



Dear Parents and Carers

I hope this week's newsletter finds you and your family well. As we approach half term, I wanted to say again how grateful we are for your support over this last term and for your continued efforts with remote learning. I think many of our children (and home teachers) are ready for a break. Today is also our first Screen-free day, with the children being able to take more time to focus on their physical and mental well-being. You will have seen that Cooking Pioneers are helping us out with some healthy eating, please enjoy the video and recipe and feel free to send me any pictures of your creations! Here at Capel, we are very mindful of the toll that lockdown is having on the mental health of our community and we are putting plans in place for when our pupils return. The extra support will help children to recognise and talk about how they are feeling and to learn strategies to help them cope. In addition, we will be signposting wider family members to support that is also available to them. There is a wide range of websites and apps that can be used for emotional and mental health.

I want to express my sincere thanks to all the staff at Capel for their hard work over the term. They have gone to extraordinary lengths to meet the new challenges that remote learning brings, whilst also caring for some keyworker children in school. We know that in an ideal world all our children would be back with us, but until that can happen, they are making sure that everything is done to support those at home. I feel so privileged to have such a team at Capel. We would also like to thank our community for all the kind words and good wishes that we have received, along with some delicious treats that we are trying—but failing- to resist!

I hope you all have a lovely half-term and I look forward to catching up with you again soon.

Stay safe and stay well.

Suzanne Farr

Kung hei fat choy from Class R!

This week class R have been joining in with the Chinese New Year celebrations! We learnt that Chinese New Year is on Friday the 12th February this year, and that this is going to mark the year of the ox! The children did some super investigating all about the celebrations that take place and the story behind the new year...some of us even built up our hand muscles with some chop stick finger skills! Great work class R!



<https://www.kmcharityteam.co.uk/schools/ktoty/>

The Kent Teacher of the Year Awards were started to mark the vital contribution that teaching staff make to our community. The awards recognise the expertise and dedication that is the hallmark of an outstanding teacher.

Nominations are open now. Award categories include primary, secondary, newly qualified teacher, non teaching member of staff including midday supervisors and caretakers and a volunteer award, which includes members of the PTA and governors.

A panel of judges select winners from the local authority areas, Ashford, Canterbury, Dartford, Dover, Gravesham, Maidstone, Medway, Sevenoaks, Shepway, Swale, Thanet, Tonbridge and Malling and Tunbridge Wells.

