



Chisenhale Chatter



Chisenhale Primary School Bow



Learning Together for a Better Future

19/1/21

Hello

Firstly can I say a huge well done and thank you to you all for your flexibility, courage and generosity of mind and spirit in adapting to the home learning regimes. We know it has been another major change in the lives of your families and adjustment is often very hard.

We are so impressed with the children attending the Google Meets in the mornings and the work that is being submitted. Please know, that some days will be better than others, and if you have a tricky day when you feel your child is struggling with learning, just have a rest and start again tomorrow. Find something fun to do, share some laughter, hugs and, if possible, a little fresh air.

We are calling some parents, and some calls will be made from withheld numbers as staff are working from home. Please answer calls if you can. Attached to this newsletter is some general remote learning advice, and I have a few additional safeguarding reminders:

- Please make sure you are logging in to meetings using your child's log in, not yours. Some devices may automatically use your gmail account, but then we don't know who we are letting in to a meeting.
- Make sure an adult is in the room when the meetings are in progress.
- Ensure everyone is dressed, and not in pyjamas, and if possible that the background is blurred.
- If possible, don't be in a bedroom.
- **Do not** record or capture any session.

Sharon, Headteacher

Sad times

Some of the school community will have known a previous head teacher, Nick Hague, who very sadly was taken from us during the Christmas break. Nick left Chisenhale to be the head teacher of Marnor Primary School. He was a dedicated, and passionate school leader who is missed by many.

We are aware that many of our school community have experienced loss due to this dreadful virus. Some children are expressing that they wish to talk and staff are available, as they would be in school. We are happy to make a call to a child and have a chat, or do a 1:1 Google Meet as long as a parent gives permission.

We can also put parents in touch with Khalida, our Schools Counselling Partnership manager. Or Jane, Ruth, Mairead or myself can offer some advice if you need it. Please call the school or email teachers@chisenhale.towerhamlets.sch.uk, or covid@chisenhale.towerhamlets.sch.uk to ask for some help.

Children currently in school

Please wear a mask when dropping off and collecting your child from school, just to be careful, as you will be encountering other parents and staff.

Flu Vaccinations:

Any children who are yet to receive their flu vaccination still have time to get vaccinated. Parents can book appointments for their children in 3 very easy steps

- Parents should send a text message to 07908908415
- Include the child's full name, DOB, Class, School and vaccine preference (spray or injection)
- Wait to hear from Vaccination UK to finalise details of their appointment.

The flu vaccination won't protect against COVID-19 but is critical to protecting the general health of the population, particularly those at high risk from COVID-19, and vulnerable family members at home.

Try the BBC Learning on the TV if you need a change.

Jo Wicks is back three times a week - Monday, Wednesday and Friday - all the family can do it!

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 **NSPCC's NetAware**. And why not download the **BBC 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).

