



## School Newsletter – Friday 12<sup>th</sup> February 2021

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Dear Parents/Carers,

We come to the end of another challenging term. I never cease to be impressed with the resilience of the children and the dedication to learning that we have seen. WELL DONE to those children who have engaged with their learning and WELL DONE to those parents and carers who have been so supportive of the children's progress. It is important that we do our utmost to prevent regression of learning, so it really is wonderful to see all of the learning that has been sent to the teachers, the engagement on Microsoft Teams and the brilliant feedback from parents/carers.

I know it has been exhausting for you all. One could not have predicted that almost a year on, we would be in this situation. I must extend an enormous sense of gratitude to all of the staff at Chattenden who have continued to work relentlessly to ensure that children are being educated and for keeping the school open to Critical Worker children and Vulnerable pupils. We really are blessed with a great team here at Chattenden and I remain ever so grateful for this.

I hope that you all manage to rest over the Half Term holiday. We await the Prime Minister's announcement on the 22<sup>nd</sup> February when hopefully we will receive some indication as to what the proposals are for a return to school, possibly in March. As a community we must still continue to take collective responsibility and obey the rules and guidance around households not mixing, social distancing and the stay at home rules. Only if everyone plays their part, will we be able to resume some sense of normality.

Take care and stay safe.

**Mr R. Boyjoonauth**  
**Principal**



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**Follow our Instagram Page!**

**You can see who has received a Student or Class Shout Out.**

**See examples of the children's brilliant learning and tips and advice for parents and carers!**



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### **PE and Health:**

Well done to those that have managed to continue to do a little physical exercise during this term. You can't underestimate the powers of exercise! As the days get longer, the return of colour and beauty lifts the spirits- try and enjoy the outside during half term.

From Mrs Stickings



### **An inspirational view:**

*"Health is a state of complete harmony of the body, mind and spirit. To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness and maintain an interest in life."* -William Londen

*"Physical fitness is the first requisite of happiness."* -Joseph Pilates

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## **E-Safety**

This week saw us mark Safer Internet Day 2021. Centred around the theme of trust, children completed activities and discussed the importance of trusting online content before clicking or viewing. Not everything we see online is real or true; there are many reasons why content is often seen to exaggerate or be misleading. It is vital that we think critically, research and check for facts before we believe what we see or read. Head over to the Chattenden website, under the ICT tab, to find out more. Watch the Safer Internet Day assembly to learn some tips about trusting sources online. There's also a link to the Safer Internet website with lots of resources and videos for additional information.

<https://www.chattenden.medway.sch.uk/ict/safer-internet-day-2021>



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## **Well being**

In these current times, things are changing constantly and it's completely normal to feel overwhelmed, confused and anxious. There are simple things you can do to make yourself feel better, and lots of information you can access, whether is about dealing with covid-19, how to protect you and your child's mental health and wellbeing, or how to stay healthy during lockdown.

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

<https://youngminds.org.uk/resources/school-resources/>



<u>You Tube:</u>	<u>Useful Apps:</u>
<ul style="list-style-type: none"><li>📌 Mindfulness Meditation for kids</li><li>📌 Cosmic Kids Yoga</li><li>📌 Guided Meditation for Children</li></ul>	<ul style="list-style-type: none"><li>📌 Chill Panda is suitable for children who want to learn more about managing stress and anxiety</li><li>📌 DAYLIO is a child friendly mood journal</li><li>📌 Cove is suitable for children and allows you to create music for your different moods</li></ul>

The NHS have laid out their 5 steps to Mental Health and Wellbeing:

1. Connect with other people. Good relationships are important for your mental wellbeing. ...
2. Be physically active. Being active is not only great for your physical health and fitness. ...
3. Learn new skills. ...
4. Give to others. ...
5. Pay attention to the present moment (mindfulness)

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## **FSM vouchers**

If your child is in entitled to free school meals, please look out for some emails that will be sent to you in the next few days. One will be from the school detailing the entitlement for half term and the others will be from Edenred, the company assigned by Medway Council to provide the vouchers during half term.

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## **Covid Updates**

If your child tests positive for Covid, can you please inform us, even if your child is not attending school. This allows us to pass this information to the Department of Education and Public Health England as part of their data collection exercise which helps to map out infection rates etc.

A reminder that if anyone in your household shows a symptom, the whole household must self-isolate until a test result is obtained. If your child is attending school under the critical worker/vulnerable pupil category, they must not be in school if anyone in the household is showing symptoms.

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## **Dates for the Diary**

Friday 12 <sup>th</sup> February 2021	Last day of Term 3
Monday 22 <sup>nd</sup> February 2021	First day of Term 4
Thursday 4 <sup>th</sup> March 2021	World Book Day