Cranmer Primary School

'Creating a community of caring, collaborative, critical and creative thinkers.'

Issue 14 – 08th January 2021

FUTURE EVENTS

15-19 February = Half Term

The Mayor of Merton's visit to Cranmer

Just before the Christmas holiday, the Mayor of Merton, Sally Kenny, visited Cranmer to announce the results of her Christmas card competition.

She had a very difficult decision choosing the winner due to the high standard of all the entries; the Mayor wishes to thank all of the children who took part.

The Mayor carefully chose the three finalists, all of whom she met with and presented their framed entry and a prize to.

All three designs featured on the Mayor's Christmas card and over 700 copies are sent out to all Merton schools, Councillors and other London Boroughs.

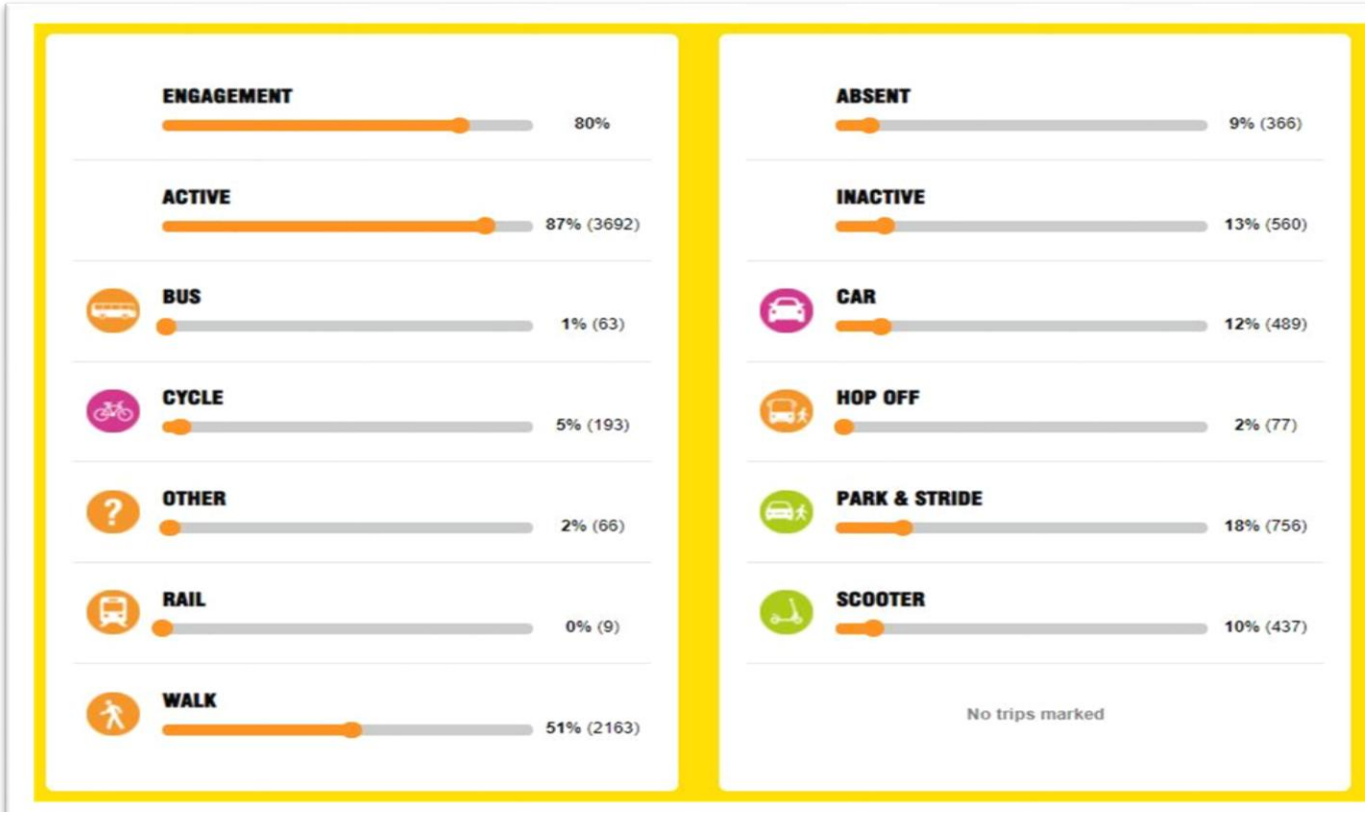
Congratulations and well done to:
First place: Aliya in Opal Class
Runners up: Maya in Ruby Class and Erica in Coral Class

Parent Governor Vacancy

There have been two nominations for Parent Governor on the Governing Body. We will be holding Parental Elections in due course.

