



# Rathfern News

Where everyone learns to learn

Friday 10<sup>th</sup> December 2020

Dear Mums, Dads, Carers, staff, governors, friends & colleagues

## HAPPY NEW YEAR

The term promises to be an exciting and action packed learning adventure.

Mrs Maharasingam (FCCT)  
Head Teacher

## Lets start the year with: 6 GOOD REASONS TO WALK TO SCHOOL!

### Travelling to School

Now the winter months are coming, you may be quick to jump in the car for your journey to school, especially if the weather is cold or wet!  
BUT

Rathfern pupils would like you to stop and think before you use the car to get to school!

With over 500 pupils at the school, if we were all driven to school there would be a LOT of cars outside in the morning and evening. We are aiming to reduce that number and ease parking problems outside of school. We can do this by:

- Walking to school
- Cycling to school
- Driving part of the way to school and walking part of the way

Here are 6 great reasons to walk to school:

### Walk to School to Improve Academic Achievement

A study recently undertaken by the California Department of Education shows a direct link between academic achievement and the physical fitness of school pupils. Nine in ten teachers in a recent Department for Transport survey consider that the walk to school makes children brighter, more alert and ready for the first class of the day

### Walk to School for Experience

Young people starting secondary school are less likely to be involved in road accidents if they have previous experience of walking to school, says a report from the AA. Many eleven and twelve year olds are reluctant to let their parents take them to their new school despite usually having to travel further and cross unfamiliar roads. Previous experience of walking to school with parents, or even a group of friends, provides invaluable experience enabling children to cope with being on the roads by themselves.

Cnt'd overleaf

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## Walk to School to Combat Obesity and Improve Fitness

In a study by Roger L Mackett of the Centre for Transport Studies, University College London it was seen that, on average, children use more calories travelling to and from school than they would from two hours of PE. The younger children who walk use about 75% of the number of calories travelling to and from school that they would from two hours of PE. The older children use over one third more in walking than they do in two hours of PE, especially the boys. The children who travel by car use about half the calories travelling to and from school than they would in two hours of PE.

## Walk to School because it's What Children Want



Nearly half (48%) of children would like to walk or bike to school even more if they could, says a new survey carried out by a specialist child research agency, ChildWise.

Professor Stuart Biddle, Professor of Exercise & Sport Psychology, Loughborough University said:

"Building exercise into your day is all-important, especially for children. Even leaving the car at home and walking half an hour a day is going to benefit them greatly and prepare them well for adulthood. Parents should listen to what their kids want and try to encourage this wherever possible".

A similar study by Sustrans, the sustainable transport charity, found that 51% of children driven to school would prefer to walk or cycle with friends.

## Walk to School for Financial and Social Benefits

The school run can mean significant cost implications, with families spending over £300 annually on the drive to school in petrol costs and wear and tear to the average car. Children who walk to school learn more about their local environment - they find out who their neighbours are and make friends as they chat to other children on the way to school.

## RE FURBISHMENT PROJECT

I am delighted to inform you that the Key Stage Two Girls toilets have been refurbished.

The Key Stage Two Boys toilets are due to be refurbished in the February half term.



## DATES FOR YOUR DIARY – 2020

### JANUARY

Monday 13 <sup>th</sup>	Music classes resume
Wednesday 15 <sup>th</sup>	DEADLINE: For applications for 2020 /21 Reception intake Multi-skills Festival (TBC)
Wednesday 15 <sup>th</sup>	Year 6 visit to Horniman
Monday 20 <sup>th</sup> Thursday 23 <sup>rd</sup>	Enrichment clubs resume Vision and Hearing Tests for Reception classes

### FEBRUARY

Tuesday 11 <sup>th</sup> and Thursday 13 <sup>th</sup>	Target setting
Half Term: Monday 17 <sup>th</sup> – Friday 21 <sup>st</sup> February	

## Reading Cafe

### Nurturing a passion for books

Please come and share a book and croissant with your child at our new termly Reading Cafe based in the school hall. Come and whet your appetite with a range of genres all selected to inspire, inform and entertain.

- Tuesday 14<sup>th</sup> January      Nursery, Reception and Year 1
- Wednesday 15<sup>th</sup> January    Year 2 & Year 3
- Thursday 16<sup>th</sup> January      Year 4, Year 5 & Year 6



## CLUBS

Music clubs resume the week commencing 13<sup>th</sup> January  
Please ensure all payments are made before this date

### ENHANCEMENT CLUBS

Monday 13<sup>th</sup> – Register for clubs via ParentPay at 5.00pm  
Friday 16<sup>th</sup> – Confirmation letters given out.

**Enhancement clubs resume** the week commencing  
20<sup>th</sup> January 2020

# **Pupil and Parent Acceptable Use and E- Safety Agreements**

**Thursday, 16th January 2020**

Next week, Rathfern will be introducing Pupil and Parent Acceptable Use and E-Safety Agreements, which are aimed at improving awareness of online safety for pupils, parents and carers. This is to support parents and carers with the growing challenges posed by children's access to digital technology and fulfil the school's safeguarding responsibility to its pupils.

The risks to children presented by digital technology need to be tackled head-on and we feel that introducing these agreements will provide the best platform for promoting safe use of digital technology and the internet.

The agreement will cover: online safety at home and at school, pupil's responsibility to others, the use of school computers and network and use of personal devices.

We will be sharing the agreement with all KS1 and KS2 pupils next Thursday 16th January and helping them to understand the importance of their responsible and safe conduct online.

Please take the time to discuss the agreement with your children as this will support us in creating a safer environment for pupils in and out of school.

We would like to receive all signed pupil and parent agreements by Friday 24th January.

We appreciate your support in this matter.

## LOST PROPERTY

**Please can you ensure your child's name is written clearly on every piece of uniform or clothing brought in to school.**

**We seem to have amassed an extraordinary amount of clothing and coats!!**

**This is a shame as some of the items are nearly new**



**Ensure sustainable consumption and production patterns**