

Armathwaite Community Primary School



**School Prospectus
2018-19**

Email: head@armathwaite.cumbria.sch.uk
www.armathwaite.cumbria.sch.uk

Tel: 01697472296

Welcome to Armathwaite School!

Dear Parents and Carers,

Welcome to Armathwaite School, a friendly, caring, centre for learning where every child is valued and important; a place where school, children, parents and members of the community work in partnership and learn together to make learning fun, exciting and challenging. We know that working together makes Armathwaite a distinctive community school in which pupils are encouraged to develop a love of learning and to become successful, confident, independent learners. The aim of this prospectus is to provide you with information explaining our school vision, aims and organisation.

Armathwaite School offers the best of both worlds - a caring family atmosphere and high standards of education. As a small school we take pride in working with each of our children as individuals. We have a strong team dedicated to giving children the best possible start. Alongside specialising in teaching English, maths and ICT all our teachers have their own subject specialisms which they teach to a very high standard giving children consistent quality learning opportunities across the whole curriculum. We work closely with children, parents and family to identify, encourage and support children in making next steps in their learning.

Our school governing body is responsible for the management of the school and is made up of parents, teachers and co-opted members who are approachable and always keen to listen and respond to parent/carer's views. We hope that through a range of opportunities you will become involved with the life and work of our school and can assure you that at Armathwaite we are always keen to share the educational development of your child, to discuss progress, set targets and provide a range of extra activities to extend the school curriculum.

We all look forward to working with you to provide the best possible education for our children.
If you would like to visit and look round please ring to arrange a time.

Yours sincerely,

Helen Hepworth,
Head teacher

Ben Wohl
Chair of Governors





Armathwaite School Vision

“It takes a whole community to raise a child”

Armathwaite School is the centre for learning for people of all ages within its community. The children are at the heart of the community and their education is our core task. We recognise and value the important role that parents/ carers play in their child's education and we work together to achieve the best for each child. We believe that every person, regardless of age, can learn from the experience and expertise of others. We welcome people from the community into school to share their expertise with the children and we take our children out into the community to learn. We are a community school in more than just name.

We recognise and value each person's unique characteristics and strengths. We celebrate our differences. We believe that every child is entitled to a broad, rich and well balanced curriculum allowing them all to be successful. We support each child in their further development according to their individual needs. We strive to cater for multiple intelligences and achieve high standards in all areas of a rich curriculum.

We want our children to become life long learners, proficient in the skills and competences for independence in learning, with a thirst for knowledge and understanding that will enable them to thrive in an ever changing world. We provide opportunities for them to apply their learning in new and creative contexts that are meaningful and purposeful. We plan and teach in a way that encourages our children to recognise their own and each others contribution to the learning process.

We aim to make our children aware of their role and responsibilities within their own community and to have a sense of belonging; we want them to be understanding and respectful global citizens thus making a positive contribution to our school and to the wider world.

We aim to make our school a healthy school, giving our children the knowledge and understanding to be able to make informed choices for a healthy life style. We work together to ensure our safety and well-being.

We recognise the important role our school plays within our community. It is a valuable resource, a centre for social and educational activities. We strive to be a sustainable eco-school, providing the services and facilities to support the changing needs of our community.



Armathwaite School promotes high achievement and learning for life by:

- valuing and respecting the individuality of each child
- working relentlessly to achieve high standards in all areas of the curriculum
- nurturing self-belief and drive to learn and succeed (motivation)
- developing the capacity for creativity and enterprise
- encouraging independence in learning and involvement in self-initiated projects
- actively promoting positive self esteem, self respect and respect for others and the environment
- developing personal, spiritual, moral, religious and cultural understanding and tolerance



*Outdoor play in the sand shed.
Working together whilst developing
creative thinking skills.*

We believe that each person will succeed through experiencing quality in:

- innovative and informed teaching using a wide variety of high quality resources
- a rich and stimulating environment that makes learning enjoyable and interesting
- a broad and balanced curriculum
- the opportunity for personal, spiritual, moral, religious and cultural development
- a safe and happy environment where learning can flourish
- an enriching programme of life long learning opportunities
- educational partnerships and mutual respect between school, home and community
- an ethos of support, challenge and encouragement to succeed



We demonstrate our commitment to working as a learning community by:

- using our rich and exciting community as an important resource for learning
- tapping into and contributing to the wealth of expertise available in our community
- being a Global Learning Expert School providing well planned opportunities across the curriculum for all learners to become aware of their role as global citizens in a global community
- striving for continuous improvement in all we do
- working collaboratively towards common goals



Year 5 children learning to ride a bike safely and proficiently with visiting experts.