WOW

What a fantastic start to our WOW journey!
Almost 400 children received their December WOW badges in the last week of last term (with over 3000 active journeys completed). Well Done!



STAR OF THE WEEK

Every week, one child is chosen from each class who has achieved especially marked results in work, behaviour or kindness.

DATE: 07th December - 11th December 2020

CRYSTAL Emily: For always trying her hardest.	**EMERALD** Niyyat: For trying her best with phonics.	**SAPPHIRE** Ariana: For making a big effort in maths this week, looking at calander and time.
DIAMOND Ariella: For always working hard and being patient.	**ONYX** Philippos: For his excellent instructions.	**PEARL** Rauha: For making a big effort with her reading.
AMETHYST Yasir: For working well with his partner to complete the task.	**CORAL** Dinuki – For writing a lovely report about the Ice Witch.	**MOONSTONE** Lena: For making good progress in Maths each week. Keep it up!
OPAL Ashlyn: For great art.	**TURQUOISE** Tanissa: For trying her best to improve in lesson contributions.	**QUARTZ** Aganya: For always proofreading and making green pen corrections.
AQUAMARINE TJ: For always working his hardest in class.	**JADE** Zakai: For doing his best.	**JET** N/A
RUBY Zoe: For a fantastic solo performance during the Christmas recording.	**AMBER** Mollie: For showing respect and always working hard.	**STARLITE** Maya: For being a kind and considerate person.
GARNET Kevin and Retaj: For their fantastic solo performances during the Christmas recording	**TOPAZ** All of Topaz: For their fantastic performance during the Christmas performance.	**ANGELITE** Ethan: For writing a suspense narrative that his teacher didn't want to put down.

Outstanding Attendance

Congratulations to:

Little Gems Full Day for achieving the top attendance score of 100% for the week beginning 07th December.

AND

Starlite for achieving the top attendance score of 100% for the week beginning 14th December.

WELL DONE!

National Online Safety

#WakeUpWednesday

10 TOP TIPS

REMOTE LEARNING FOR PARENTS

Remote learning can be a great way to continue learning outside the classroom, particularly in difficult circumstances. For parents and carers, the idea of remote learning isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote learning experience.

1) Take an active interest in your child's learning

As a parent or carer, remote learning will be a new concept for your child and there are bound to be a few teething problems to start with. Take an active interest in their learning and help support them whenever they need a helping hand.

2) Monitor your child's communication and online activity

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.

3) Establish a daily schedule and routine

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.

4) Encourage screen breaks away from devices

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teacher's will invariably advise on screen breaks however it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.

5) Ensure your learning device is in a public space in the home

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.

6) Implement safety controls and privacy restrictions on apps and software

Dependant on how your school implements remote learning, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.

7) Ensure your child only uses official school communication channels

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.

8) Familiarise yourself with relevant school policies

Schools should have a policy on remote learning and direction that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.

9) Maintain Feedback with teachers

Engage in communication with teachers where possible and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.

10) Monitor your child's wellbeing and mental health

Remote learning will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as you can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends everyday might take its toll.

Central London Community Healthcare NHS
NHS Trust
Your healthcare closer to home

Merton School Nursing Team Duty Line

If your child attends a Merton Local Authority School and you would like to speak to the school nursing team during the Covid-19 outbreak, please **Phone 0208 1023350 or Email CLCHT.schoolnursingmerton@nhs.net** for confidential telephone health advice and support **7 Days a week 9am to 5pm**

School nurses can offer health promotion advice on

Nutrition / Growth and Development / Physical Activity / Bedwetting / Sleep / Behaviour / Allergies / Relationships and more!

Continue to follow Government advice on Covid-19

(https://www.gov.uk/coronavirus)

Please refer to the online 111 tool (https://111.nhs.uk/covid-19) or contact the 111 helpline if your child or anyone in your household shows symptoms.

TRUST – RESPECT – RESILIENCE

NHS
South West London and St George's Mental Health NHS Trust

Dealing with the Coronavirus Outbreak:

Top Tips for talking about Covid-19 with children and young people

Whilst we all work hard to follow precautionary measures to prevent the spread of coronavirus, there are some simple steps we can take to protect the emotional wellbeing of our children and young people. Many parents may also be wondering how to talk to children about COVID-19 in a child-friendly way. Here are some top tips:

Don't avoid talking about it or pretend it's not happening: Children are aware of the virus and are likely to have some concerns about this. Avoiding the topic can cause unnecessary anxiety for your children. Instead, give them clear and honest facts at a level they can understand.

