



Christ Church School, Hampstead

A village school in London inspiring *life in all its fullness*

February 2021
Newsletter 6

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Dear parents and carers,

It has been a busy month with plenty going on across the school community, even though we haven't all been able to be together in school. We also have quite a bit planned for the next few weeks to add to the usual home learning activities.

Thank you for your ongoing commitment to supporting your children at home – I hope everyone has settled in to some sort of workable routine and that some of the changes we have made in response to the survey might be helping a few families, too. We are all learning as we go and teachers are taking part in quite a bit of training, sharing and supporting each other behind the scenes to try to make this work as well as we can for all children.

I will keep all parents updated about any plans for reopening whenever the Government updates its guidance and plans. You might be interested to know that all our staff members in school are now taking part in twice-weekly home COVID testing which will continue, alongside social distancing and other measures, whenever schools reopen to more children. It is great that we have quite a number of parents signed up for our parent workshops on Sleep and Positive Mental Health this week – there is information about an additional online safety parent workshop below. Please let the school office know if you would like to join and we will send you the link.

With best wishes and many thanks for your ongoing support,
Katy Forsdyke, Head teacher

Rainbows and snow!

It was wonderful to see how creative children and families were in creating rainbows to display in their windows. We had rainbows made of toy cars, crystals, collage, household objects, food colouring and lots and lots of paint!



The snow arrived at just the right time to provide some much-needed respite from the home learning and lockdown routines.

It was lovely to share some of the children's photos of their fun in the snow in the class zoom sessions and we had a wonderful time in the snow at school, too!



Dates

We are reviewing all our plans as the situation changes. Please keep checking back on future newsletters for any changes

February

1st – 5th – PSHE week: Keeping Healthy and Safe

Wednesday 3rd, 2pm – Parent workshop online – how to help your child to sleep well

Thursday 4th, 2pm – Parent workshop online – building children's resilience and positive mental health

Wednesday 10th – Digital Citizenship/ Online Safety Day

Wednesday 10th, 2pm – Parent workshop – online safety

15th – 19th Half term

Week beginning 22nd - KS2 Spelling challenge

March

Thursday 4th - World Book Day – details of events to be confirmed nearer the time

Wednesday 24th and Thursday 25th – Parents evenings: times and details to be confirmed nearer the time

April

Thursday 1st - last day of term

Monday 19th – summer term starts

Support for parents and families

There are some helpful tips for all parents and families (including about sleep, anxiety, stress) and sources of support available on these two websites:

<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://www.good-thinking.uk/>

And we have some simple well being tips on our website, too:

<https://christchurchschool.co.uk/wellbeing-tips/>



Online safety and Digital Citizenship – 10th February

Across the school, we will all be learning about how to be safe and responsible online on Wednesday 10th February. This is all the more important given everyone's increased use of technology at the moment!

Children will be learning all about responsible use of technology, including how taking a break from screens is important (Reception), that not everything we see online is true (Year 1), the importance of keeping personal information private (Year 2), how to cross-check facts from the internet (Year 3), about age-restrictions and regulations (Year 4), about terms and conditions of websites and about what happens to photos posted online (Years 5 and 6). Children in all classes will learn about:

- what they should do if they see anything that worries or upsets them,
- how they should behave respectfully and kindly online, just as they would do face-to-face,
- being an upstander to support others if they are being bullied online, and
- how to report concerns to trusted adults and to websites/platforms.

Online Safety Parent workshop

– there will be a parent workshop on online safety for Christ Church parents at 2pm on Wednesday 10th February, too. The workshop will be led by one of the experts from the Camden City Learning Centre and will help to raise awareness for parents of children of all ages. If you would like to join, please let the school office know and we will send you the link.

There are some top technology tips for parents here →

(These are also on our website.)

LGfL DigiSafe To Keep Primary Kids Safe Online During School Closure **SIX TOP TIPS**

Children are bound to spend lots more time on devices during school closure. DON'T FEEL BAD ABOUT IT – lots will be schoolwork or catching up with friends. But there are ways to keep them safe, healthy and happy.

- Don't worry about screen time; aim for screen quality**
Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.
- Check the safety settings are turned on**
Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are – can they chat to strangers, can they video chat or 'go live', are their posts public? **Internet Matters** has hundreds of guides to parental controls.
- Get your children to show you their apps and games**
You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** or **NISPCC's NetAware**. And why not download the **SBC Own It** app?
- Don't try to hide the news about coronavirus**
If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel – there is guidance from **Childline** to help you.
- Remind them of key online safety principles**
There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, **THAT'S A LIE!**
- If you aren't sure, ASK!**
Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at reporting.lgfl.net, including ones to tell your kids about (they might not want to talk to you in the first instance).

PSHE week – keeping healthy and safe

Lots of super activities are planned for our home learning week on keeping our bodies and minds safe and healthy. Thank you to Miss Innes for all her organisation and to families for their support of the different activities including our healthy cook along and our wake and shake sessions – we are planning to share photos and learning in zoom sessions and in next month's newsletter.



Rights Respecting Schools – Article of the month

To remind parents and pupils that we are a UNICEF Rights Respecting School we are including a different article from the UN Convention on the Rights of the Child in each month's newsletter.

Article 27 Every child has the right to a standard of living that is good enough to meet their physical, social and mental needs. Governments must help families who cannot afford this to provide it.

Information and reminders

Website updates

There are lots of highlights from our home learning here:

<https://christchurchschool.co.uk/home-learning-news-spring-week-1-week-2/>

<https://christchurchschool.co.uk/home-learning-news-spring-2021-week-3-4/>

Important documents about school closure and home learning

We have collected all the key documents for parents about our provision at the moment on one page of our website. This includes the updated Annex to our Safeguarding Policy, our current Risk assessment and our Remote Education Policy.

<https://christchurchschool.co.uk/home-learning-2/>

Spelling challenge and Times table challenge

We will go ahead as planned with the KS2 Spelling Challenge in the week after half term – KS2 teachers will set this as one of the home learning tasks in that week.

However, we won't go ahead with the KS2 Times table challenge just before half term – we will try to catch up with the challenge for this term once we are back in school. Don't stop practising those times tables though!

Eligibility for Free School Meals – have your circumstances changed?

Families whose children are eligible for free school meals (due to income levels, not the universal infant free school meals) continue to receive support while schools are closed, in the form of weekly e-vouchers for food shopping. New applications for free school meals can also still be made. If your circumstances have changed, for example if you are now claiming benefits of some kind, please contact the school office by email and Mrs Connock will be able to explain how to apply.