

## Newsletter 27<sup>th</sup> March 2020

Dear parents and carers,

As we head towards the end of the first week of Branfil being closed to most of our pupils, I hope that you and your children are starting to adapt to life without your normal school routine. I imagine that we have all found it challenging, to various degrees. The staff are certainly missing the daily hustle and bustle.

For the majority of pupils who are now learning at home, there is the opportunity for them to develop greater independence and ownership over their work. A structured timetable for Monday to Friday will help your child to know what to expect each day and support their well-being. It also enables the weekends to feel different which is important psychologically for everyone in the home. Please find below an example timetable which you can adapt to ensure there is variety in each day. My boys have been following something similar and we have all found it really beneficial. There is also a help sheet from The Key attached. I respectfully encourage you to limit your child's tech time each day and ensure that they get 60 minutes of physical activity plus time for reading, creative tasks and family activity. Research shows that too much TV and tech time will be detrimental to your child's development and well-being.

A small number of pupils have still been coming into school to allow their parents/carers to fulfill vital key worker roles in our community. I am very grateful to those members of staff who have supported these children with their home learning tasks and planned additional activities for them. Our catering team has continued to provide meals for those in school and food parcels for families in receipt of free school meals. Some of our staff have been home working themselves, working out the logistics of our new arrangements and planning future work packs. Team Branfil is still going strong!

During this time, it is really important that you all still feel connected to Branfil and our school community. We will still be producing regular newsletters, including information about what children are doing at home, and using Twitter to share news. We welcome any suggestions you may have about how we can support you and your child during the closure period.

### Values Based Education

#### Hope

This month our school value is Hope. According to Wikipedia, 'Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large.' Unfortunately, it can often be difficult to feel hopeful about the world when we read the news, look at alerts on our phones and watch our televisions. Luckily, as teachers, we get to experience the best form of hope possible every day when we teach. We see the talents, ambitions and capabilities of our children and know that, regardless of how bad the media may portray things, while there are children whose optimism is boundless, there is always hope for the world. Hopefully as adults we can fuel and encourage that optimism so that our children can become positive and solution focused young adults, rather than pessimists and cynics – the world certainly already has enough of those!

'They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for.'

Tom Bodett

On behalf of the staff and governors, I wish you and your loved ones good health or a speedy recovery to all those who are ill.

Mrs Sansom, Headteacher

### Reception Team Greetings

We hope you and your families are all well. We hope you have enjoyed completing your learning packs so far and are impressing your adults with all your amazing reading, writing and maths like you impress us and make us proud daily when in school! This week we have been thinking back over some of the fun we have had in Reception recently: like our brilliant trip to the park during Science week; having a great time



investigating bubbles and making yummy biscuits for our Royal tea party last month. These memories have really made us smile and we are looking forward to creating lots more in the future with you. Make sure you keep on washing your hands and keeping yourself safe :)

From the Reception Team

### Year 1 Greetings

From all the teachers and staff in Year 1, we just wanted you to know we are thinking of you all and we are continuing to work together to make sure you have some great activities and resources planned to complete at home. We also wanted to say do not forget to nominate a pupil of the week, values champion and star writer in your house hold each week, we need to make sure we celebrate all achievements. Remember it is up to you to make sure your family are showing all of our values, including this month's value hope, which is really fitting for right now. Keep safe everyone, we cannot wait to see you all again soon!



Miss Quinn, Mrs Parveen and Mrs McGovern

### Year 2 Greetings

Hello Year 2!

We would like to start by saying that we miss seeing you all at school every day. We hope that you are managing to do some of your home learning every day and also spending time with your families. As the weather is lovely and sunny we hope that you are managing to get out into your gardens to do some daily exercise. If you haven't already tried the Joe Wicks daily exercise then maybe give it a go. All the year 2 teachers have had fun trying this! Make sure that you look after yourselves and show your parents/carers how wonderful you all are.



We have come up with some jokes to put a smile on your faces and a challenge to try at home.

Stay safe and best wishes

Mrs White, Mrs Evans and Miss Morriss

### Year 3 Greetings

Hi Year 3!

We are really missing all of your lovely faces and hope you are all working really well with your families at home. Try to get through some of your activities from your home learning sheets but also definitely get out in the garden as well, if possible, and make sure you are staying active. Look after yourself and also your families and show how magical we know you all are! Keep up the work year 3!



