



Friday 29th January 2021

Class 5 Go Cosmic!

Congratulations to Class 5 for forging connections with Frank Cottrell-Boyce during Cosmic Live 2... Click the link in the image to enjoy the recording of the session, including the story of his first day at school!



Christian Value Certificates

This week we are pleased to recognise the following for all their endeavours and displaying our school values in school and at home:

Class R (Miss Levy)- Austin for **perseverance** as he is really trying hard with his writing and making great progress. Tabitha for **courage**; she is developing confidence to share her ideas, read and write independently.

Class 1 (Mrs McLean & Mr Langston)- Naoise for the **respectful** and diligent way he approaches all his work. Lila for the **perseverance** she has shown in improving her reading.

Class 2 (Mrs Robinson & Mrs Wilde)- Klarissa for **perseverance** as she always try really hard and joins in the live classes. Arthur for **respect**; as he is always polite and pleasant in the classroom.

Class 3 (Mrs Roll) - Theo F for **perseverance**; continuing working hard, even when he finds it difficult. Eva for **respect** as she always works to the very best of her ability and contributes to class discussions.

Class 4 (Miss Sweeney)- Lawrie and Lola for **perseverance**; as they are both so positive and upbeat even under more challenging situations. Leia for showing **faith** and **compassion**; she is always so in-tune with the feelings of others, being supportive and showing faith/belief that things will get better; demonstrating a positive mindset.

Class 5 (Mr Qureshi)- Missy for **compassion** as she often asks how people are at home and asks about the best part of their day. Honey for **courage** as she is becoming more involved in the basketball games each day.

Class 6 (Mrs Edward)- Frankie for **courage** for his renewed effort with his learning. Aaron for showing **respect**; making the most of the current situation and using it as an opportunity to focus on his learning with great results.

Dear Parents/Carers,
This week has felt punctuated with good and sad news: increasing numbers of vaccinations to balance the increasing numbers of COVID-19 hospitalisations and fatalities. The news about the extension of the national Lockdown, particularly relating to schools, will have dealt a blow for all who find online learning/working/living stressful, unnatural and unbearable. Like the families at home, the staff and families still in school feel similar stresses—trying to find ways to fit everything in, keep everyone happy and healthy, and trying to maintain some sense of order and rhythm in a seemingly endless day.

There are a number of suggestions 'doing the rounds' and I hope it might be helpful to flag up a new one I spotted this week: to make a 'separation' between **learning/working** and **family/relaxing** time, (as would happen when coming to school), by marking the change in purpose: Put on coats, etc and leave home, go for a short walk and return home to start **learning/working** time. At the end of learning/working time, do the same thing—leave home, go for a short walk and return home, ready for **family and relaxation time**. Whilst I hope this may work for families, it may not be helpful for all households and circumstances.

A number of important school documents have been updated this week and have been attached to the weekly email for our parents/carers; these documents are also on the school website. Please try to find time to read them: *Child Protection Policy Addendum*, *COVID-19 Risk Assessment update*, further information on Chevening's *Remote Education* offer.

Importantly, please do whatever you can to stay safe, healthy and happy this weekend. With best wishes to you all, Miss Minnis

COVID-19 Symptom Free Testing

Kent are advising that everyone **without** Covid symptoms should get tested every 2 weeks, if they leave the house for a necessary reason, such as going to work or shopping for essentials. 1 in 3 people have COVID-19 but do not show any of the main symptoms, so regular testing will help to ensure people are not unknowingly spreading the virus. For further info see: [Symptom-free testing - Kent County Council](https://kcc.healthit.org.uk/covbook/home) Tests can be booked via <https://kcc.healthit.org.uk/covbook/home>

Fegans

The Parenting in a Pandemic Top Tips regular emails will help you during this challenging and unprecedented period of parenting. Now that schools are closing, some of our therapists will be unable to provide 1-1 counselling to children as usual, so we plan to use this rare opportunity to share their expertise with parents.

