



Rathfern Primary School  
Rathfern Road, Catford, London SE6 4NL  
E: [admin@rathfern.lewisham.sch.uk](mailto:admin@rathfern.lewisham.sch.uk)  
T: 020 8690 3759

Friday 22<sup>nd</sup> January 2021

Dear Parents / carers

Thank you for your continued support this week. We continue to welcome all the feedback on our remote learning as it helps us to make sure we have the right provision for everyone. Despite the grimness it has been inspiring to see children and staff united in common purpose. The truth is education is more urgent than ever - empowering all our young people to shape our world into one which is fair for all. Our community, powered by kindness, determination and diligence, can be a beacon of light amidst all the gloom.

## Access to devices

We are very aware that some of our families still need laptops and internet access to online learning. If you require a device and have not yet informed the school, please contact the main office via email on [s.omar@rathfern.lewisham.sch.uk](mailto:s.omar@rathfern.lewisham.sch.uk).

Currently all of our available devices have been shared with families, with many sent out this week. We will contact families as soon as the devices on order have arrived and are ready to be collected.

## Unused laptops or devices

If you have any unused laptops or devices and are happy to donate them to Rathfern Primary School please email [s.omar@rathfern.lewisham.sch.uk](mailto:s.omar@rathfern.lewisham.sch.uk)

## Learning at Home

We have been incredibly impressed by the children's resilience and brilliance in Google classrooms. They have been respectful, active and curious learners in their live lessons and are supporting each other with their technical expertise! We are all learning in this new realm, so huge thanks to the parents and staff, who also deserve a special achievement award too!

## Critical Workers

We currently have around **140** pupils in school and are still processing late applications. I realise that this is an extremely difficult situation for everyone and this is not the ideal situation for children and parents alike. However, schools have been 'closed' to try to reduce the amount of social contact between people, which will in turn reduce the spread of the virus which is currently at an alarming level.

Therefore, I am asking parents who are critical workers **to keep their children at home if they possibly can.**



## Skeleton school

All children are expected to wear their school uniforms to school

Timings have changed for KS2

**Year 3/4/5& 6** will now start at **9.10am** and finish at **3.10pm**

## Parent Survey – Remote Learning

Thank you to those of you who have completed the survey. We would still like to hear about your experiences of the remote learning provided by Rathfern Primary School during this period of school closure. We would really appreciate it if you could take a few minutes to complete this survey. Your feedback so far has helped the school improve its remote learning provision for pupils.

Click [here](#) to complete the survey.

The survey is hyperlinked above but here is the link if needed:

<https://forms.gle/55z1W3vGZasVuRct6>

## Young Minds

The Young Minds charity has put together a guide for parents to help you support your child's mental health when dealing with the current pandemic. You can find the website here.

<https://youngminds.org.uk/>

## Wellbeing Activity of the week: Breath Like a Whale!

Let's get a little playful and imaginative this week and invite the family to take a big exhale together, as we learn to 'breath like a whale'!

Invite your child to show you how their whale moves. Find a place to sit down together and ask your child if they know how the whale breaths? Did they know that the whales lungs can hold 5000 litres of air? Wow! Demonstrate taking a long slow inhale and exhale 'like a whale' and invite your child to show you their deep, slow whale breath.

Have a little fun seeing if you and your child can imitate the sound of the whale when it is expelling the air from its lungs. Constricting the air at the back of your throat on the exhale, by lifting your 'soft palate' (children put tongue to roof of mouth) you'll find you can make the sound of the ocean. Adding this sound will enhance the activity because it will encourage the exhale to be even slower.



Have a look at the video below to get into the rhythm of breathing like a whale. Then once you've found your 'inner whale breath', play with whale breathing in a call and response fashion with your child. It's the long exhale and the deep inhale that can be so helpful in enabling the body to dive into a deeper relaxed state; a state that shifts the nervous system into parasympathetic function, great for supporting learning. So remember, the more relaxed the breath, the better. However, if you do fall into a case of the 'giggles' with your 'whale imitating family' that's absolutely ok too!

Blue Whale Video: <https://www.youtube.com/watch?v=J3yokW8j0gs>

N:B Parents please view the video before watching it with your child, remember to adjust the sound to a comfortable level and to close the YouTube browser at the end of viewing the video.

