up small group work that will take place with children across the school. Face-to-face support can take place for individuals if necessary.



MHST offer in school:

Please check newsletters for the latest events.

- Anxiety groups
- Transitions for year 6 students
- Brain Buddies, identifying and understanding emotions.
- Parent/carer led groups, covering various topics
- Parent webinars, follow link below for more information

<https://www.eventbrite.co.uk/e/parent-and-carer-workshop-around-adult-anxiety-tickets-147523519819>

Families in Focus

Families in Focus team provide a family support service in Camden. Working with children and young people. Helping families take control of their own lives. Helping to find the best solutions for themselves. You may be referred to them by other agencies or may self-refer.

Elfrida Rathbone

Elfrida Rathbone Camden delivers a range of family support programmes including Families Together, in partnership with Citizens Advice Camden; Building Relationships for Stronger Families with Tavistock Relations; High Speed 2 support programme and creative therapy sessions.

[Home - Elfrida Rathbone Camden \(elfridacamden.org.uk\)](http://elfridacamden.org.uk)

Families in Focus

Telephone

020 7974 1320 / 020 7974 8926

[Family support: families in focus - Camden Council](#) access via Early Help

If you feel worried about your child or a family member and are unsure who to talk to, call your GP or speak to a member of staff who will direct you to who can best support you.

Mental Health First Aiders



Sharon McGran



Marcia Freixeiro



Grant Jacobson

'Wellbeing Tip of the Week'

5-minute Self-Head Massage for Relaxation.

Try to find time this week to give yourself a five-minute self-massage to relieve stress and to help you relax. You can spend up to 30 seconds on each part.

1. Start by rubbing the muscles at the back of your neck and shoulders, with your fingertips.
2. Next, use your thumbs to work tiny circles around the base of your skull.
3. Slowly massage the rest of your scalp with your fingertips.
4. Then tap your fingers against your scalp, moving from the front to the back and then over the sides.
5. Now massage your face - start by putting your whole hands over your face and make gentle circular motions.
6. Now make a series of tiny circles with your thumbs or fingertips. Pay particular attention to your temples, forehead, and jaw muscles.
7. Use your middle fingers to massage the bridge of your nose and work outward over your eyebrows to your temples.
8. Finally, close your eyes. Cup your hands loosely over your face and inhale and exhale easily for a short while. Make sure you are breathing from your stomach and that your out-breaths are slightly longer than your in-breaths.

Useful websites

[Find help - for parents \(youngminds.org.uk\)](http://youngminds.org.uk)

[HOME | CAMHS Resources \(camhs-resources.co.uk\)](http://camhs-resources.co.uk)

[Home - Elfrida Rathbone Camden \(elfridacamden.org.uk\)](http://elfridacamden.org.uk)

[Anxiety UK - National charity helping people with Anxiety](#)

[Get Support | Childline](#)

[Family support: families in focus - Camden Council](#)