



Headteacher's Newsletter

May 2020 ISSUE 1

Dear Parents and Carers,

I hope you are all keeping safe and well during this time. I really appreciate how long it has been that you have had to try and look after your families, do your own work and support children with their learning. Hopefully you have found some positives to come out of this such as being able to spend more time together as a family and having time to do the things that you normally don't get the time to do.



We have enjoyed reading your emails and I have been hearing from staff who are calling children about how much everyone is missing school.

We too are missing all our families and look forward to seeing you all. Take care and stay safe!



Re-opening the school

Yesterday you will have received a letter from me in response to Sunday's announcement about the Government's plans to open schools for more pupils. Further details emerged yesterday evening. I am sure you will appreciate the many factors which have to be considered as we make plans. The Governors and I prioritise the safety of pupils and staff and want families to be confident that we have thought carefully before opening.

Once I am in a position to send out more information I will write to you. I know you will have many questions so do email any questions or comments to the school email address and we will take these into consideration in our planning.

At the moment there is no change to the guidance and we continue to be open for children of parents whose work is critical to the COVID-19 response and those where the school has agreed they may attend due to special circumstances

Admissions

We have now contacted the new Nursery and Reception applicants for September. If you have applied for your child to start Nursery or Reception with us in September but have not heard from us, please email office@mail.whitehallinf.org. For Reception and Nursery applications, please return all forms sent to you by **Monday 18th May**.

Contacting families

We have recently been contacting families. Some of these calls are being made at school but some staff are using their personal phones so the call may come from a 'withheld number'.

We have not been able to get in contact with some families and we would really like to be able to speak to as many people as possible. Please ensure we have at least 3 up to date contact numbers for your child. If you have changed your contact number, please let us know as soon as possible by emailing office@mail.whitehallinf.org.

Contacting the school

Please email office@mail.whitehallinf.org if you wish to contact us:

- With any queries
- To share your child's learning, photos, etc
- To communicate with your child's teacher
- If you would like someone to call you

Please do not call or contact any other email addresses as they may not be received.

Keeping routines

During this time it is important that your child keeps to a routine and gets enough sleep. This has been proven to assist them with anxiety and mental wellbeing. For guidance about how much sleep your child should have, visit:

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/>

Home Learning

We are constantly updating our website with information to help with Home learning. Please remember to regularly check <https://www.whitehall-inf.hillingdon.sch.uk/>. Details can be found under the children's page.

If you are having trouble accessing parts of our website, we have put together some step by step instructions on the next page.

Home learning projects for each year group continue to be available on the Year Group pages of our website. Please check the pages as they are updated regularly.

Please remember to access Mathseeds and Reading Eggs daily. Teachers are providing daily assignments that children will need to complete and teachers can then check and assign additional tasks. Your child needs the same login for both websites. If you have lost your login details, please email the school.

<https://mathseeds.co.uk/>



<https://readingeggs.co.uk/>



Online Safety

Please remember to supervise your child when they are online and manage how long they spend on a computer. Children should not be using a computer for more than 30 minutes at a time - we can see that some children appear to be online a lot. Balance computer work with PE, creative work, play, etc.

Physical exercise

It is important that your child still gets physical exercise and, where possible, fresh air. Make sure your child has some free time to explore outdoors or do some gardening! This will also help with their mental wellbeing.

RSPB 'Family Wild' challenge

The RSPB's 'Family Wild' challenge is a great way for children to enjoy nature and use their imagination! Visit <https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/> for more information.

Hillingdon Libraries

Whilst the libraries are closed, Hillingdon libraries have been adding lots of activities on their twitter account https://twitter.com/Hill_libraries?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor and it's spin off site #HillingdonKidsClub. You can now join Hillingdon Libraries as a temporary member online! Simply visit <https://www.hillingdon.gov.uk/article/4059/How-to-join> ... to sign up today!

It has been lovely to see the excellent home learning being completed by our children.

Some of the home learning photos are available to view on our website - <https://www.whitehall-inf.hillingdon.sch.uk/childrens-page-1/home-learning-gallery>.

Please continue to send your photos to office@mail.whitehallinf.org for us to see!