Stay safe and best wishes,

Miss Bessent, Miss Tuck, Mrs Campbell and Mrs Brewis

### Year 4 Greetings

A big hello from the Year 4 Team!

Firstly, we miss seeing you all at school every day but we hope (our school value for March!) that you've managed to do some home learning every day and that you're spending some quality time with your lovely families. If you haven't thought of this already, add a family game hour to your daily routine, board games and card games can be great fun. Also, make the most of the sunshine and get out into your gardens, that can be much more fun than screen time!

We have come up with some extra challenges that you might like to do!



Challenge 1 – Complete an alphabet from A -Z of things you can find in your house.

Challenge 2 – How many star jumps can you do in one minute? If you do this every day for a week, can you do more each day?

Challenge 3 – How many words can you make from these letters? (You can only use each letter once).

I O M S P R A L P D E C T C I E D S B

Challenge 4 – Redesign your favourite football team’s kit.

Challenge 5 – Play countdown. How close can you get to the target number using these numbers.

Target number = 423  
100 75 50 3 7 10

Finally, keep safe everyone and look after each other.

Mrs Goodman, Miss Briton and Miss O

### Year 5 Greetings

We just wanted to take this opportunity to wish everyone well. Hopefully, you’ve had a chance to get stuck into some of the activities in your learning guides- we certainly can’t wait to see what you’ve been up to when you return! We’ve been keeping ourselves busy but it’s just not the same without all of you. Keep safe, listen to your folks and do try and figure out just how many cats you could fit inside your houses.



See you soon,

Mr Roberts, Miss Saker and Mrs Daly

### Year 6 Greetings

Mrs Cullender is working from home with the help of one of her little furry friends. The photo is of Ralph checking over the planning and spotting any spelling errors!



Miss Philpot has started teaching her 84 year-old nan. She’s now an absolute whizz at angles, cubed and squared numbers! However, teaching her about relative clauses is becoming a little more challenging!



Miss Bain has been taking full advantage of there being fewer children in school to use the table-tennis table and is reigning champion!

### Spot the Trees

Can you see the trees in the newsletter and find out what they are? Do you have any of these trees near where you live? Clue – the names of these trees may be very familiar to you!

### Mrs White’s Reading Challenge



How long does it take you to read a page of your book? Can you get quicker each time you read it?



### Miss Bain’s Maths Challenges

#### **MATHS CHALLENGE**

*How many things can you think of that are longer than your foot?*

### **Maths Challenge**



Sundae £1.10



Lolly 50p



Ice cream cone £1.05

**You have £5 to spend what will you buy and how much change will you have? How many different answers can you make?**

**Get those brains working!**



### Keeping active in isolation

We hope that you and your family are keeping well. If you follow the link, there are a variety of different ways to keep fit and active at home-  
<https://haveringssportscollective.org/covid-19/>

Join Joe Wicks for his online PE lesson, every day Monday – Friday at 9am.

<https://www.youtube.com/user/thebodycoach1>

### Sumdog

A reminder to all parents/carers that Sumdog can be used for reading, spelling and maths.

### Online Safety at home

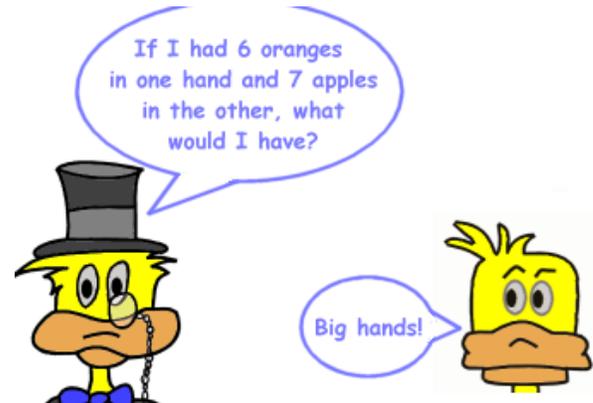
Thinkuknow.com have launched a brand new package to support children and their families understand more about online safety called #OnlineSafetyAtHome. Each fortnight they will release new home activity packs which contain simple 15-minute activities you can do with children at home. You can find the first pack as the following link;

[https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm\\_source=Thinkuknow&utm\\_campaign=03cb8440df-TUK\\_ONLINE\\_SAFETY\\_AT\\_HOME\\_24\\_03\\_20&utm\\_medium=email&utm\\_term=0\\_0b54505554-03cb8440df-55313793](https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-55313793)

### Jokes to keep us all going

**Why should you worry about your teacher holding graph paper?**

They're definitely plotting something.

