



# OLIVER GOLDSMITH PRIMARY SCHOOL



“Inspiring a love of learning”



Tel: 0208 205 6038

020 8205 6800 (Nursery)

admin@olivergoldsmith.brent.sch.uk

www.olivergoldsmith.brent.sch.uk



@OGPSinspired



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Dear Parents & Carers,

Welcome to our very first remote summer term! I do hope you managed to find time to have some rest over the Easter break. We say “Ramadan Mubarak” to those in community about to start their period of fasting throughout the holy month of Ramadan.



We’ve all had to adapt to new ways of working, thank you for the brilliant job you’re doing supporting your child’s wellbeing and learning during this very challenging time. It is ok if you and your family feel wobbly and worried; we are here to help you as much as we can. Remember, if you have any concerns about helping your child’s learning or you need any other support from the school, please let contact us by calling the school office or using the school email address. The office hours of opening are 8.30am-4.00pm.

We really miss the children very much, but we must follow the government’s guidance to keep everyone in our community safe. The school remains closed except for our provision for vulnerable pupils and children of critical workers.

We launched our new home learning from this week, starting Monday 20th April with the links being sent home each Friday for the following week. They can also be found on the website.

This week, two further resources have been launched nationally to help families. The first is BBC Bitesize Daily which is accessible online **BUT ALSO** from the red button on your TV. <https://www.bbc.co.uk/bitesize/dailylessons>

The second is the Oak National Academy which is also available online. <https://www.thenational.academy/online-classroom>

We cannot say when we’ll be able to open the school fully as we do not know, but rest assured that we’ll continue to keep your child’s learning going and our school community connected to the very best of our ability.

Let an online summer term begin!

Stay safe and take care.  
My very best wishes to you all.

**Mr. James Simmons**  
Headteacher



**STORY WRITING COMPETITION DEADLINE EXTENDED TO FRIDAY 1st MAY.**  
Post or email entries to the school, the title “The Amazing Day” any length is ok!

## OGPS Home Learning...

For this half term, over five weeks, we will be releasing home learning that will help children to both consolidate past learning as well as move onto new learning that they would have been covering in the summer term at OGPS.

We have created a **new page on our website** about home learning. Links to each week's learning will be on this page. We will also email out the links each week. We will be making sure that parents have access to **ALL** year groups weekly plans so you can always try something different if you so wish.

We will upload to the website and email links out to parents ***each Friday for the week ahead.*** The key website link you will need is as follows...

<https://www.olivergoldsmith.brent.sch.uk/pages/parents/home-learning-resources-during-school-closure-2020>

From this webpage, you can then click on a link for the WEEK ahead to find **ALL** the resources for **ALL** the year groups across the school. Past resources we have sent can still be found at the bottom of the webpage in case you still need them.

***We DO NOT EXPECT families to complete every single activity - it is up to each family to decide what is practical and achievable for them. All we can ask is that you do your best given your situation. We DO NOT EXPECT you to send work back to us.***

## How to make home learning work for your family...

You're not expected to become teachers and your children aren't expected to learn as they do in school. Simply providing them with some structure at home will help them to adapt.

The following tips are designed to help you create a positive learning environment at home. See what works best for your household.

**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.

**Take stock at the end of each week.** What's working and what isn't? Ask your children, involve them too.

**Distinguish between weekdays and weekends**, to separate school life and home life

**Give them chores** to do so they feel more responsible about the daily routine at home.

Ask them to **help you cook!**

Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you will want to set/agree some screen time limits!

***Please don't worry about your children getting behind with learning. Everyone's in the same boat, and when we return to school we'll make sure we get everyone back on track.***

## Parent Pack – Supporting Well-being

During this difficult time, even though our school is currently closed to all but a few children, we're here to support your child and your family in whatever way we can.

You might be noticing signs of increasing anxiety in your child as they're spending more time indoors and outside of their normal routines. These might include:

For pupils ages 3-6 years:

- *Regressing to behaviour they've outgrown, such as thumb-sucking or bed-wetting*
- *Showing greater fear at being separated from you*
- *Tantrums*
- *Trouble sleeping*

For pupils ages 7-10 years:

- *Expressing sadness, anger or fear*
- *Sharing false information that they're hearing from their peers or seeing online*
- *Wanting to talk about coronavirus all the time*
- *Not wanting to talk about the current situation at all*
- *Having trouble concentrating*

For preteen and teenaged pupils:

- *Acting out – this might include things like picking fights with you or with siblings*
- *Becoming afraid to leave the house*
- *Distancing themselves from their friends and family*
- *Exhibiting intense emotions but being unable to talk about what they're feeling*

### **Take Care of Yourself...**

It's really important right now to take care of your own physical and mental health. Children are very perceptive, and they react to what they sense from the adults around them. Here are some things you can do to help keep yourself healthy:

**Connect with others** – maintain relationships with people you care about through phone/video calls.

**Exercise** – take some time every day to move. You could go for a walk or run. You'll also find lots of fitness videos online for everything from yoga to dance. Find something you enjoy and that makes you feel good.