Instructions for accessing Home Learning on our website

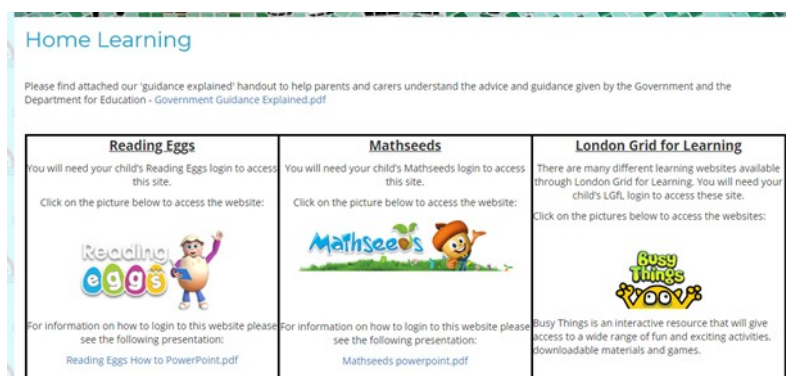
<https://www.whitehall-inf.hillingdon.sch.uk/>

To access the Children's page

1. Click on the 'Children's Page' heading.



2. On the children's page you will find links to the home learning websites as well as ideas for activities to help with home learning.



To access the Year Group pages

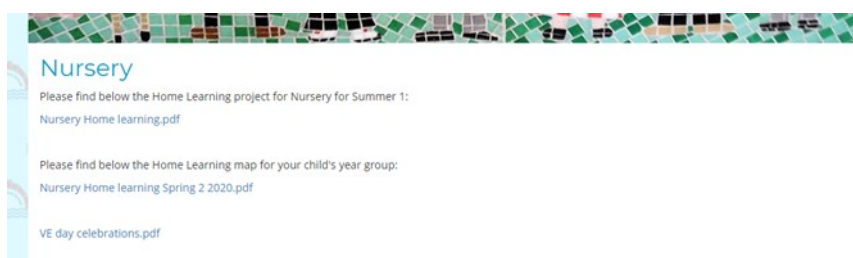
1. Hover your mouse over the 'Children's Page' heading (do not click on it). This will bring up a dropdown menu.



2. Move your mouse to highlight your child's year group. Click on their year group.



3. This will take you to your child's year group page where you can find their home learning projects and home learning relevant to their year group.



Parent club

Right now, being a parent has never been tougher or felt more overwhelming. Please don't be hard on yourself when things don't go as you think they should. Give yourself credit for the little things that do go right. Parent club are here for all parents who need tips, ideas and advice to help make this time a little bit easier:

<https://www.parentclub.scot/topics/coronavirus>

Domestic Abuse

Unfortunately, during this time, those at risk of domestic abuse may be struggling being at home.

If you or someone you know are a victim of domestic abuse, please visit <https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse> for help and advice. Please also see the information regarding the Police 'Silent Solution' campaign to get help if you cannot talk.

Make Yourself Heard

In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, press **55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

Led by

IOPC

Independent Office for
Police Conduct

Supported by

women's aid
and women & children are safe

NPCC
The National Police Chiefs' Council



Book bundles

Ryefield Primary, The Children's Book Project and AT The Bus have joined forces to put together a unique lockdown bundle of books and creative resources to be gifted to young people in Hillingdon. Their aim is that every child should have the chance to own their own books and to feel part of a wider reading community. We are very lucky to have been given some of these book packs for our Pupil Premium children to enjoy at home.



Design a National Book Token

Your child can win a **£10 National Book Token** for each of their classmates - and surprise them all when schools reopen!



Encourage your child to create a fabulous National Book Token design. Whether it's their **school crest doodled in ink**, a **pencil drawing of the entire class**, or **something completely different**, they will choose one child's design to put on a National Book Tokens gift card every week for seven weeks.

All entries should be produced on A4 paper using the template which can be found at <https://www.worldbookday.com/2020/02/design-a-national-book-token-competition-2020/>

The closing date for entries is Sunday 28th June 2020.

For full details of this competition and how to enter, visit <https://www.worldbookday.com/2020/02/design-a-national-book-token-competition-2020/>.

Assembly by Alistair Henry

We recently had an assembly in school hosted by Alistair Henry, He is a scientist working on finding a cure for Covid-19. It was a very informative assembly and we are so thankful for the hard work he is doing.



If you're worried about your mental health during the coronavirus outbreak, please visit <https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/> for some very useful advice.

VE Day Celebrations

It was lovely to see so many staff and children celebrating Victory in Europe day last week. We hope you enjoyed a day of fun to mark the 75th anniversary.