Be your child's trusted news source: Your aim is to ensure your children feel informed and get fact based information that is developmentally appropriate for their age. Filter the content they receive to ensure the information they are getting is informed and factual.

- Educate yourself on the facts about Coronavirus & COVID-19 from the official government site (https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public) as it's easy for adults to be pulled into reading biased or unhelpful information.
- CBBC Newsround is a good source of news content for over 10's, but watch it together so you can discuss what is heard.
- Try not to have the news on the television or radio too much and try to encourage your child not to search for further information on the internet, as misinformation is likely to raise anxiety.
- Pay attention to happy news stories. Make it a daily routine to look up happy news stories on Google.
- Whenever there is something scary in the news, look for the helpers. So, rather than focusing on the virus, focus on the nurses and doctors who are working really hard to help people get better. Look at the scientists who are working really hard to come up with a cure. Look at the cleaners who are working really hard to keep everywhere clean and germ-free. Emphasise that everyone is working together to try to sort this problem out.
- Projecting an air of confidence and modeling positive reactions in times of uncertainty can help children and young people feel more confident.

Provide developmentally appropriate information: Try not to volunteer too much information as this could be overwhelming for your child, or offer false promises. Instead a more contained approach is to try and answer your child's questions, giving them the information that they want to know. Do your best to answer clearly and honestly. It's okay to not know everything, being available to your child is what matters.

Listen to their worries and validate their feelings: Don't dismiss your child's worries even if they seem unrealistic. Remind them that it's OK to feel worried. Be curious about what it is that they are specifically worried about and try to guide them to facts and things that they can do to stay safe, for example:

- If they're worried about their grandparent's health, emphasise the precautions being taken to keep them safe like social distancing and hand washing.
- If they're worried about missing friends, problem solve ideas such as arranging Skype calls or playing a game online with them.
- If they're worried about Covid-19 generally, problem solve ways to help other people such as, making a small donation to the local food bank, phoning an elderly neighbour or relative, drawing a rainbow to put in the window to letting other people know you are thinking of them. Helping other people can release feel good chemicals in our brain and make us feel more in control.
- If your child is worried about being at home, make a list of the positives such as more family time, more time with pets at home etc.

Implement Worry Time: If the worry is constant and doesn't reduce, set aside 10-15 minutes a day where they can talk to you about all their worries. They can write their worries down in a notebook, on post-it notes or on a phone throughout the day and then during Worry Time, encourage them to look through and think about the worries they have written down. They might be able to use problem solving to find solutions to some of them or they may just want to talk about them. Once Worry Time is up, stop thinking about the worries by using relaxation or distraction techniques such as controlled breathing, some simple stretches, reading a favourite story or having a bath. If they haven't managed to go through all of the worries, you can carry them over to Worry Time the next day.

Empower them by teaching them the things you can do to stay safe: Children and young people feel empowered when they know what to do to keep themselves safe and how to stay healthy. Remind children they are taking care of themselves by washing their hands with soap and water for 20 seconds (or the length of two 'happy birthday' songs), before they eat, when they come in from outside, after blowing their nose, coughing, sneezing or using the bathroom. The government guidelines contain more information on this.

Stick to a routine to maintain normality: With the majority of children not in school, it's important to stay rooted in routines and predictability. Take care of the basics just like you would during school holidays. Structured days with regular mealtime and bedtimes are an essential part of keeping kids happy and healthy. Keep activities varied in between, to balance out the day and keep things interesting.

- When possible involve your child in planning a new schedule and routine. An unstructured day or routine is likely to be more stressful than having a new timetable which they can follow.
- If your child needs to be at home, leaving the day unstructured is likely to be far more stressful than creating a new timetable to follow.
- Factor in time for activities that your child enjoys and try to find alternatives to activities that they are missing out on in their usual routine. For example, if they enjoy going to chess club, they could instead play chess online.
- Try to help your child stay in touch with the people they are used to seeing. This can be friends, family, teachers. Discuss being safe online with your child and supervise them and know who they are talking to.
- Remember to prioritise down-time for your child. This is essential for all children but even more so for those who have sensory needs. Having this time is just as important for parents – you might also want to use this as a time for you to relax, or if you have another time in the day to relax, this can be a time for you to complete your own tasks.