Annual swimming lessons at Lazonby swimming pool.



Our whole school visit to Derwentwater.



Learning in local woods and Forest school are favourite lessons!

How our School is Organised

We have three classes ~ Year Reception and Year 1

Year 2, 3, 4

Year 5, 6

Within school we have:

- ▶ 6 classroom/teaching and learning areas and a fantastic, well equipped PE hall and kitchen
- ▶ A library area
- ▶ Many excellent display areas
- ▶ High quality ICT facilities throughout the school
- ▶ Children use the whole school environment for their learning and have many opportunities to work together.

Outdoors we have:

- ▶ A large, secure area full of exciting resources for outdoor learning and play, including a fantastic sand shed, sand! knee deep in
- ▶ A huge field with play equipment including a traverse climbing wall, a rebound ball wall, log clamber, a football pitch, running track and a shed full of skipping ropes, hoops, stilts, bouncy space hoppers, balls and play equipment
- ▶ A lovely garden area in which we grow and harvest our own food!

Our School Day

School opens at 8am, with breakfast club available from 8 to 8.30am at a cost of £2 per day.

Anyone can use this service whenever they need to.

Doors open at 8.30am. This is a time when children come into school, register and begin their day with planned activities. This includes children coming on the school bus, walking up to school and those who are brought by parent/carers.

Parent/carers are welcome to come into school between 8.30 and 9am when the day officially starts. It is a great opportunity to be involved in your child's learning and to help them with their maths, spellings, handwriting and planning.

At 8.55am the school bell rings and all children go to the hall for wake up shake up an active, fun start to assembly!

We then have assembly before starting lessons. A copy of each class timetable is available on the website.

Lunch is from 12 until 1pm. The school day ends at 3.30pm.

A wide range of after school clubs are available including games\chess club, running club, football club, netball, transition club, gardening club and healthy eating and lifestyles club. Clubs run from 3.30pm to 4.30pm.

We also provide additional wrap around care in school from 4.30pm to 5pm.

Our Staff Team

▶ Our teachers are:

- ▶ Mrs Helen Hepworth ~ head teacher, Year Reception and Year 1 teacher, Design Technology and PE specialist, Child-initiated independent learning lead, English leader
- ▶ Mrs Barbara Anderson ~ Year 2, 3, 4 teacher, Art and Design and History specialist teacher, PE, independent learning and our maths leader.
- ▶ Mrs Helen Gill ~ Year 5 and 6, computing, RE, P4C, geography and forest school specialist
- ▶ Mrs Rosemary Glover ~ Year 2, 3, 4, science and music specialist

French, P4C,

Child-initiated

▶ Our teaching assistant team are:

- ▶ Mrs Lesley Wylie- Specialist senior Teaching Assistant & Learning Skills Coordinator, reading and maths intervention, nurture group lead, Design and Technology specialist.
- ▶ Miss Kelly Holmes ~ Early Years Teaching Assistant, Smart Moves, learning support and intervention
- ▶ Mrs Anne-Marie Pincombe ~ maths intervention and website administration

▶ Our school administrator is Mrs Libby Dowes

▶ Our cook is Mrs Anne Norman

▶ Our lunch time supervisor is Mrs Kath Bell

▶ Our cleaner is Fiona

Our Curriculum

We plan and teach a broad, challenging and exciting curriculum.

Core subjects of English and Maths are taught every day.

Science is another core subject which children learn each week.

As well as being taught weekly, computing is embedded across the whole school curriculum. This includes e-safety ~ learning about safe use of the Internet.

Children have PE lessons every week.

Children also have lessons in:

History

Art

Geography

Design and Technology

Philosophy and RE

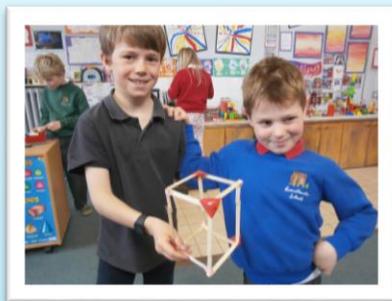
Music

French

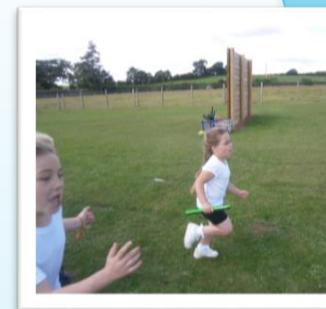
Find out more about our subject areas by looking at them in the curriculum area of our website.



