



Headteacher's Newsletter

January 2021 ISSUE 2

Whitehall Infant School is a five star school with a FRESH approach. We provide five star learning for all, with family at the heart of everything we do. We teach our children to have respect at all times. We want our children to achieve excellence, whilst being safe and happy.



Dear Parents and Carers,

I hope you and your family are well and safe.

I would like to thank you all for engaging in the remote learning with your child. We understand that it may be difficult for parents to juggle working from home and remote learning but appreciate that you are doing your best to ensure your child still completes their learning.

I would also like to thank the critical workers who have been able to keep their children at home during this lockdown. Having fewer children in school allows us to maintain smaller year group bubbles.

Thank you for your feedback and patience.

Manjit Bringan



Communications sent out recently

15/01/21	Bikeability competition
18/01/21	Hillingdon borough Covid-19 Vaccination video
21/01/21	Parent FAQs
22/01/21	Reception health questionnaire

Postponing February training day

We have decided, in partnership with the Junior school, to postpone the staff training day on Friday 12th February. The training day will be rescheduled for when we are fully open. We will let you know when this training day will take place as soon as possible.

School Admissions

If you have applied for your child to start Reception with us in September 2021, we will contact with you once we have received the relevant information from the Local Authority after Easter.

Applying for Nursery

Children born between 1st September 2017 and 31st August 2018 are eligible to start our school Nursery in September 2021.

If you or someone you know would like to apply for a Nursery place for your child, please visit: <https://www.whitehall-inf.hillingdon.sch.uk/key-information/admissions/nursery-1>.

We have also created a Virtual Open Day on our website containing useful information regarding our school along with a video tour.

Can you support us by translating letters?

We are hoping to translate some of our letters into different languages to support parents. If you are able to help us with this by translating letters into another language, please email office@mail.whitehallinf.org.

Appeal for donations

Do you have any spare devices (laptops, tablets etc) or resources that you could donate for another family to use?

Do you work for a company that could donate towards the cost of additional devices or resources?

Please get in touch with us by emailing office@mail.whitehallinf.org.



Feedback focus group

It is so important that we make sure we are involving parents in aspects of school life. We are setting up a focus group of parents, staff and Governors who will provide feedback on school communications. / pastoral systems.

If you would like to be part of this focus group, please email us on office@mail.whitehallinf.org by **Friday 29th January**.

School values

This half term, we will be focusing on our school values. It is important that, even though we are not all together, we are still upholding the values of our school.

At the moment, we are focusing on the values of  **Family** and  **Respect**

We would love to see examples of how you and your children are upholding these values (such as respecting the environment, helping to maintain a sense of community, showing kindness to their family). Please email your ideas and photos to office@mail.whitehallinf.org for us to showcase on our website and in our newsletters.

Christmas Reading Competition

At Whitehall Infant School, we love reading! Well done to everyone who took part in the Christmas Reading Competition. It was fantastic to see how many of you read during the Christmas break. **The deadline for entries has now passed.**

Every child who took part will receive a certificate and a prize will be given to the child in each year group who reads the most books once all children return to school.



Absence Reminder

If your child is not currently attending school and is working at home, we still require you to inform us if they are unwell. This is to prevent staff contacting you to find out why your child is not currently completing the remote learning.

If your child is due to attend school, please ensure you inform us if they are unwell.



To report your child being unwell, please call 01895 590112 and select Option 1 to leave a voicemail.

Curriculum Overviews

The Curriculum overview for this half term for each year group is now available on our website: <https://www.whitehall-inf.hillingdon.sch.uk/curriculum>



We have received a donation from a company that one of our parent works for - thank you for this, it has been very gratefully received. We plan to use this money to purchase resources to help children with remote learning.

If you work for a company that would like to donate money to assist their local community, please get in touch with us.

Free Exercise Classes



Our parks are offering free online exercise classes! Visit <https://www.ourparks.org.uk/> for more information.

Help us document the pandemic

COVID-19 has had a huge impact on daily life. We have seen communities come together and families forced apart. Hillingdon is no different.

The council wants to capture evidence of this unique time from local residents and workers - to help future generations understand the impact coronavirus has had on our local area.

Visit www.hillingdon.gov.uk/document-the-pandemic to find out more.