**Eat healthy meals** – try to keep a well-balanced diet and drink enough water.

**Get some sleep** – being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly.

**Turn off the news** – it's important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is.

**Do things you enjoy** – now that we're all spending more time at home, we can finally take up that hobby we've always meant to learn. Try baking or gardening or learning to knit. These are also great activities we can share with our children.

**Set goals** – it's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book.

**Connect with the outdoors** – depending on where you live, it may not be possible to spend time outside. If you don't have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book.

**Talk to someone** – during this difficult time, sharing with family and friends how you're feeling and what you're doing to cope can be helpful for both you and them. There are also helplines you can call for support – we've included a list at the end of this pack.

## How to Talk to your Child about What's Happening

No matter how calmly you manage the current environment, children are likely to be anxious, so it's important to talk to them about what's happening.

### **For younger children**

Children pick up bits of information from their friends, from the news and from listening to adults talking around them – but they can misunderstand what they're hearing.

### **Deal with the news head-on and talk about it openly and calmly, giving them the facts**

- Give them age-appropriate information – take a look at:
  - [BBC Newsround hub](#) – regularly updated with information and advice
  - [#covibook](#) – for under 7s
  - [Children's guide to coronavirus](#) – a download from the Children's Commissioner to help explain the situation to children
- Teach them how to know if information they find on the internet is reliable. Explain how some stories on social media may be based on rumours or inaccurate information
- Encourage them to take breaks from listening to the news – overexposure isn't helpful

### **Encourage questions**

- This will give them the confidence to reach out, if they have anything to ask
- Be reassuring but honest when answering questions – it's ok if you don't have all the answers
- Be ready to answer the same question over and over – children tend to repeat themselves when they're feeling uncertain or worried, so you might have to answer the same questions more than once as they seek extra reassurance

### **Be a role model**

- Recognise and manage your own worries first
- Be open about your own feelings and let them know it's normal to be concerned – for example, let them know you're also finding the news a bit worrying and what you're doing to stay calm

### **Explain how our body's immune system protects us**

- It's constantly working against germs without us knowing. We can't and don't need to it!
- Explain that we're taking precautions against this particular germ because it's a new one which our bodies haven't come across before
- Remind them how important it is that they eat healthy food, sleep and exercise, as this helps to fight germs
- If it helps, reassure them that the effects of this virus on healthy young people are very mild

### **Keep doing your bit to help children reduce the spread of germs**

- Remind them to maintain good hygiene like bathing daily and wearing fresh clothes
- Encourage them to sing 'happy birthday' twice when they're washing their hands

### **If your child struggles with higher levels of anxiety**

Some children are naturally more anxious, such as those with existing phobias or obsessive-compulsive disorders. The current situation can make those anxieties worse.

- Get them to do activities such as counting, ordering and sorting tasks which can help them calm down
- Encourage them to use relaxation techniques such as controlled breathing
- Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions
- If you're worried about your child's anxiety, **YoungMinds** is a charity dedicated to children's mental health. They've opened a [parents' helpline](#) for confidential, expert advice. You can reach them at 0808 802 5544

**ChildLine** - Confidential telephone counselling for any child with a problem, Call 0800 1111 any time free

**Where to turn to for help...** It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

**Helplines and websites for children and young people**

If your child would like to speak with someone confidentially, there are helplines and websites for them

ORGANISATION	CONTACT INFORMATION
<b>Shout</b> Free, confidential support via text, available 24/7	Text SHOUT to 85258 in the UK to text with a <a href="#">trained crisis volunteer</a> who'll provide active listening and collaborative problem-solving
<b>The Mix</b> Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem	Call 0808 808 4994 for free (11am to 11pm daily) Access the <a href="#">online community</a> Email <a href="#">The Mix</a>
<b>ChildLine</b> Confidential telephone counselling service for any child with a problem	Call 0800 1111 any time for free Have an <a href="#">online chat with a counsellor</a> (9am to midnight daily) Check out the <a href="#">message boards</a>