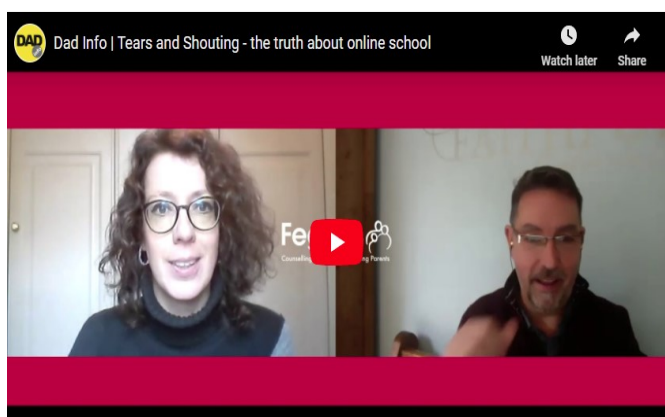
Click the below image for more information:



Fegans– Tears and Shouting: The truth about Online Learning

This article first appeared on Dad.info 'Our number one job right now' says Ian Soars, CEO of Fegans, dad to 3 and trained parent support worker, 'is to support our kids and encourage them.

Click the below image to watch the clip:



Symptom Free Testing for Chevening Staff

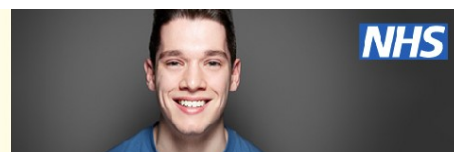
NHS Test and Trace Lateral Flow Device (LFD) have been delivered to the school and testing will commence for staff next week.

Please remember this means that should a member of staff report a positive result, their **close contacts will be asked to isolate AND the relevant bubble will be closed for isolation**. If the subsequent PCR test confirms the **positive result**, then the Bubble will remain closed for isolation for 10 days. Should the PCR test confirm a **negative result**, then both Bubble and close contacts can return to site.

NHS Every Mind Matters

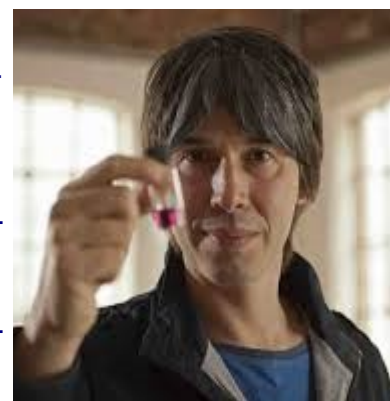
Having good mental health helps us relax more, achieve more and enjoy our lives more. Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing. There are also tips about how to support children to give them the best chance to stay mentally healthy and help them cope with whatever further changes we all may face: <https://www.nhs.uk/oneyou/every-mind-matters/>

Every Mind Matters



Professor Brian Cox's Lockdown Lessons

Professor Brian Cox is again hosting some lessons during lockdown, including some on space. BBC bitesize is hosting some of the lessons and others are broadcast on TV via CBBC. There are weekly schedules available, so you can see if there's a topic or theme that interests your child.



Further information can be found here: <https://www.bbc.co.uk/bitesize/articles/zvryp4j>

Free Access to Reading in Magic Festival

With schools currently closed and many children learning at home, **Reading Magic Festival** have **extended free access to reading** until the end of the current lockdown.

Start learning now by using the promo code **FREEMAGICFORALL** when joining as a member on the website:

<https://www.readingismagicfestival.com/2020>

The code will give you free access until the end of the lockdown - the discount will be applied at checkout.



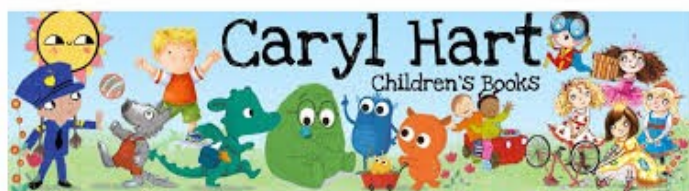
World Book Day- Caryl Hart

On World Book Day (4th March) we are very lucky to have arranged a virtual author visit from **Caryl Hart**. Caryl has written many children's books, some of which we have in our book corners at school. On the day, Caryl will hold Teams lessons with all year groups across the day, sharing some of her books and inspiring writing. ***This will be able to take place even if we have children still learning at home.***

As part of her visit, Caryl will be selling signed and personalised copies of her books. Due to the virtual nature of her visit, books **MUST** be ordered in advance of her visit.