HILLINGDON
LONDON

www.hillingdon.gov.uk

We will be sharing information about our Whitehall Infant School Family in our newsletters.

Staff Profile - Mr Heath, Premises Manager

F: What does family mean to you?

To me, family means taking care of people you love and making sure their needs are met.

R: How do you show respect?

I show respect by being polite and having good manners as was instilled in me from a young age. Manners cost nothing but mean everything.

E: What are you trying to become better at?

I would love to get better at playing golf!

S: How do you keep safe?

During the current pandemic, I am trying to keep myself safe by wearing a mask, keeping my distance from people and regularly washing my hands.

H: What makes you happy?

Knowing that my children are ok makes me happy. Also doing things I like such as playing golf, watching football, being in nature make me happy.



Are you looking for a fun yet safe activity for your child during this third national lockdown?

2nd Uxbridge Beavers is continuing to run fun and challenging online meetings throughout the pandemic and spaces are currently available for boys and girls aged between 5 ¾ and 7 years.

Currently, meetings are online @ 6-7pm each Thursday but when safe, face to face meetings will resume on Thursdays at our Scout HQ, 2 Gattling Way, Uxbridge, UB8 1ES with COVID safe measures in place to ensure the wellbeing of all children and volunteers.

Beavers offer a huge variety of fun and challenging experiences ranging from team games, adventurous activities, craft, camping as well as teaching life skills such as first aid, cooking and much, much more!

Our Beaver Scout Leader, Fox and his family hold a live campfire from their back garden @7pm each Wednesday - join us on <https://www.facebook.com/2nduxbridge/> to join in with some traditional and some not quite traditional campfire songs!

All Leaders are DBS checked and undergo rigorous training to ensure children have fun whilst remaining safe.

If you are interested in your child joining our Beaver colony, please get in touch with Nicola Gilbody 07977 423934 nicola@2nduxbridge.org

For more information, see our website <https://www.2nduxbridge.org/> Facebook page <https://www.facebook.com/2nduxbridge/>

Remote Learning

You are all doing a marvellous job assisting your child with their remote learning! Please try not to get overwhelmed and put too much pressure on yourself.

It is just as important that your child maintains the social aspect of their learning. This is why we have decided to hold **Virtual class get togethers every Monday and Friday**. Further details regarding these will be sent home soon.

Remember to regularly check the year group pages on our website using the links below. We will continue to add relevant year group information, links and home learning photos to these pages:

Nursery: <https://www.whitehall-inf.hillingdon.sch.uk/childrens-page-1/nursery>

Reception: <https://www.whitehall-inf.hillingdon.sch.uk/childrens-page-1/reception>

Year 1: <https://www.whitehall-inf.hillingdon.sch.uk/childrens-page-1/year-1>

Year 2: <https://www.whitehall-inf.hillingdon.sch.uk/childrens-page-1/year-2>

Hillingdon libraries click and collect service

Libraries in Hillingdon are currently operating a click and collect service. They are also offering a 'lucky dip' book collection - just call your local library, let them know how many books (up to 15 per child), age of child and their interests. The library will then gather a collection of fiction and non-fiction books for you to collect.

This is a great way for your child to continue reading. You could collect the books while out doing your food shopping or daily exercise. Visit <https://www.hillingdon.gov.uk/article/6434/Library-opening-hours> for more information

Routine

It is important to keep a routine at home such as below:

- * Bed time same as if they were attending school (most Infant school children should be in bed by 7:30pm)
- * Wake up at same time as if they were attending school (by 8 / 8:30am)
- * Breakfast
- * Get dressed (not in school uniform)
- * Ready to learn at the start of the school day (9am)
- * Morning break for 30 minutes - be active and have a healthy snack
- * Lunchtime
- * Finish working by the end of the school day
- * Remember to maintain good hygiene such as brushing teeth, washing hands, etc.

If you need help with routines, please contact your child's class teacher via Google Classroom.

Frequently Asked Questions

Thank you for your feedback and questions. We have compiled a list of frequently asked questions and their answers. This has been emailed to you and can also be accessed by clicking this link: [Frequently Asked Questions](#). We will update the Frequently Asked Question section on our website. Thank you for your patience.

