



Dear Parents,

Well done for reaching the end of this half term of remote learning We appreciate this hasn't been easy for parents, children and staff however we are delighted with what the children are completing and the progress they are making. I hope you are continuing with the approach of completing what suits you as a family. Every family situation is different and we are more than happy to be flexible in supporting you with your choice of home learning.

From what some of the teachers tell me, there have been times over the last six weeks where some of you have been extremely hard on yourselves, which sometimes is the default position for any parent. The staff and I want to reassure you that the children appear happy and well and have enough resilience to overcome the effects of this pandemic. Research says 80% of a population recover almost immediately from any kind of incident such as the one we are experiencing. Another 10% may take a little time afterwards. The remaining percentage might need a little help and if that's the case we can help with that. This outcome was very apparent in the Autumn Term where nearly all the children made fantastic progress and jumped back quickly to the usual routine with impressive achievements. Please know the staff are committed to doing exactly the same when it is safe for them all to return to school.

We hope your children enjoyed the internet safety assemblies this week. If your child didn't attend please make sure they watch the pre-recorded assembly on their Teaching Blogs. It is incredibly important all the children continue to be informed about strategies to support their safety when using the internet.

The Internet Safety Webinar for parents from ECP was incredibly informative. We hope all parents had the opportunity to watch this. There are so many new apps and games and websites that it's impossible to keep up with all of them. However with simple monitoring strategies and regular discussions with your child, parents can allow their child to safely access information and engage responsibly with others on the internet - which is becoming more and more integral to our day to day lives.

Positive Activities February Half Term Online Activities - Please see below information from the Early Help and Families Service. **For Information**

Positive Activities February Half Term free online activities are now LIVE and open to book! Try one of our activities to make new friends, learn something new and have fun over the February Half Term. From Lego, Jazz Dance to How to become a Journalist and Business Battle and lots more. There is lots on offer for young people who live or school in the Borough of Barnet.

We're supporting Children's Mental Health Week (1-7 February), hosted by children's mental health charity Place2Be. This year's theme is "Express yourself" which is all about finding ways to share feelings, thoughts, or ideas through creativity. When you're able to show who you are and how you see the world, you in turn feel better about yourself. To support this we are also hosting a few workshops for young people:

- [Emotions, Thoughts and understanding Workshop](#) for 8-11yrs
- [Safe Streaming Workshop](#) for 8-11yrs

To not miss out register on the website: <https://barnetyouth.uk/login> and enrol on your chosen activity through our Holiday Activities Page: <https://barnetyouth.uk/Events?CalendarID=16>
All activities are free. Any questions email byes@barnet.gov.uk **Laura Davitt Traded Service & Programmes, 0 – 19 Early Help Service Family Services**

Children's Mental Health & Wellbeing

Please see attached the Barnet Children and Young People Wellbeing Workshop. There are a range of activities, podcasts and information on how to keep well.

For more ideas and tips to support your child's mental health please see the link below. If you click on the stormbreak tab there are fun activities to complete with your child.

<https://www.stormbreak.org.uk/>

As Ash Wednesday falls in half term, our RE Leaders Miss Yates and Miss McAuley will upload a short liturgy video onto the PurpleMash class blogs for the children to engage with. It is something you may like to access as a family.

They have also asked me to share the information attached about the CCS Lenten Challenge 2021.

"This Lent, the CCS are asking us to take on this challenge to act now and become a Good Samaritan.

The Catholic Children's Society (CCS) is a charity helping local children and families facing a crisis in their lives. By supporting CCS this Lent, we will be helping those in our community who are most in need.

The CCS resource attached will be posted on the Year Group Teaching Blogs in addition to the Ash Wednesday Liturgy video for families to access at home."

Please inform us of any cases of COVID over the half term, whether you are in the onsite provision or not. We need to be informed for test and trace purposes. Thank you.

Whatever you do next week I hope you all take some time to look after yourself and grasp onto any moments of hope. Whether it's a crocus coming through the snow as you walk by, or the brighter mornings as you wake or travel to work. Take some time for yourself. Please see the link below for further information.

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

In preparation for Lent we pray:

Heavenly Father

During this Lenten Season

Give us a new and expanded vision for our lives.

Help us to live full of faith.

Teach us to find hope in the face of adversity.

Amen.

Take care everyone. God Bless

Miss M. Kelly
Headteacher