Please check your email for the order form—it was sent on Monday 25th January from Scopay.

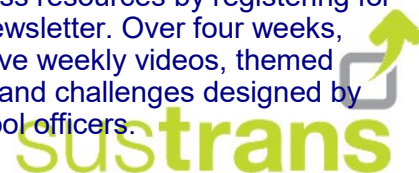
All order forms will need to be returned to the office by **Friday 5th February**.



Sustrans Outside In

Sustrans Outside In are offering a free resource to help parents who are looking after their children at home, providing fun ideas and inspiration for education, health and wellbeing activities.

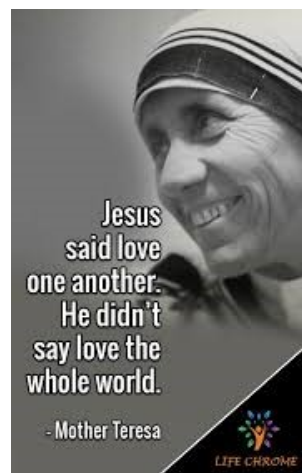
Parents can access resources by registering for the free parent newsletter. Over four weeks, parents can receive weekly videos, themed activities, games and challenges designed by experienced school officers.



Worship in school & at home

This week we saw how Jesus took time and care to share the Good News of God's love with someone who was on the edge of society—not someone who was readily shown love, care, compassion by those around her. Jesus' words and actions at the well demonstrate to us how God wants **us** to live—showing love, compassion, respect and care to all. Sometimes we miss the fact that Jesus readily showed God's love to those He met in daily life... and wants us to do the same.

Note Mother Teresa's quote on the image.



Temporary Road Closure **NEXT WEEK:** High Street, Chipstead- 3/02/21

Kent County Council is closing High Street, Chipstead to through traffic, on or after 3rd February 2021 for up to 3 days.

The road will be closed between Hann House and number 34.

The alternative route is via Homedean Road, Westerham Road, Worships Hill, Witches Lane, Chipstead Lane.

Please keep this in mind for drop-off and pick-up journeys to school.

This Notice applies when the relevant signs and barriers are on site and is valid for a period of no more than 5 days. For further details of roadworks, please see [One.Network](#)

Class 5

Class 5 have been hard at work at home and school designing and making models to do with our study of space. Some are static designs; and others move – such as the models in this picture. It has been wonderful that **Frank Cottrell-Boyce** (author of our class book 'Cosmic') has broadcast some live sessions that we have been able to attend. We have been fortunate to get some 'shout-outs' for Chevening and some questions answered; as well as a rendition of a 'sea shanty' that he performed for us – with a little persuasion! We have been working on our persuasive writing too. We hope to send some letters out to do with how books are publicised in response to one of Frank's tweets. We have also been working hard on the Alan Turing Cryptography Challenge - there's still time to join as an individual or a team. Here's the leaderboard... <https://www.chevening.kent.sch.uk/alan-turing-competition-2/> A busy time at home and school!



Class 6

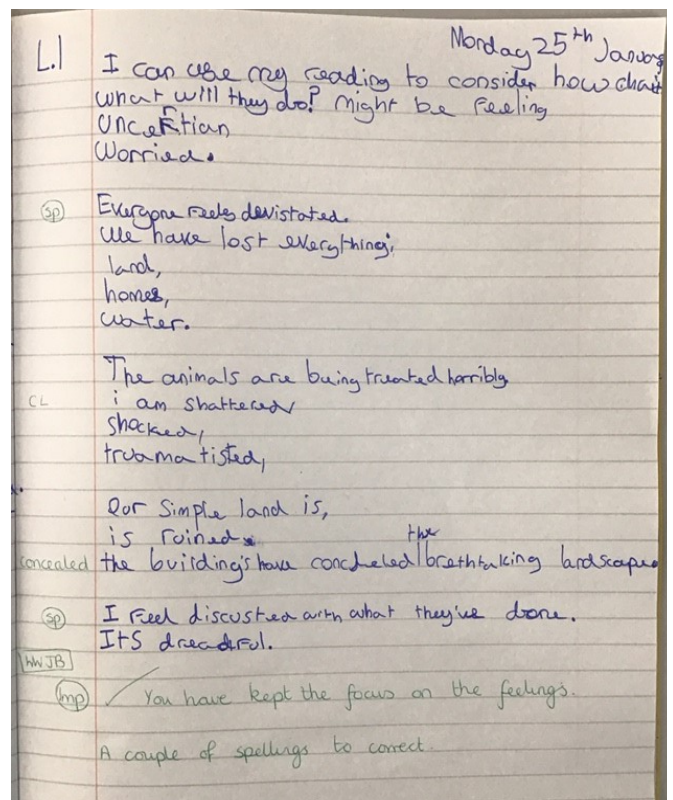
In Act of Worship this week we have been thinking about how we make sure that we show love to groups around the world who might not always be treated with love. We thought about small things that we can all do that will add to a tidal wave of love. Some of our home learners sent in their ideas too to add to our prayer area in class.