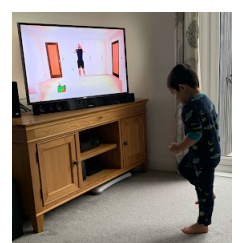
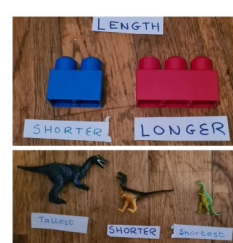
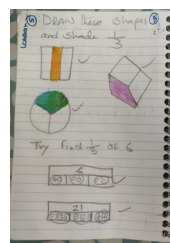
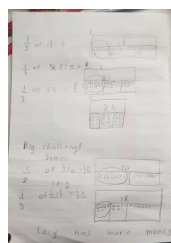
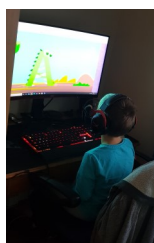
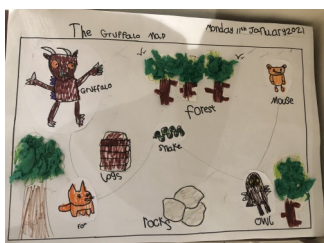
Esafety

Childnet have produced a very useful leaflet for parents to support their children online:

<https://www.childnet.com/ufiles/Supporting-Young-People-Online.pdf>

This leaflet is also available in a variety of different languages - please visit <https://www.childnet.com/resources/supporting-young-people-online> to download the leaflet in a different language.

Below are some home learning photos. For more photos, please visit your child's year group page.



Mental Wellbeing

We are aware that this lockdown can have an affect on everyone's mental wellbeing. It is so important to ensure that everyone is looking after themselves and taking care of their mental wellbeing.

This page contains useful links and information to help you do this. If you have any suggestions for looking after mental wellbeing (for both adults and children) that you feel might be useful to other parents, please email them to office@mail.whitehallinf.org.

6 COVID-19 PARENTING Talking about COVID-19

Be willing to talk. They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.

Be open and listen

Allow your child to talk freely. Ask them open questions and find out how much they already know.

Be honest

Always answer their questions truthfully. Think about how old your child is and how much they can understand.

Be supportive

Your child may be scared or confused. Give them space to share how they are feeling and let them know you are there for them.

It is OK not to know the answers

It is fine to say "We don't know, but we are working on it; or we don't know, 'but we think'." Use this as an opportunity to learn something new with your child!

Heroes not bullies



Parenting support

We are offering zoom meetings with our Learning mentor for any parents who need some guidance or help with parenting or issues they are having at home.

Further information regarding these meetings and how to request one will be sent home soon.

SUPPORT



With so many changes that have happened recently due to the coronavirus pandemic it is sometimes hard to know where to get help. This leaflet will give you useful information/advice that is available to you now.

Please Reach Out, we are still here to help you.

Taking care of your mental well-being is key.

Support for Adults, Parents/Guardians and Carers

Services available remotely

NHS Hillingdon Talking Therapies Service: Provides online, telephone and video support for those who feel low, stressed, isolated, have suffered loss or are worried about the impact of the virus on their or their loved ones' wellbeing, health, finances or relationships. Visit our NHS website to refer yourself at talkingtherapies.cnwl.nhs.uk/hillingdon/refer-yourself-hillingdon or email hillingdontalkingtherapies.cnwl@nhs.net or call 01895 206 800

Hillingdon Mind

- Information and advice bit.ly/HillingdonMindCoronavirusAndYourWellbeing
Telephone: 01895 271559 Email: mind@hillingdonmind.org.uk
- Counselling Services Telephone: 01895 271559, select option 2 or email: H4allcounselling@hillingdonmind.org.uk
- Mental Health Recovery Support Service
Telephone: 01895 271559, option 1 or email: mind@hillingdonmind.org.uk

Carers Support Service – Hillingdon Carers Telephone: 01895 271559, option 2 or email: H4allcounselling@hillingdonmind.org.uk

Brunel University Student Well-being Service
bit.ly/CoronavirusInformationBrunelCommunity

Online therapies and counselling

Hillingdon Young People Thrive (CommUNITYBarnet)
Online webinars for Brunel University Students
email info@brunelstudentwellbeing.org.uk or 020 8364 8400 and from June 2020 for Young People 16 – 25 years offering online webinars during the coronavirus pandemic – updates will be available nearer the launch on Hillingdon CCG's website

