



Old Palace Newsletter

November 2020

FEELINGS WEEK

We know that the pandemic has been challenging for many families, leading to an increase in the number of children struggling with their mental health. One in eight children under the age of 12 in England is living with a mental health problem. In a class of 30 children, this means four



could be expected to be contending with emotional disorders, such as depression and anxiety, behavioural or hyperactive disorders that are impacting their wellbeing. In light of this, primary schools have placed a great emphasis on helping children to learn about mental health and emotional well-being. One of the ways we do this is by holding an annual Feelings week. This year's **Feelings week** was held during the week beginning **28th September to 2nd October**. During the week the children had the opportunity to discuss a range of feelings and to learn a range of coping strategies to help them deal with strong or uncomfortable feelings. Ground rules were set to help the children discuss feelings in a safe environment and they were reminded of the sources of help, such as talking to their family or to adults in school. The timetable below shows the topic aspects covered during feelings week.

The school follows the 'Firework model' to support anger management. This year, although the children weren't able to dress up in yellow, they carried out the activities in class and discussed the different triggers and ways to cool down.

	KS1 (Yr1 & Yr2)	KS2 (Years 3-6)
Monday	Introduction to Ground Rules & Happy	Introduction to Ground Rules Exploring Feelings Years 3 & 4: lonely, excited, grumpy, disappointed & bored Years 5 & 6: proud, embarrassed, frustrated, vengeful & suspicious
Tuesday	Excited	Intense Feelings & Ways to Cope
Wednesday	Disappointed	Treasure Chest of coping Strategies
Thursday	Worried	Writing Poetry Related to Feelings
Friday	Anger: How to ask for help	Anger LKS2 – Worries UKS2 – Feelings Online

Please help us to reinforce this important work by giving your child/ren regular opportunities to discuss how they are feeling and by asking them to explain to you some of the mindfulness and coping strategies they have learned.

Keeping the School Updated

Please remember that it is YOUR responsibility as a parent to keep the school informed regarding changes to your contact details. You **MUST NOTIFY** us of any changes to your address, mobile and landline telephone numbers, emergency contact and collection details. As we often communicate by text it is important details are correct. This is also a legal requirement for track and trace.

IMPORTANT DATES



END OF AUTUMN HALF TERM

School finishes Friday 18th December 2020

SPRING TERM 1

Return to School Tuesday 5th January 2021

School finishes Friday 12th February 2021

SPRING TERM 2

Return to School Monday 22nd February 2021

School finishes **2PM** Friday 26th March 2021

SUMMER TERM 1

Return to School Tuesday 13th April 2021

School finishes Friday 28th May 2021

For all other important dates please visit our school website www.oldpalaceprimary.co.uk



CHILDREN IN NEED 2020

This year the BBC Children in Need appeal is on **Friday 13th November**. In light of current events we feel it is as important as ever to continue to do what we can to help. So the week of 9th – 13th November children will be taking part in activities in their year group bubbles to raise awareness and donations for Children in Need.

During the week children will:

- ◆ Learn about how Children in Need helps
- ◆ Create a poster, or design a Pudsey to raise awareness.
- ◆ Take part in a fitness challenge (10p donation for BBC children in need appeal)
- ◆ Take part in 'BBC Feel Good Friday' to boost well-being,
- ◆ **Non-uniform** Friday fundraiser (40p donation for BBC children in need appeal) .

As we know this is a challenging time for many, we only ask for donations where possible. We would ask that those who can afford to donate 50p on Friday 13th November. We will have buckets at the gate both at drop off and collection time, where parents can provide a 50p donation for the fitness challenge and non-uniform day. We will not be able to provide change. Please only send donations on this day. The buckets will then be stored safely over the weekend for 72 hours before the money is counted and sent to the BBC Children in Need charity. All activities including the designing contests will be done in school.

PARENTAL ENGAGEMENT

VIRTUAL PARENT WORKSHOPS

Thank you to all the parents who logged on to our year group zoom sessions. During these sessions, the Year Group Leaders demonstrated how to navigate the school website, discussed expectations regarding homework and the best ways to support with this at home, as well as discussing the safety procedures in school and in some cases, changes to drop off times. Parents had the opportunity to ask questions during the presentation, via the chat box, which Year Group Leaders read out and answered at the end of the session. We received positive feedback following the sessions, so thank you!

We also held our first virtual coffee morning on Wednesday 21st October, which focused on Wellbeing and the effects of Lockdown. 22 parents joined us which was a great start. We hope that even more parents will attend the virtual coffee mornings that we have arranged for this half term. Details of these can be found on the year group newsletters; times and log in details will be sent out closer to the events.

SUPPORT CHILDREN'S LEARNING WITH FREE VIRTUAL SESSIONS FOR PARENTS

The Parental Engagement Team are continuing to provide support and respond to parents' changing needs by offering free, virtual sessions. You will have a chance to share your experiences, ask questions and pick up some useful tips from experienced school and family practitioners. To attend please email the Parental Engagement Team stating the session and date you wish to attend. You will be sent an email confirming your attendance and a zoom meeting invite will be sent on the morning of the session.