A massive well done to Felix this week for working brilliantly with Mrs Bates to write an amazing poem about our class book *The Rabbits*!

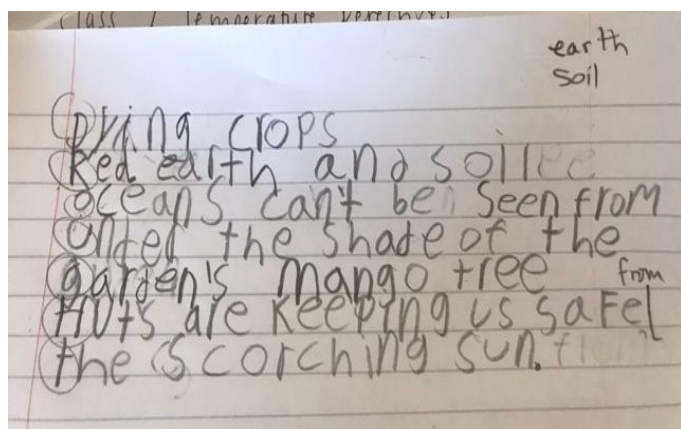
Class R

The children in school worked well as a team to create a wonderful water feature over several days! Maybe they could help Mr Garrat sort out some of the puddles around school!

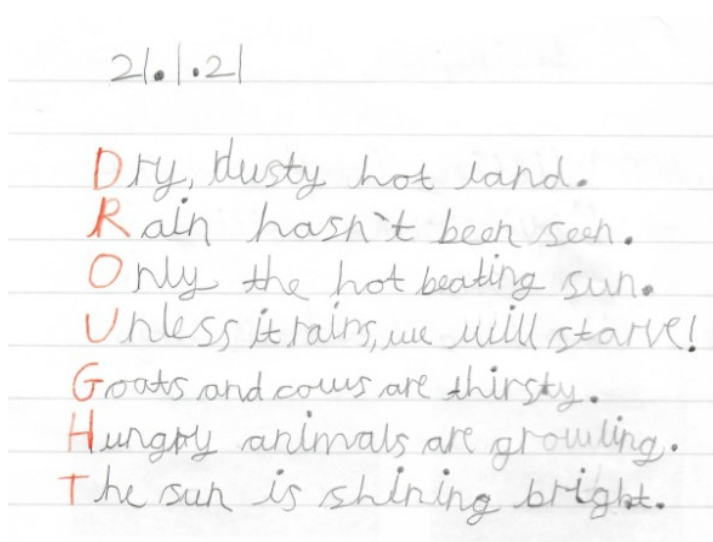


Home Learning: Class 2

Otto in Class 2 has been working hard on his Africa acrostic poem. Mrs Wilde and Miss Minnis were really impressed with the powerful words he used. Words like 'scorching' are very strong and descriptive - great choices!



Isla in Cass 2 has written poem which is both beautifully presented and carefully worded to express her ideas really well. Good use of adjectives. Brilliant work!