Support for Children and Young People

Services available remotely

Hillingdon Educational Psychology Service is providing support for parents, guardians and/or carers of children. Consultations are carried out with a trained psychologist. To access this free service email educationalpsychologyservice@hillingdon.gov.uk

The Specialist Hillingdon CAMHS Team at Minet Clinic
camhs.cnwl.nhs.uk

YoungMinds www.youngminds.org.uk
YoungMinds Crisis Textline YM Crisis Textline 85258

Online therapies and counselling

Link Counselling Service 01895 277222
Open Mon-Fri 10.30am to 7.30pm

Healios – Think Ninja www.healios.org.uk/services/thinkninja1

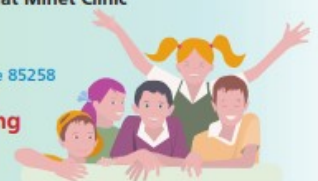
Kooth www.kooth.com From the 11th of May, this service will be extended to young people between the ages of 19 and 25

Additional guidance from

Children's Commissioner www.childrenscommissioner.gov.uk

Anna Freud National Centre for Children and Families
www.annafreud.org Switchboard: (0)20 7794 2313

World Health Organisation bit.ly/HelpingChildrenCopingStressCovid19



If your mental health deteriorates
or if you experience any thoughts of suicide or self-harm,
please contact the CNWL Single Point of Access Crisis Team
on 0800 0234 650 or the Samaritans for free on 116 123



ENGLAND LOCKDOWN

STAY AT HOME

**THE NEW STRAIN OF CORONAVIRUS IS SPREADING FAST.
WE ALL NEED TO PLAY OUR PART TO STOP THE SPREAD.**

▶ LEAVING HOME

You must not leave, or be outside of your home or garden, except for a very limited set of exemptions e.g. to shop for basic necessities, exercise, go to work if you cannot do so from home, or to escape risk of harm.

▶ MEETING OTHERS

You cannot leave your home to meet socially with anyone, except with your household or support bubble (if eligible to form one). Stay 2 metres apart from anyone not in your household or support bubble.

▶ EXERCISE

You may exercise on your own, with your household or support bubble, or with one person from another household (when on your own). Stay 2 metres apart from anyone not in your household or support bubble.

▶ BARS, PUBS AND RESTAURANTS

Hospitality closed aside from sales by takeaway (until 11pm), click-and-collect, drive-through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.

▶ RETAIL

Essential shops can open. Non-essential retail must close and can only run click-and-collect and delivery.

▶ WORK AND BUSINESS

Everyone must work from home unless they are unable to do so.

▶ EDUCATION

Early years settings open. Primary and secondary schools and colleges move to remote provision except for vulnerable children and children of critical workers. Most university students to move to remote learning.

▶ LEISURE AND SPORTING FACILITIES

Closed, with limited exceptions.

▶ ACCOMMODATION

Closed, with limited exceptions.

▶ PERSONAL CARE

Closed.

▶ ENTERTAINMENT

Closed.

▶ OVERNIGHT STAYS

You must not stay overnight away from home. Limited exceptions apply e.g. to stay with your support bubble.

▶ WEDDINGS AND FUNERALS

Funerals of up to 30 people permitted. Weddings up to 6 people permitted in exceptional circumstances. Wakes and other linked ceremonial events of up to 6 permitted.

▶ PLACES OF WORSHIP

Places of worship can remain open and communal worship is permitted, but you must not mix with those outside your household or support bubble.

▶ TRAVELLING

You must stay at home. If you do leave home for a very limited set of exemptions, you should stay local in the village, town, or part of the city where you live where possible. Do not travel abroad unless an exemption applies.

▶ CLINICALLY EXTREMELY VULNERABLE

Shielding reintroduced across England. You should not travel to work, school, college or university and should limit the time you spend outside the home. You should only go out for medical appointments, exercise or if it is essential.

▶ CARE HOME VISITS

Visits can take place with arrangements such as substantial screens, visiting pods, or behind windows. Close-contact indoor visits are not allowed. No visits will be permitted in the event of an outbreak but end of life visits are permitted in all circumstances.

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

For more information go to:
gov.uk/coronavirus