



Dear Families,

We have had some very generous donations to our 2 funds.

We would also welcome donations of books and toys – for all ages- which we can supply to children to give them some variety. If you stashed away any surplus Christmas gifts can you sneak them out of the house like Monica did and send them in our direction!

Home learning update:

It appears we will be learning remotely for some time to come but the end is beginning to come into sight (we hope) We know the novelty will start to wear off so will keep trying to refresh the offer as time passes.

We would love to see examples of your creativity on the dojo and teachers will share examples of these activities each week through the daily feed, which we hope will develop ideas and motivate the children.

We won't be having a weekly celebration of learning as a separate item in Year 1 and 2 as we see their uploaded learning but Reception aim to continue.

We are all juggling work and other responsibilities and teachers are, to an extent, responding to dojo outside of their normal working hours but I have asked them to make time for themselves so we all stay rested and mentally healthy.

I have found a short video that helps to explain how everyday activities can be learning activities: please see this link: <https://youtu.be/wZ-4JPQRvHc>

I am adding useful guides and documents to the "Supporting learning at home" section of the school website so please have a look.

Please don't forget that at school children have plenty of time for child led learning- play- so build in "downtime" to their schedule. One aspect of learning that may fall behind is children's physical development. We have decided to build in suggested physical activities that you could do at home and would love your contributions to this strand of learning- if you have found a fun way to keep moving at home- either large scale or small scale please send it in and we will share- might be obstacle courses/ finger knitting/ yoga/ juggling- anything would be fun to see.

Rachel is starting some short sessions- 3 per week which will be on the school story as competition to Joe!

Keeping up to date

Now more than ever it is important to be able to keep in touch. Please don't forget to tell us if you change address, phone number, workplace or email.

If you move away from Forest Gate you keep your place at Woodgrange for as long as you want it.

We are all finding lockdown hard- missing family and friends. In order to get the number of infections down we are being asked to sit this out a bit longer.

However hard it is, we are not permitted to mix indoors with friends and family we don't live with.

If numbers remain high we will not get schools open so PLEASE be patient- no play dates, no visiting etc.

I include details of support available from CAMHS- supporting mental health for children, young people and their families

1. **Bereavement support for families and schools**

Online or telephone guidance and support related to Covid: <https://www.childbereavementuk.org/east-london>

2. **Online Pop-Up CAMHS (40 min slots fortnightly, Saturday 12-3pm)**

For on the spot support, help and consultation about any mental health queries for young people and families who live in Newham or have a Newham GP, booked via

eventbrite: <https://www.eventbrite.co.uk/e/online-pop-up-camhs-newham-registration-102088330946?aff=>

3. **Online 1hr CAMHS workshops (Wednesdays at 3.30pm for all Newham families)**

Booked via eventbrite: <https://www.eventbrite.co.uk/o/newham-camhs-workshops-23209370238>

Dates & Topics:

- 3rd Feb - ***Coping with online schooling during Covid***: ideas and strategies about how to improve the experience of online schooling from home
- 10th Feb - ***Managing anger***: focused on exploring what anger is and how to deal with anger
- Feb 17th & 3rd March - ***"Sibling space" (Part 1 and 2) for children aged 8-11 who have a sibling with additional needs (Autism, Learning Disability or Developmental delays)***
 - Part 1: Behaviour, possible reasons why they behave how they do, discussing how to explain to others about your sibling and sharing experiences and emotions associated with having a sibling with additional needs
 - Part 2: Focuses on what you can do to help your sibling or yourself when they are feeling overwhelmed or upset by using a traffic lights system. You will also hear about support options for you as a sibling of a young person with additional needs.
- 24th Feb - ***Parenting***: focused on managing the anxieties and stresses that parents/carers commonly experience

- 17th & 31st March - ***Managing behaviour that challenges part 1 and 2***: learn about managing behaviours that challenge
- 24th March - ***Bullying***: focused on understanding bullying and what to do about it.
- 7th April - ***Coping with exam stress***: focused on practical strategies for coping with exam stress
- 21st April - ***Sleep***: focused on understanding sleep and finding ways to sleep better
- 5th May - ***Mindfulness and self-care***: focuses on self-care and an introduction to mindfulness.
- 19th May - ***Managing mood***: explores mood and how to cope with low mood.

Thank you again for your support

Sarah & Staff