Email: Parentalengagement@towerhamlets.gov.uk
Telephone: 020 7364 6398

Date	Session
Thursday 12th Nov, 10-11am or Friday 4th Dec, 10-11am	Learning in the Early Years
Tuesday 17 Nov, 10-11am	Mindfulness
Wednesday 18th Nov, 7-8pm or Friday 20th Nov, 10-11am	Online safety and learning - Using school websites to help home learning.
Tuesday 24th Nov, 10-11am	KS2 Reading – Support for parents
Wednesday 2nd Dec, 10-11am or Wednesday 9th Dec, 10-11am	Maths KS2- support for parents Maths KS2-support for par-
Friday 11th Dec, 10-11am	Healthy Families

FLU IMMUNISATION PROGRAMME



This year, we have booked the Flu Immunisation Team to come in on **Friday 13th November**. Towards the end of last half term parents were given consent forms to complete and return. This year for the first time all year groups, reception to year 6 have been offered the vaccine. The children's flu vaccine programme is safe and very effective. It is offered every

year as a nasal spray to children to help protect them against flu during winter months. It is highly recommended that children receive the vaccine, so if you have not provided consent and now wish to do so, please contact the office asap.

Unfortunately, due to the Year 6 bubble being closed, vaccination for Y6 has been postponed. We are now waiting for the vaccination team to confirm a new date when Y6 can be vaccinated before we break up for the Christmas holidays.



SUPPORTING FAMILIES

Services Available

Tower Hamlets Family Information Service is here to assist and support. They provide free, impartial information and advice on a variety of services for children, parents and families. The service operates a telephone helpline service from Monday to Friday, 9am to 5pm. Tel: 020 7364 645 or email fis@towerhamlets.gov.uk.



Tower Hamlets Local Offer
The Tower Hamlets Local Offer, provides a guide to information and services for families with SEND children in Tower Hamlets. Please visit

<https://www.localoffertowerhamlets.co.uk>

Residents' Support Scheme

The Residents' Support Scheme is designed to help residents who are either in or at risk of being in crisis or are in need of immediate help and have no source of financial support available to them. For more information please click [HERE](#) or you can call **020 7520 7217**.

Early Help Hub

The Early Help Hub works with families or young people who would like some extra support to deal with a difficult situations. The role of the Hub is to provide a single point of access, offering advice and recommending support for a range of issues which include: Family breakdown, Housing problems, Emotional health and Well-being, Money troubles, Children's and young people's behaviour, Parenting, Drug or alcohol addiction.



Getting help early can stop things from getting worse and becoming harder to manage. Just give them a call on: 020 7364 5006

We are also fortunate enough to have our own School Social Worker, Ruzina Begum, who works within the Early Help team and can also offer support and advice on a range of issues. She is with us every Thursday. Just contact the school and ask for Miss Millward or Miss Kurup and they can arrange contact.

Ready for Secondary School

YEAR 6 TRANSITION

Sadly, this year, we were unable to hold any transition meetings in school due to Covid19 restrictions. As result, we took a proactive approach by regularly informing our year 6 parents of upcoming events and key dates throughout the borough. For those parent who struggled to complete an application for secondary school, we were able to offer telephone appointments in order to help support with the process.

If you still have any question/queries regarding your child's application, please speak to Shelly or Florida who are present at the school gates in the mornings or email us with your query. Alternatively, you can download a copy of the Tower Hamlets Brochure [HERE](#) which is very helpful.

COVID-19 (coronavirus) absence: A quick guide for parents / carers

What to do if...	Action needed	Back to school...
 <p>...my child has COVID-19 (coronavirus) symptoms*</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Child should get a test • Whole household self-isolates while waiting for test result • Inform school immediately about test results 	<p>...when child's test comes back negative</p>
 <p>...my child tests positive for COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Child self-isolates for at least 10 days from when symptoms* started (or from day of test if no symptoms) • Inform school immediately about test results • Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - <i>even if someone tests negative during those 14 days</i> 	<p>...when child feels better, and has been without a fever for at least 48 hours</p> <p>They can return to school after 10 days even if they have a cough or loss of smell / taste. These symptoms can last for several weeks once the infection is gone.</p>
 <p>...somebody in my household has COVID-19 (coronavirus) symptoms*</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Household member with symptoms should get a test • Whole household self-isolates while waiting for test result • Inform school immediately about test results 	<p>...when household member test is negative, and child does not have COVID-19 symptoms*</p>
 <p>...somebody in my household has tested positive for COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - <i>even if someone tests negative during those 14 days</i> 	<p>...when child has completed 14 days of self-isolation, even if they test negative during the 14 days</p>

• Symptoms include at least one of a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste. See more at: www.nhs.uk/conditions/coronavirus-covid-19/symptoms

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What to do if...	Action needed	Back to school...
 <p>...NHS Test and Trace has identified my child as a 'close contact' of somebody with symptoms* or confirmed COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Child self-isolates for 14 days (as advised by NHS Test and Trace) – even if they test negative during those 14 days • Rest of household does not need to self-isolate, unless they are a 'close contact' too 	<p>...when the child has completed 14 days of self-isolation, even if they test negative during those 14 days</p>
 <p>...we / my child has travelled and has to self-isolate as part of a period of quarantine</p>	<ul style="list-style-type: none"> • Do not take unauthorised leave in term time • Consider quarantine requirements and FCO advice when booking travel • Provide information to school as per attendance policy <p>Returning from a destination where quarantine is needed:</p> <ul style="list-style-type: none"> • Child shouldn't attend school • Whole household self-isolates for 14 days – even if they test negative during those 14 days 	<p>...when the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days</p>
 <p>...we have received advice from a medical / official source that my child must resume shielding</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Contact school as advised by attendance officer / pastoral team • Child should shield until you are informed that restrictions are lifted and shielding is paused again 	<p>...when school / other agencies inform you that restrictions have been lifted and your child can return to school again</p>
 <p>....I am not sure who should get a test for COVID -19 (coronavirus)</p>	<ul style="list-style-type: none"> • Only people with symptoms* need to get a test • People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tests positive 	<p>...when conditions above, as matching your situation, are met</p>

For further information:
www.gov.uk/backtoschool