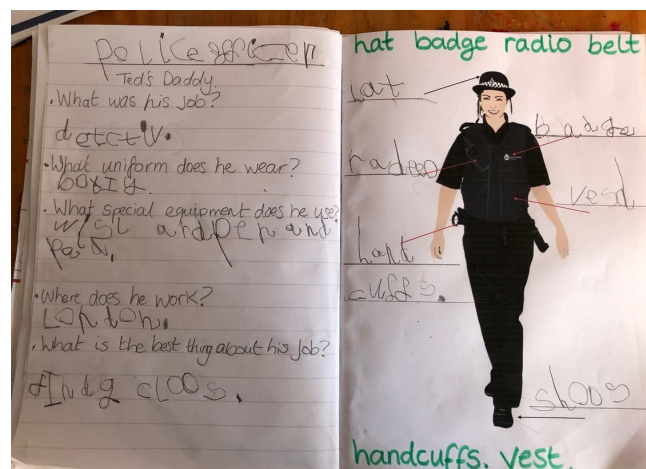
Key Dates

Date	Event
1st—7th February	Children Mental Health Week—see p6 for more details.
12th February	Last Day of Term
22nd February	First Day of Term 4

These dates may be subject to amendment due to COVID-19.

Home Learning: Class R

Class R have been learning about different keyworker jobs. Millie completed a lovely piece of writing about working as a Police Officer; she even went the extra mile and labelled the police officer uniform— good job Millie!



On site reminders

Please could parents/carers remember:

- The children need **coats and wellies** to school every day and waterproofs for when it rains
- Your child can wear a **plain fleece** on top of their existing school uniform to help them stay warm; **named** gloves, hats, scarves or snood are welcomed.
- If possible could all KS1 parents to pack spare socks, trousers and tights when it rains.
- If your child needs a school lunch, please remember to complete the survey sent by Mrs Jarrett.
- The free fruit delivery scheme has resumed so KS1 children will once again get a healthy snack in school. Parents **do not now** need to provide a healthy snack. Thank you for stepping in!
- Cool Milk will only be delivered on Monday but only for children under 5.

DFE Daily Coronavirus Subscription Emails

If you want to directly receive the Coronavirus daily updates from the Department of Education please use the link to complete their [subscription form](#)

Children's Mental Health Week

Next week, the whole school will be taking part in Children's Mental Health Week and the theme is 'Express Yourself'. Each class will be exploring this through a range of fun activities and we encourage you to take part at home!



www.childrensmentalhealthweek.org.uk

DEAR PARENTS AND CARERS,

1-7 February 2021 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to focus on the importance of children and young people's mental health. This year's theme is **EXPRESS YOURSELF**.

WHAT'S IT ALL ABOUT?

When children are able to find creative ways to share their feelings, thoughts or ideas it can help them feel good about themselves and who they are. Children can do this through art, music, writing and poetry, dance and drama, photography and film, and doing activities that they enjoy.

It's really important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Given that the past year will have left many of us feeling out of control and helpless, supporting children and young people to express themselves is arguably more important than ever.

WHAT CAN YOU DO?

Here are a few simple ways you can encourage your child to express themselves.

1. Could you build on existing interests or passions? Think about what has helped them get through the past year. A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts.
2. Trying new things can be a great way to find a new creative outlet. There are lots of online tutorials and video demos that you and your child could be inspired by... could you try out something new together? Or perhaps ask someone you know to share their creative hobbies and give them a go.
3. Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.
4. Listening carefully can help children feel more comfortable and confident when expressing themselves. Try to minimise distractions and give your child your full attention when you're spending time together, being aware of your own body language and eye contact. You might want to try summarising what they've shared and acknowledging their feelings.
5. Children are expressing themselves all the time but not necessarily with words. 'Listen' to everything they are trying to tell you with their behaviour, or with their play and creativity or with their silence. It's all self-expression.
6. Remember – you don't need a lot of expensive equipment to get creative at home. Recyclable materials or older items you no longer have a use for can provide amazing inspiration, and of course there's no limit to your imagination!

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help



Virtual Lego Club

Are you a future creator, inventor or engineer? Show us your creations!

From January 2021, Sevenoaks School are inviting schools to get involved and take part in the Virtual Lego Club. With new themes every month.

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How do I get involved?

Parents can sign their child up to the challenge by emailing
Outreach@sevenoaksschool.org

They will be sent out the theme each month, a link to resources and where to tag their creations online.

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