

James Cambell Primary School



Monthly Primary Newsletter

We believe to achieve for a brighter tomorrow.

30th April 2020



Issue number: 3

Our school values: **R**espect. **H**onesty. **R**esponsibility. **E**quality. **R**esilience.

MESSAGE FROM THE HEADTEACHER

I would like to thank you for doing such an amazing job with your children's learning at home. On the website, we now have some great examples of children's work.

The staff at James Cambell are really missing seeing all of you and have put together a special message for the children that you can see on our website homepage (<http://www.jamescambell.com/>). You can also see lots of work completed at home by the children on the home page (scroll down and click the PowerPoint).

Please remember that we are here to help. If you have any questions or your child needs any support with the work, then please send a message to their year group email:

Nursery nursery@jamescambellprimary.org.uk

Reception reception@jamescambellprimary.org.uk

Year 1 year1@jamescambellprimary.org.uk

Year 2 year2@jamescambellprimary.org.uk

Year 3 year3@jamescambellprimary.org.uk

Year 4 year4@jamescambellprimary.org.uk

Year 5 year5@jamescambellprimary.org.uk

Year 6 year6@jamescambellprimary.org.uk

Cambell Primary Centre (CPC) cpc@jamescambellprimary.org.uk

As well as the wonderful examples of children's work, this newsletter has information on:

- top tips for home learning
- how to stay healthy at home
- James Cambell aiming for a gold Healthy Schools award
- support for parents who are self-employed or running small business from the Federation of Small Businesses
- food packages for children eligible for Pupil Premium
- the Department for Education coronavirus helpline and their handwashing advice

On behalf of all the staff at James Cambell, I would like to wish you and your family all the best and hope that you are keeping safe and well.

Joe Wilson

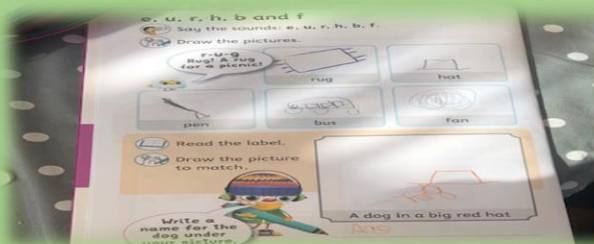
Headteacher

TOP TIPS FOR HOME LEARNING

TOP TIPS FOR HOME LEARNING

In the last newsletter, we provided lots of tips for parents on home learning. These are some of the key ideas (you can find them in full in the last newsletter):

- Create and stick to a timetable if you can.
- Involve your children in setting the timetable
- Make a working space for your children if possible
- Stick the timetable up on the wall
- Distinguish between weekdays and weekends
- Change the routine if it isn't working.
- Take care of your own health and wellbeing.



How to stay healthy at home.

Below are some useful suggestions for staying emotionally, physically and mentally healthy during this time.

1. Eat well – visit Change4life website for quick and easy recipe ideas.
2. Keep physically active – try to take an hour's exercise every day.
3. Create a daily routine - including time for learning, meals, exercise, relaxation and bedtime
4. Look after your mental well-being – have a look at Pacifica app to reduce stress and anxiety, cosmic kids' yoga, guided meditation using the headspace app.
5. Try new things - It's easy to get bored when you're stuck at home, so why not try learning a new skill. From practising juggling to teaching yourself origami, the possibilities are endless!

Physical activity information

Did you know that most young children are not as active as they should be?

In fact, less than 50% of children and young people in England meet the current recommendation of an average 60 minutes a day. Being active provides you with a range of benefits such as reduced body fat, well-being and an increased self-confidence and self-worth.

Encourage your child to meet the 'one hour a day' recommendation. There are lots of useful videos to use, including Joe Wicks workout, Youth Sports Trust, Disney Dance Along, BBC super movers, Disney shake up games, Premier education. Adults can try 500 free workout videos from Fitness Blender and Les Mills.

Check out our school website for more links and information (<http://www.jamescambell.com>).



Healthy Schools Award

In May 2019, the school was successful in its application for a Healthy Schools Silver Award. This year we've been working really hard to achieve our Healthy Schools Gold Award.

If the school had been open, we would have been asking your children to complete a survey around health and well-being in school. As we are not in school we would really appreciate it if you took five minutes to go through the questions in the survey with your child.

Health is really important to us as a school and we value your children's voice. You will find this survey on our school website and on your child's work schedule next week (the week starting 4th May).



Remember to wash your hands regularly!

Federation of Small Businesses

We have been asked to publicise the following information from the Federation of Small Businesses (FSB) to support any parents or family members who are self-employed or own a small business. The FSB provide a range of ways to access help in the current circumstances:

- FSB Coronavirus Covid-19 Hub (updated daily) <https://www.fsb.org.uk/campaign/covid19.html>
- Follow FSB on social media:
Twitter: @FSB_Policy and @FSBGtrLondon
Facebook: Federation of Small Businesses
Instagram: fsb_uk
LinkedIn: Federation of Small Businesses
- FSB Covid-19 Support (Facebook Private Group) all self-employed and small businesses can request to join this Facebook private group (you don't need to be a member of FSB to join)
- FSB London Virtual Business Networking Events <https://www.fsb.org.uk/event-calendar.html>
- Link to FSB membership details <https://www.fsb.org.uk/join-us/membership.html>

Providing food to children eligible for Pupil Premium

We are providing free food packages to all children who are eligible for the Pupil Premium. Your child is eligible for Pupil Premium if you receive any of the following benefits:

Universal credit (provided you have a net income of £7400 or less)

Income support

Income-based jobseekers' allowance

Income-related employment and support allowance

Support under Part IV of the Immigration and Asylum Act 1999

The guaranteed element of state pension credit

- Child tax credit, provided that you are not also entitled to working tax credit and have an annual gross income of £16,190 or less – see the attached link – <https://eforms.lbbd.gov.uk/article/2046>, fill in the form to see if your family is eligible for Pupil Premium.

For further details or help with applying for Pupil Premium, please telephone the school office or email office@jamescambellprimary.org.uk

Department for Education coronavirus helpline

The Department for Education coronavirus helpline is available to answer questions about COVID-19 relating to education and children's social care. Staff, parents and young people can contact this helpline as follows:

Phone: 0800 046 8687

Opening hours:

8am to 6pm – Monday to Friday

10am to 4pm – Saturday and Sunday

Handwashing advice

It is essential that everyone washes their hands more often, using soap and water for at least 20 seconds. Hand washing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin less hospitable to the virus. Hand sanitiser can be effective if soap is not available or the situation makes using soap less feasible (i.e. when outside) but using hand sanitiser provides none of the virus-destroying friction that rubbing your hands together and rinsing with water provides.