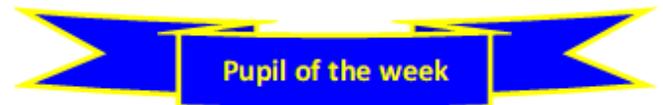


**What did one wall say to the other wall? I'll meet you at the corner!**

**What do you call cheese that isn't yours? Nacho cheese!**

**Where do cows go for entertainment? To the moo-vies!**

**Why can't you give Elsa a balloon? Because she will let it go!**



**All of you who continue to work hard at home are Branfil's Pupil of the Week! Keep up the good work Team Branfil!**



**Happy birthday wishes in the next two weeks to the following children:**

**Benjamin, Molly, Beatrice, George, Darcy, George, Edward, Joseph, Blake, Leo, Alexia, Joseph, Megan, Amy, Alissa, Ava, Cara, Caitlyn, George, Isabelle, Ruhi, Soraia, Deano, Blake, Faith, Ryan, Joseph, Cathrine, Katie, Tilly and Farid.**

**Ash, Elm and Fir Class**

Every newsletter we will be focusing on a year group and showing pictures and examples of your home learning. Well done to all our Reception classes for keeping up the good work at home!

Isla completing home learning.



Today Emily has coloured a picture by answering maths sums.

Rosie in Elm class practicing her phonics each morning.



Blake in Fir Class has enjoyed practicing his numbers bonds. He has also been playing Sumdog maths games, reading books and he has enjoyed his daily 9am PE lesson online with Joe Wickes. Blake has also dialed into a Zoom video call with his Fir Class Friends to get updates on what they are all up to.



Aleksej doing his solar system project. Painting and assembly all by himself!



Here's Ernest - He made an art project of making fish and other sea creatures from craft materials and then made the ocean out of bed sheets.

Noah from Elm building dens with his brother and enjoying model making in the sunshine.



Marian in Fir learning to play the recorder!



Albert in Fir Class learning about Kenya and painting the Kenyan flag.



Joshua in Ash class hunting for 2D shapes at home.



Willow doing PE with Joe Wicks!



Myla in Fir making her name out of sticks in the garden.

Betty in Ash having great fun in the garden.



Willow in Elm practicing her 2D shapes!



# COVID-19 DAILY SCHEDULE

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Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

# How to support home learning

Follow this guidance to create a positive learning environment at home

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## Be realistic about what you can do

- › **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household
  - › **Experiment** in the first week, then **take stock**. What's working and what isn't? Ask your children, involve them too
  - › **Share the load if there are 2 parents at home**. Split the day into 2-3 hour slots and take turns so you can do your own work
  - › **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this factsheet for some advice on mental health and wellbeing
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## Keep to a timetable wherever possible

- › **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
  - › **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
  - › **Check in with your children and try to keep to the timetable, but be flexible**. If a task/activity is going well or they want more time, let it extend where possible
  - › If you have more than 1 child at home, **consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household
  - › **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over
  - › **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
  - › **Distinguish between weekdays and weekends**, to separate school life and home life
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## Make time for exercise and breaks throughout the day

- › **Start each morning with a PE lesson** at 9am with Joe Wicks
- › If you have a **garden, use it regularly**. If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others)

- Get your children to **write in a diary what they did each day** – this can be a clear sign that the ‘school’ day has ended
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## Other activities to keep children engaged throughout the day

- Where you have more freedom in the timetable, **make time for other activities**. Add some creative time or watch a dance video from [Go Noodle](#) to get the heart-rate going
  - Get your children to **write postcards** to their grandparents or to pen pals
  - Ask **grandparents to listen to your children read** on FaceTime (or ask grandparents to read to younger children)
  - **Give them chores** to do so they feel more responsible about the daily routine at home
  - Ask them to **help you cook** and bake
  - Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits
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## Examples of home-learning timetables

- Horniman Primary School in Lewisham created [this timetable](#) for its parents
  - [Five Minute Mum](#) has a timetable including lots of activities for younger children
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## If you need to contact the school

Please email [office@branfil.havering.sch.uk](mailto:office@branfil.havering.sch.uk). This inbox will be monitored by a member of staff every working day.

### See guidance on supporting your mental health and that of your children:

- [Coronavirus and your wellbeing](#) – Mind.org
- [Supporting young people's mental health during this period](#) – Anna Freud Centre