Try to maintain a sense of childhood for them: Children are easily absorbed into things they enjoy. There is no reason for them to stop doing these things, which will offer a healthy distraction from their worries. Some families are enjoying creating Coronavirus wish lists of activities they can be doing now during social isolation (*e.g. make a video for a relative, learn how to play chess, organise my room, have a phone call with my best friend once a week, bake a cake*), as well as a wish list for when things return to normal (*e.g. sleepover with best friend, family picnic, visit the national history museum, go to flip out).* This will remind your child that things will return to normal.

Love and attention: Children need adult's love and attention during difficult times. It's likely that you will be feeling pressure to manage different demands at the moment, and because of this it can be easy to forget that sometimes all your child needs is to feel loved, and to know that you are available to them.

Above all, keep talking to them: Tell your child that you will continue to keep them updated as you learn more but for now, they should get on with day-to-day living, with your support. Let them know that the lines of communication are going to be open. It may be helpful to say something along the lines of 'Even though we don't have the answers to everything right now, know that once we know more, we will let you know too'.

Look after yourself: Many adults are also feeling stressed out right now, and that's normal and understandable. In the rush to make sure your child feels safe and calm, we often forget to ask ourselves 'how am I feeling?'.

- It's important to notice and manage our own anxiety. If you feel yourself getting anxious, stop, sit down and take a moment to try and calm yourself. Relax yourself in ways that

work for you. For some people taking deep breaths and gentle stretching can help as you are may be holding your body in a tense position.

- Try to find some time for yourself (for example, before your child/children wake-up or after bed-time) even if it is only for a brief amount of time. During this time do something that makes you feel good – this might be a relaxing activity, connecting with family/friends virtually, spending time with you partner, or doing something that you find fulfilling and enjoyable.
- If you are stressed, reach out to others as it is likely that other parents who you know will also be feeling this way.
- If you can't talk to your children because it is too stressful or upsetting, then delegate someone else close that can.
- Be realistic and kind to yourself: Working, parenting, and teaching are three different jobs so doing more than one of these tasks is bound to feel tough. Try to avoid setting unrealistic expectations on yourself – instead, do the best that you can.

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INSPIRING PASSIONS · REALISING AMBITIONS

Working on behalf of merton

Free Family Learning for Merton residents

Short courses on Zoom.

Themed courses with activities for families *Be creative and have fun*

"Our online groups are small, friendly and fun."

Wednesday 10am to 12 continuing in January 2021 dates TBC

Music and Story Telling

For parents /carers with their pre-school children.

Join us on Wednesday mornings, meet other families and help your little ones to socialise on line. Build your own and your child's self-confidence, have fun singing and develop your story telling skills.

Thursday 10 am to 12 noon 14th January to 4th February 2021

Parenting Skills, developing your strategies and understanding

Over 4 sessions we will;

- Identify the roles, responsibilities and the long term goal of a parent/carer.
- Recognise how the parenting role changes as their children grow and develop.
- Identify family values to underpin a Loving Discipline approach
- Practice tools and strategies to encourage independence and responsibility

For all of these courses you will need a smartphone or computer with Internet access.

For more information or to book a place please text or email, Hayley on 07810 836811

Hayley.holliday@citylit.ac.uk or Helen.sprogis@citylit.ac.uk

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Working on behalf of merton

Free Family Learning for Merton residents

Short courses on Zoom.

Themed courses with activities for families. —*Be creative and have fun*

"Our online groups are small, friendly and fun."

Tuesday 10am to 12:00 19th January to 9th February 2021

Introduction to Digital Skills , feel confident on line

This course is perfect if you want to build up your confidence in using digital technology. We will look at what IT resources you have access to and how to use them.

Topics covered on this course include, how to; use the "Zoom" platform, download Apps, use google docs; create , name , save and send files.

For all of these courses you will need a smartphone or computer with Internet access.
For more information or to book a place please text or email,
Hayley on 07810 836811
Hayley.holliday@citylit.ac.uk or Helen.sprogis@citylit.ac.uk

@CityLitFL

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M.A.P.S.

Merton Autism Parent Service

For PARENTS of children with Autism Spectrum Disorders

A parent-led service offering practical advice and support about

- Communication
- Positive behaviour
- Friendships
- Anxiety
- Sensory issues
- Sleep

& more

Wednesdays 10am to 1pm, term-time

Chaucer Centre, Canterbury Road, Morden, SM4 6PX

To make a booking

office.admin@mertonmencap.org.uk

020 3963 0597

www.mertonmencap.org.uk

NHS Merton Clinical Commissioning Group

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