Making 3D shapes



Using Numicon to learn how to add numbers in Year Reception



Sports Day fun!



Year 2, 3, 4 cave paintings



Year 1 children designing and making their own vegetable soup as part of a healthy eating food technology focus



English

Speaking and listening and learning to read and write are given high priority at our school. Children learn these skills in English lessons and then apply them in all other subjects each week. Teachers plan together to ensure children use these skills in purposeful, relevant and meaningful activities throughout the curriculum. We provide many opportunities for pupils to develop communication skills through talk, Philosophy for Children, drama and ICT. Phonics, spelling and grammar skills are taught to all children.

We personalise learning to meet the needs of each child. We assess individual children's reading and writing skills and, together with the child and their parents, we plan their next stage of development. We teach writing through contexts that are meaningful and purposeful for the child so that they want to write and enjoy developing their skills. Spelling and handwriting are taught daily in ways that engage the children in their learning. We want all our children to enjoy learning.



Maths

We aim to help each child develop an enquiring mind and a mathematical approach to problem solving, as well as a confidence and competence with numbers and measures. We work with our children to help them to master numeracy skills and develop mathematical language and reasoning skills, providing opportunities for the development of confidence, interest and enjoyment in exploring numbers and the number system, calculation, shape, space and measurement

We strive to make learning relevant to children's interest so they can see how maths is used all the time in everyday life!



Science

We believe that science is not just a core subject but very much a part of everyday life. It is our intention to show the children that science is exciting; and that finding out about things is enjoyable; and that they are scientists, involved in investigating the world about them. Children learn about scientific enquiry and investigation, working scientifically to explore the world around them.

They learn about living things (biology), materials and their properties and all the interesting and exciting changes that can be made (chemistry)! They learn about earth and space and forces and movement including light and sound (physics).



P4C and RE

We follow the Cumbria Locally Agreed Syllabus for Religious Education, which includes an enquiry based approach to teaching RE. Children learn about all the major religions and explore their own beliefs and opinions by focusing on religious and secular concepts such as: worship, prayer, identity, morality, commitment, friendship, thankfulness and pilgrimage. Our main areas of learning are Christianity and Islam and in addition, we also explore Buddhism in KS2. Children experience a range of visits and visitors to enrich the classroom activities. Philosophy for Children (P4C) is a significant teaching approach used, allowing children to reflect deeply and think critically. We are really proud to have been accredited with the Gold P4C School Award.

PE

Children are given the opportunity to acquire, develop and use skills in dance, gymnastics, games, outdoor and adventurous activities and athletics. They then apply these skills; composing their own dances and creating their own games and sports day challenges, evaluating and improving as they go along. They develop their knowledge and understanding of fitness and health. This includes healthy eating, sleep and well-being. We enrich our PE curriculum with visits from professional athletes. Children have opportunities to represent our school in a range of sporting events. A range of sports and fitness clubs are provided, including football, netball, smart moves and healthy living clubs.



Geography

Our geography curriculum is designed to promote a curiosity and fascination about the world and its people. We investigate both human and physical aspects of geography and investigate the interaction between them. Children use a range of sources as well as practical fieldwork. Children are empowered to develop their own questions and to follow their own lines of enquiry as they develop their understanding and geographical knowledge.

Forest School

Mrs Gill also leads regular forest school sessions in local woods providing fantastic opportunities for outdoor learning.

Music

Our music curriculum is designed to be engaging, creative and fun. Children get to experience singing and playing as part of a group and to develop their improvisation and composition skills. Each unit of learning is based around a different genre of music which gives access to a wide range of music. Through this children develop an understanding of the different dimensions that come together to make music.

Computing

Computing is made up of computer science, digital literacy and information technology. Within these areas we investigate how to use technology safely, how computers and computer systems work, and how they are designed and programmed. Our curriculum encourages children to be resourceful, creative and inventive by creating their own projects and developing their skills, knowledge and understanding of the technology that is increasingly a part of our world. E-safety is an important part of this curriculum area.

French

All children in school learn French through conversation, songs, rhymes and role play. They learn about France and French aim is to foster curiosity and deepen their learning about the world.