**Mental Health**

ORGANISATION	CONTACT INFORMATION
<b>Mental Health Foundation</b> Provides information and support for anyone with mental health problems or learning disabilities	Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
<b>Mind</b> A mental health charity	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>
<b>PAPYRUS</b> Youth suicide prevention society	Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
<b>Samaritans</b> Confidential support for people experiencing feelings of distress or despair	Phone: 116 123 (free 24-hour helpline) Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>
<b>SANE</b> Emotional support, information and guidance for people affected by mental illness, their families and carers	Website: <a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a>
<b>YoungMinds</b> A charity dedicated to children's mental health	Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>Cruse Bereavement Care</b> Support for grief and bereavement	Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>

**Domestic Violence**

ORGANISATION	CONTACT INFORMATION
<b>NSPCC</b> Child protection charity	Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline) 0800 1111 for children (ChildLine's 24-hour helpline) Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>Refuge</b> Advice on dealing with domestic violence	Phone: 0808 2000 247 (24-hour helpline) Website: <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>



Here is some key information taken from GOV.UK...

## **Guidance for parents and carers on supporting their children's education during coronavirus (COVID-19)**

We have published information, guidance and support for parents and carers of children who are learning at home during the coronavirus (COVID-19) outbreak.

Guidance on helping children aged 2 to 4 learn at home can be found here:

<https://www.gov.uk/guidance/help-children-aged-2-to-4-to-learn-at-home->

Guidance on helping primary school aged children learn at home can be found here:

<https://www.gov.uk/guidance/help-primary-school-children-continue-their->

Guidance on helping children with special educational needs and disabilities learn at home can be found here:

<https://www.gov.uk/guidance/help-children-with-send-continue-their->

## **Updated guidance for parents and carers on the closure of educational settings**

The guidance for parents and carers on the closure of educational settings has been updated with additional information on the support available for parents, online educational resources and support for vulnerable children.

The guidance can be found here:

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>

## How school events are being affected and our planning for the future...



**Y5 Gordon Brown Residential Week:** Unfortunately this residential has been cancelled and we have contacted parents with children in year five separately with more details.

**Y6 JCA Residential Trip:** Unfortunately this residential has been cancelled and we will have contacted parents with children in year six separately with more details.

Will we write in future newsletters about what will happen with events that we had planned to take place. We do not know when we will re-open so we will make decisions as time progresses.

**Y6 Leavers Assembly:** Like you, we will be very sad if we do not get to say farewell to our year six leavers. As I said to them in our final assembly on Fri 20th March, if we are not back in school by the end of the school year, we will put on a special event in the autumn term and invite our current year six pupils back so we are able to say a proper goodbye!

***Thank you for your patience and understanding at this challenging time.***

### Term Dates for 2019-20

Summer Term: Monday 20th April 2020 to Tuesday 21st July 2020  
(with 20th & 21st July as CPD days)

*NOTE: The early May Day Bank Holiday has been moved by the Government to Friday 8th May 2020 to coincide with the 75th anniversary of Victory in Europe.*

*Half term week Monday 25th May 2020 to Friday 29th May 2020*

**NOTE: Children finish school year on Friday 17th July**

### Term Dates for 2020-21

Autumn Term: Weds 2nd Sept to Fri 18th Dec 2020 (with 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Sept as CPD days)  
**Children (Y1-6) start on Monday 7th Sept**  
*Half term week Monday 26th Oct to Friday 30th Oct 2020*

Spring Term: Monday 4th Jan 2021 to Weds 31<sup>st</sup> March 2021 (with 4th Jan as CPD Day)  
**Children return to school on Tuesday 5th Jan 2021**  
*Half term week: Monday 15<sup>th</sup> Feb - Friday 19<sup>th</sup> Feb 2021*

Summer Term: Monday 19th April 2021 to Fri 23rd July 2021  
**Children return to school on Tues 20th April 2021**  
*Half term week Monday 31<sup>st</sup> May 2021 to Friday 4th June 2021*  
*Children break up for the summer holiday on Friday 23<sup>rd</sup> July*

**To confirm the Staff Training days (CPD days) are as follows for 2020-21**

- Wednesday 2nd September 2020
- Thursday 3rd September 2020
- Friday 4<sup>th</sup> September 2020
- Monday 4th January 2021
- Monday 19th April 2021

*In order to help families plan their holidays, we publish dates well in advance. The dates for the 2021-22 academic year will be published to parents early in the autumn term of 2020 as soon as they have been ratified by the Board of Governors.*