

5th February 2021

Dear Parents, Carers, and Families

We hope this finds you well and safe. We started the day with a staff reflection on the successes for each class and teams across the school. This included the onsite teams and virtual school team. The engagement in learning, creativity in teaching ideas, virtual cross class assemblies, team planning, personalised resources, and partnership with parents has led to very meaningful progress for our amazing pupils. Thank you for working so closely together during this lockdown period.

COVID-19 Cases We informed you of 4 positive cases of COVID-19 this week (3 staff members and 1 pupil). We completed our risk assessment process with the London Coronavirus Response Cell and Camden & Islington Public Health Team. We want to reassure you that the school's safety measures are confirmed as robust and above expectation. This is through coordinated planning from the school with Camden Transport, Caterlink, NHS/Multi-Agency specialists, and BAM FM Premises teams. We can also confirm that all access the option of lateral flow testing through their organisation's lateral flow test sites. Whilst we put a number of safety measures into place to protect our staff and pupils, the realities outside of the school gates are a complex variable and reality.

Staff COVID-19 Vaccinations We wrote to you last week confirming that we are within the priority group for vaccinations with frontline health and social care staff. This is an optional choice for staff which brings in an additional safety measure for our community earlier than anticipated. We are pleased to confirm that 52% of our staff have made the decision to get vaccinated. Each of those staff should receive their first vaccination by the end of half term. We are pleased this is added to the tools we have to help support our community's safety.

Lockdown & Planning The Prime Minister announced an initial target date from the government of 8th March 2021 for the full return to school. The government's decision on this will not be confirmed before 22nd February 2021 and we have not received any guidance in preparation. The next half term is 6 weeks long. We have decided to make a three-week plan so that we are prepared if there is any change from the government. This is from our experiences at the start of the term when a lockdown was very suddenly announced.

We have created another survey for families and staff. Please complete the family survey by Monday 10am. If we do not receive a response then we will presume you want your child to remain in their current class group. This will allow us to prepare plans and communicate them with you in next week's newsletter – giving everybody clarity before the half term break begins.

<https://www.smartsurvey.co.uk/s/FebruaryFamilySurvey/>

Children's Mental Health Week Place2Be has created a number of resources and links to organisations on their website for Children's Mental Health Week. The resources can also be adapted through the links on their website. The focus this year was 'Express Yourself'. The website is located here:

<https://www.childrensmentalhealthweek.org.uk/> and a poster for parents and carers is located at the bottom of the newsletter.

Camden Special Parents Forum: Makaton Taster Session 9th February Parents and carers are invited to sign up for a fantastic virtual session organised by the CSPF in partnership with The Makaton Charity. The focus is to understand the Makaton Language Programme and will be facilitated by a senior tutor from The Makaton Charity. You can sign up by emailing or calling Maria Schultz (Parent and School Governor at Swiss Cottage School). The flyer with details is located at the bottom of the newsletter.

We wish you a safe and enjoyable weekend.

Yours Sincerely,



Vijita Patel
Principal



Becky Shaw
Vice Principal



Mia Dodsworth
Vice Principal



Lucy Hall
Assistant
Principal



Laura Fawcett
Assistant
Principal
(Lower)



Matthew Maguire
Assistant
Principal
(Upper)



Rima Blakaj,
School Business
Manager



CAMDEN Special Parents Forum

Makaton Taster Session

When Tuesday 9th Feb 12.30-2pm
Where On ZOOM (Register for a link)

Do you want to find out about Makaton?

What is it?
Who is it for?
How does it work?

Aa

This Taster session gives a good general background into what the Makaton Language Programme is and how it can be used to support communication and language development, and introduces the signs and symbols for around 30 useful everyday words.

Participants receive handouts covering the vocabulary they have learned as well as general information regarding further Makaton training and Makaton resources.

The training will be delivered by Mike Harris, a senior tutor at The Makaton Charity.

Today over 100,000 children and adults use Makaton symbols and signs, either as their main method of communication or as a way to support speech.

The Makaton Charity is a leading charity providing training, information, advice and a community and a library of resources for its members. www.makaton.org

To book onto this workshop please call or text Maria on 07826 671 523 or email maria.schultz@kids.org.uk <https://www.facebook.com/CamdenSpecialParentsForum>



EXPRESS YOURSELF
#ChildrensMentalHealthWeek

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK
1 - 7 FEBRUARY 2021

www.childrensmentalhealthweek.org.uk

DEAR PARENTS AND CARERS,
1-7 February 2021 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to focus on the importance of children and young people's mental health. This year's theme is **EXPRESS YOURSELF**.

WHAT'S IT ALL ABOUT?
When children are able to find creative ways to share their feelings, thoughts or ideas it can help them feel good about themselves and who they are. Children can do this through art, music, writing and poetry, dance and drama, photography and film, and doing activities that they enjoy.

It's really important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Given that the past year will have left many of us feeling out of control and helpless, supporting children and young people to express themselves is arguably more important than ever.

WHAT CAN YOU DO?
Here are a few simple ways you can encourage your child to express themselves.

1. Could you build on existing interests or passions? Think about what has helped them get through the past year. A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts.
2. Trying new things can be a great way to find a new creative outlet. There are lots of online tutorials and video demos that you and your child could be inspired by... could you try out something new together? Or perhaps ask someone you know to share their creative hobbies and give them a go.
3. Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.
4. Listening carefully can help children feel more comfortable and confident when expressing themselves. Try to minimise distractions and give your child your full attention when you're spending time together. Being aware of your own body language and eye contact. You might want to try summarising what they've shared and acknowledging their feelings.
5. Children are expressing themselves all the time but not necessarily with words. Listen to everything they are trying to tell you with their behaviour, or with their play and creativity or with their silence. It's all self-expression.
6. Remember - you don't need a lot of expensive equipment to get creative at home. Recyclable materials or older items you no longer have a use for can provide amazing inspiration, and of course there's no limit to your imagination!

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help

www.childrensmentalhealthweek.org.uk

Click for more information



LOCKDOWN RESTRICTIONS: STAY AT HOME



Stay at home unless you're leaving the house for a permitted reason



You must work from home if you can



Only leave home to exercise once a day - alone, with your household, bubble or 1 person from another household



Only socialise indoors with your household or bubble



Only travel for a permitted reason









LOCKDOWN RESTRICTIONS: STAY AT HOME



Wash your hands regularly for at least 20 seconds



Wear a face covering in indoor public spaces and busy outdoor spaces, unless you're exempt



Keep 2 metres apart from people you don't live with



Got symptoms? Self-isolate and get tested