Design and Technology

Children have the opportunity to use a wide range of resources to design and make a variety of products. They are encouraged to plan and design their work and continually evaluate its effectiveness. Having acquired a range of skills through a variety of focused practical tasks children then apply the skills they have learned in a range of design and making projects. They follow their designs, evaluating and improving their work as they progress. The finished products are always fantastic!. Each focus is set in a context that is meaningful, purposeful and enjoyable for the child. The areas of focus are structures, mechanisms, food and textiles.



Art

We are proud of the high standard achieved in Art and Design at Armathwaite School. We have achieved the Artsmark Gold Award—the highest standard given by the Arts Council. Children are actively encouraged respond creatively and express their ideas visually, exploring a range of practical skills and techniques and using a wide range of materials and media. We learn to use the vocabulary of art and apply this when investigating the works of great artists, craftspeople and designers and when thinking critically and discussing our own art work.



History

Children are introduced to history through their own and their family history. They develop their awareness of the past by listening to stories and accounts of historical events both within and beyond living memory. We provide opportunities to sample what life was like in other times. We study primary and secondary sources of information, using items such as artefacts, music, photographs; we visit buildings and museums such as Tullie House and invite visitors to school to bring a meaningful and realistic insight to the child's experience and to develop their understanding of both continuity and changes over time.

Child-initiated Independent Learning

Another very important part of our curriculum is child-initiated independent learning. It is a part of the week which the children absolutely love and that gives them a great sense of achievement. All children in school have child-initiated independent learning. Younger children in Year Reception and 1 have some time every day, whilst older children have one afternoon each week. Below is a short introduction but to really get a flavour of how fantastic child-initiated independent learning is click the link on our website to see photos and project reviews!

What is Child-initiated Independent Learning?

- ▶ Independent learning is about children having opportunities and time to plan, develop and extend their play, interests and learning. Within child initiated time children are able to extend and apply their learning. They are encouraged to explore, take risks, make decisions, solve problems (stepping out of their comfort zone) and share their achievements with others. Children have purposeful opportunities to transfer and apply the knowledge and skills they gain from other areas of learning in a context, which is meaningful to them. They consolidate and internalise, thus forming deeper understanding.
- ▶ Asking children to plan and review what they do involves them purposefully in their own learning. This is a very motivating experience which allows children to become absorbed and engrossed, developing skills of concentration and perseverance. It provides many opportunities to develop resilience, resourcefulness, reciprocity, reflection and to experience the intrinsic reward of a job well-done.
- ▶ Children think about, plan and review their time, making decisions and experiencing personal success, which helps to develop their confidence, self-esteem and independence. It values creativity and individuality, and provides time for child initiated collaborative work. Independent planning time gives children ownership of their learning, providing many opportunities to celebrate everyone's interests and achievements, promoting a culture of success in school.
- ▶ Child initiated learning not only provides opportunities to apply learning from other curriculum areas, but also helps children to develop skills, concentration, perseverance and the ability to work collaboratively, which can be transferred and applied to all the learning that takes place in school, at home and in all aspects of life.

Education Opportunities

We organise lots of educational visits for our children including residential adventures for our older students. We also invite visitors into school to enrich and extend learning opportunities.

After School Clubs

We are able to offer a range of clubs including:-

Healthy living

Wild About

Smart Moves

Violin

Games

Football

Netball

Transition Club

Community adult sessions such as adult yoga and mindfulness pilates are also available in our community school hall each week during the evening.

Recycling Centre

We have the village recycling centre located in a small area within our car park. This teaches our children about the value of recycling. The money we make from the recycling centre contributes to extra resources and experiences for our children.

Links with other schools

We network with local schools each year providing opportunities for our children and staff to meet up and learn alongside others.

How do we care for our Children?

- ▶ We work hard to provide a safe environment in which everyone feels secure.
- ▶ If a child is absent and school has not been informed a safety check by telephone will be made.
- ▶ Each child is well known to every member of staff, we all take responsibility for their day to day care.
- ▶ If a child has an accident or is ill at school we will ring parents, or an emergency contact number. If no-one can be contacted and we feel the situation requires medical help, we keep a record of the children's own doctors in school and we will contact them.
- ▶ We want all our children to be happy, to develop a good self image and to have a positive regard for other people and their environment. We focus on developing acceptable behaviours, making positive choices and recognising the benefits of intrinsic reward. Should a child's behaviour be a cause for concern parents will be informed and we work together to resolve the situation. Bullying is not acceptable.
- ▶ We have a very positive attitude towards inclusion—we celebrate our individual differences and we learn to understand and to be tolerant of others. We pride ourselves on meeting the specific needs of individuals. We work closely with our colleagues in the specialist teaching services who provide us with specific advice and resources to meet more complex needs. We are keen to discuss special needs with parents and we value their expertise. We are fully committed to equality for all.

