



Sandhurst Primary School

Newsletter
Spring Term
20th January 2021

Dear Parents, Carers and Staff,

I hope you are all managing ok, it feels really tough and rather miserable this time doesn't it? I really don't think the weather is helping. We have been really anxious in our house as Archie, the school dog, has been really poorly. He is back home following an emergency operation and recuperating now so I am being doggy nurse too!! I do feel though, that there is a little bit of light at the end of the tunnel with the vaccine roll out. However, I would still urge you all to continue being really careful. It is vital we all continue to play our part.

I continue to be so impressed with the engagement from everyone with our on-line learning. It really is lovely to hear from the staff how well the children are doing. (except a few-see below) We are really battling here with a number of staff who are ill so please do bear with us as we continually adapt to every changing day.

I have received a few emails about who is and who isn't able to attend school. This is just such a difficult juggling act. We have taken each case on its merit and offered out places on the information you have given us, in line with Government guidelines and within our own local risk assessments. It is impossible for me to be judge and jury on each different scenario. What I have to hope is that every family attending is being open and honest with us and only using us when they really need to. I have been really clear all along, that my priority is to those families who are working for the NHS, the science behind COVID and those in education. I have also stressed that the safest place for everyone is at home. What I would say is people work different shifts, different rotas and every case is different. But I would stress once more, please only send your children in when you really need to, so we can reduce the risk of transmission. Thank you for your understanding at this really difficult time.

Free School Meals

Mrs Manso has been in touch with all our families in receipt of free school meals this week. The voucher scheme is back up and running so hopefully you are now able to access your weekly vouchers. Please don't forget about our very own food bank if you need extra support. If you feel you have become eligible for free school meals, please apply via the Lewisham website. These requests are being processed very quickly.

Offer of a Desk

One of our families has a lovely pine wooden desk available for a family who could make use of it. The desk is 77cm high, 120cm wide and 58 cm deep. It has a box that sits on top as storage. If you would be interested, please call the office. First come first served.

Books

We have been given boxes of books here at school, fiction and non-fiction. We have sorted out lots that will boost our class libraries and our school library, but we still have lots to give away. If you would like to collect a bag of books, please come to the gate and we will bring some out to you.

Zoom Meetings

Please can we ask that your child is appropriately dressed for their zoom meetings. We don't mind pyjamas but they must give suitable coverage. Please could you also ask your child to position their device so we just see their head and shoulders. Thank you.

Year 6 parents, please try and check in with your children when they are on zoom. Some children in Yr 6, not all, are being really silly and really behaving inappropriately, turning off their cameras, sending really silly messages etc and this then disrupts the lesson for others. I know you are all busy trying to work too but please remind your child of how to behave whilst on zoom from home. Thank you.

Birthdays

Happy birthday to Darasimi, who was 6 on Monday. Happy birthday to Noel, 4, Devonae, 7, Freya, 8 and Shaniran who is 11. They have all had their birthday today. Happy Birthday all.

A Nice Link from Mr Fogarty

Sign up to Cook Together and you'll have taken the first step to cooking healthier meals for yourself and your family or friends.

Every week for 4 weeks, we'll send you 2 tasty, healthy recipes with easy to follow instructions, and a shopping list of all the ingredients you'll need to cook a healthy meal. We'll also send you some handy tips about healthier eating and how to be food smart when you're out shopping.

After 4 weeks you'll know how to cook up to 8 different meals from scratch. How great is that!

<https://cooktogether.change4life.co.uk/>

A Message from the Lewisham Mental Health Support Team

Dear parents, carers and guardians,

Would you like to learn about ideas or activities to promote positive mental health and wellbeing for your child? Or, perhaps your child is worrying more than usual or feeling low and you would like some advice on steps you can take to support them?

If so, please click on the attached newsletter to find out more about the activities that we are running over lockdown, including bitesize virtual sessions, virtual coffee mornings and our parent support line.

We are Lewisham Mental Health Support Teams (MHST). We work in 19 schools across Lewisham, including your child's school. We work in partnership with MHST schools to put in place a whole school approach to support all children and young people in the school community, including those who are currently coping with their emotional wellbeing and mental health.

If you would like further information, please reply to lewishammhst@slam.nhs.uk

With the very best wishes

All of the Lewisham MHST team

Finally

Just keep putting one foot in front of the other, do what you can with on line learning but also take breaks, we can only do what we can do. Look after yourselves and each other. Stay safe and well.

Yours truly

Mrs R A Dove