All the best,

Jenny

Jenny Glithero | Team Manager Rathfern  
UP - Unlocking Potential

## Communicating with school

Please remember that the office hours are shorter 8.45-3.15 by appointment only, should you have any queries please phone us on 02086903759 or email [admin@rathfern.lewisham.sch.uk](mailto:admin@rathfern.lewisham.sch.uk).

Please do get in touch with the key contacts below with any questions or concerns. We will update you as soon as we have any additional government guidance.

Who?	Title	Contact for
Chantelle Daley <a href="mailto:c.daley@rathfern.lewisham.sch.uk">c.daley@rathfern.lewisham.sch.uk</a>	Assistant Head Early Years Lead	All matters to do with onsite and online learning for the EYFS
Alexis Ritson <a href="mailto:a.ritson@rathfern.lewisham.sch.uk">a.ritson@rathfern.lewisham.sch.uk</a>	Year 1 Lead	All matters to do with onsite and online learning for Year 1
Melissa Roach <a href="mailto:m.roach@rathfern.lewisham.sch.uk">m.roach@rathfern.lewisham.sch.uk</a>	Year 2 Lead	All matters to do with onsite and online learning for Year 2
Elif Gok <a href="mailto:e.gok@rathfern.lewisham.sch.uk">e.gok@rathfern.lewisham.sch.uk</a>	Year 3 Lead	All matters to do with onsite and online learning for Year 3
Lauren Emmanuel <a href="mailto:l.emmanuel@rathfern.lewisham.sch.uk">l.emmanuel@rathfern.lewisham.sch.uk</a>	Year 4 Lead	All matters to do with onsite and online learning for Year 4
Max Ellington <a href="mailto:m.ellington@rathfern.lewisham.sch.uk">m.ellington@rathfern.lewisham.sch.uk</a>	Year 5 Lead	All matters to do with onsite and online learning for Year 5



Nadeem Karimboccus <a href="mailto:n.karimboccus@rathfern.lewisham.sch.uk">n.karimboccus@rathfern.lewisham.sch.uk</a>	Computing Lead Year 6 Teacher	All matters to do with onsite and online learning for Year 6
Gail Jethwa <a href="mailto:g.fernandes-jethwa@rathfern.lewisham.sch.uk">g.fernandes-jethwa@rathfern.lewisham.sch.uk</a>	Office Manager	Risk assessments Covid Testing
Eugene Meegan <a href="mailto:e.meegan@rathfern.lewisham.sch.uk">e.meegan@rathfern.lewisham.sch.uk</a>	Premises Lead	Site Risk assessments
Lisa Baldwinson <a href="mailto:l.baldwinson@rathfern.lewisham.sch.uk">l.baldwinson@rathfern.lewisham.sch.uk</a>	Attendance Office	Attendance
Daniela Alamir <a href="mailto:d.alamir@rathfern.lewisham.sch.uk">d.alamir@rathfern.lewisham.sch.uk</a>	Inclusion lead	Special Educational Needs Safeguarding
Clare Goldsmith <a href="mailto:c.goldsmith@rathfern.lewisham.sch.uk">c.goldsmith@rathfern.lewisham.sch.uk</a>	Assistant Head	Skeleton school register queries
Safia Omar <a href="mailto:s.omar@rathfern.lewisham.sch.uk">s.omar@rathfern.lewisham.sch.uk</a>	IT Technician	All matters to do with Google Classroom, digital devices and additional data needs
<a href="mailto:covid@rathfern.lewisham.sch.uk">covid@rathfern.lewisham.sch.uk</a>		All queries / questions relating to COVID or Skeleton school

## IMPORTANT DATES 2021

### Whole School Zoom assembly Feb 12, 2021 10:00

Naheeda Maharasingam is inviting you to a scheduled Zoom meeting.  
<https://zoom.us/j/92840569823?pwd=ZC9HVENCbGRkcncZMNIptT3ZtemQ4dz09>

Meeting ID: 928 4056 9823  
Passcode: 383280

### Virtual SLT

Now **Tuesday at 12.30pm** due to remote learning clashes.  
Please join us to hear about the latest updates and ask us any questions you may have.

Mrs Maharasingam is inviting you to a scheduled Zoom meeting.  
<https://zoom.us/j/92523318178?pwd=T2lrVEdxOTBUV2xCMnV3VjFydUNrQT09>



Meeting ID: 925 2331 8178  
Passcode: 314646

Thank you again for your support, patience and cooperation.  
I wish you a restful and safe weekend.

Naheeda Maharasingam FCCT LLE  
Head Teacher  
CCT Network Lead Rathfern Research Hub