Our co-ordinator for Special Educational Needs is Mrs Anderson. Our special needs (SEND) provision is available for you to look at on our website.
- ▶ Armathwaite School fully recognises its responsibility for safeguarding children. This includes teaching children how to keep themselves safe. This includes e-safety learning.

How To Get Involved

- ❖ We welcome the involvement of parents/carers in our school. We believe that a close partnership with parents/carers is vital for the successful education of our children. We share plans and targets with parents/carers and we encourage their support in achieving the best for every child. We provide suggestions for work at home on a regular basis and we provide information about work covered at school.
- ❖ We have meetings with each child's parents to discuss their individual child's progress and needs. We agree individual targets for improvement. A formal personalised report is written for every child each school year. We encourage parents to share any concerns they may have at an early stage so matters can be quickly resolved.
- ❖ All children have a learning log book in which teachers write and parents and carers are encouraged to write in too.
- ❖ Parents and Carers wishing to help in school are made very welcome. There are many practical ways in which parents can be involved and we greatly value the support this give us. We have a helping in school document to support parents\volunteers.
- ❖ Parents are encouraged to share expertise.
- ❖ The school has a fantastic Parents, Friends and Teachers Association which provides opportunities to meet and get to know other parent/carers and develop social links within the community. It also raises funds for additional resources for the children in school.



Please contact school if you would like to visit and look around. Tel 01697472296

School Term Dates for 2018-19

SCHOOL TERMS AND HOLIDAY DATES 2018-19						
	Autumn Term 2018	Number of Days	Spring Term 2019	Number of Days	Summer Term 2019	Number of Days
First day of term	Tuesday 4 September	74	Tuesday 8 January	54	Monday 15 April Good Friday ~ 19 April Easter Sunday ~ 21 April Easter Monday ~ 22 April (May Day Holiday Monday 6 May)	62
Half term holiday	Monday 22 October to Friday 26 October		Monday 18 February to Friday 22 February		Monday 27 May to Friday 31 May	
Last day of term	Friday 21 December		Friday 29 March		Friday 19 July	

School Term Dates for 2019 - 20



SCHOOL TERMS AND HOLIDAY DATES 2019\20						
	Autumn Term 2019	Number of Days	Spring Term 2020	Number of Days	Summer Term 2020	Number of Days
First day of term	Wednesday September 4th	73	Tuesday January 7th	54	Tuesday April 14 th	63
Half term holiday	October 21st to 25th		February 17 th to 21st		(May Day Holiday) Monday May 4th	
Last day of term	Friday December 20th		Friday March 27th		25 th May To 29 th May Friday July 17 th	

We collect and hold personal information relating to our pupils and may also receive information about them from their previous school, local authority and/or the Department for Education (DfE).

The categories of pupil information that we collect, hold and share include:

- Personal information (such as name, unique pupil number and address)
- Characteristics (such as ethnicity, language, nationality, country of birth and free school meal eligibility)
- Attendance information (such as sessions attended, number of absences and absence reasons)
- Assessment information (such as EYFSP, KS1, KS2, etc)
- Relevant and up to date medical information
- Information regarding special educational needs / disabilities (SEND)
- Behavioural and exclusion information

We use the pupil data:

- to support pupil learning
- to monitor and report on pupil progress
- to provide appropriate pastoral care
- to assess the quality of our services
- to comply with the law regarding data sharing
- To support pupils in decisions as to what to do after they leave our school

The lawful basis on which we use this information

We collect and use pupil information under the submission of the school census returns, including a set of named section 537A of the Education Act 1996, and section 83 of the Children Act 1989. We also comply with Article 6(1)(c) and Article 9(2)(b) of the General Data Protection Regulation (GDPR).

If you're interested, this is what the Articles relate to:

Article 6 - Lawfulness of Processing

Article 9 - Processing of special categories of personal data

Collecting pupil information

Whilst the majority of pupil information you provide to us is mandatory, some of it is provided to us on a voluntary basis. In order to comply with the General Data Protection Regulation, we will inform you whether you are required to provide certain pupil information to us or if you have a choice in this.

Storing pupil information- this needs changing as per your own school

All pupil records are kept securely at all times. Paper records are kept in lockable storage. Equally, electronic records have appropriate security.

We hold pupil data for the period of time that the child is on our school roll.

In accordance with the GDPR, the school does not store personal data indefinitely; data is only stored for as long as is necessary to complete the task for which it was originally collected.

Other data, such as accident records, will be held in accordance with retention periods set out by the DfE

Who do we share pupil information with?

We routinely share pupil information with:

- schools that the pupil's attend after leaving us
- our local authority (Cumbria County Council)
- the Department for Education (DfE)
- NHS and Healthcare Professionals

Why we share pupil information

We do not share information about our pupils with anyone without consent unless the law and our policies allow us to do so.

We share pupils' data with the Department for Education (DfE) on a statutory basis. This data sharing underpins school funding and educational attainment policy and monitoring.

We are required to share information about our pupils with our local authority (LA) and the Department for Education (DfE) under section 3 of The Education (Information About Individual Pupils) (England) Regulations 2013.

Data collection requirements:

To find out more about the data collection requirements placed on us by the Department for Education (for example; via the school census) go to <https://www.gov.uk/education/data-collection-and-censuses-for-schools>

The National Pupil Database (NPD)

The NPD is owned and managed by the Department for Education and contains information about pupils in schools in England. It provides invaluable evidence on educational performance to inform independent research, as well as studies commissioned by the Department. It is held in electronic format for statistical purposes. This information is securely collected from a range of sources including schools, local authorities and awarding bodies.

We are required by law, to provide information about our pupils to the DfE as part of statutory data collections such as the school census and early years' census. Some of this information is then stored in the NPD. The law that allows this is the Education (Information About Individual Pupils) (England) Regulations 2013.

To find out more about the pupil information we share with the department, for the purpose of data collections, go to <https://www.gov.uk/education/data-collection-and-censuses-for-schools>

To find out more about the NPD, go to <https://www.gov.uk/government/publications/national-pupil-database-user-guide-and-supporting-information>

The department may share information about our pupils from the NPD with third parties who promote the education or well-being of children in England by:

- conducting research or analysis
- producing statistics
- providing information, advice or guidance

The Department has robust processes in place to ensure the confidentiality of our data is maintained and there are stringent controls in place regarding access and use of the data. Decisions on whether DfE releases data to third parties are subject to a strict approval process and based on a detailed assessment of:

- who is requesting the data
- the purpose for which it is required
- the level and sensitivity of data requested: and the arrangements in place to store and handle the data

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To be granted access to pupil information, organisations must comply with strict terms and conditions covering the confidentiality and handling of the data, security arrangements and retention and use of the data.

For more information about the department's data sharing process, please visit:

<https://www.gov.uk/data-protection-how-we-collect-and-share-research-data>

For information about which organisations the department has provided pupil information, (and for which project), please visit the following website: <https://www.gov.uk/government/publications/national-pupil-database-requests-received>

To contact DfE: <https://www.gov.uk/contact-dfe>

Requesting access to your personal data

Under data protection legislation, parents and pupils have the right to request access to information about them that we hold. To make a request for your personal information, or be given access to your child's educational record, contact Mrs Dowes Data Protection Officer

You also have the right to:

- object to processing of personal data that is likely to cause, or is causing, damage or distress
- prevent processing for the purpose of direct marketing
- object to decisions being taken by automated means
- in certain circumstances, have inaccurate personal data rectified, blocked, erased or destroyed; and
- claim compensation for damages caused by a breach of the Data Protection regulations

If you have a concern about the way we are collecting or using your personal data, you should raise your concern with us in the first instance or directly to the Information Commissioner's Office at <https://ico.org.uk/concerns/>

Contact:

If you would like to discuss anything in this privacy notice, please contact:

- Mrs Dowes/ Mrs Hepworth, Armathwaite School.

If you are unable to access these websites we can send you a copy of this information. Please contact the LA or DfE as follows:

Performance Unit

Children's Services

5 Portland Square

Carlisle

CA1 1PU

website:

www.cumbria.gov.uk/childrensservices

email:

shaun.smith@cumbriacc.gov.uk tel: 01228 226860

Public Communications Unit

Department for Education

Sanctuary Buildings

Great Smith Street

London

SW1P 3BT