



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

Friday 5th February 2021

Dear Parents / carers

Thank you again for your ongoing support with your children's learning week

On Wednesday, the Prime Minister announced that it would not be possible to open schools immediately after the February half term and instead hopes that it will be safe to start re-opening schools from the 8th of March. This is dependent on key factors, including level of infection rates, hospital admissions and rates of vaccination amongst priority groups. Schools and parents will be given two weeks' notice so we will keep you updated accordingly. Please continue to follow the lockdown rules so that we can re-open as soon it is safe to do so.

At Rathfern we will however redouble our efforts to make sure our online offer is as strong as it can be. All feedback welcome.

As mentioned in last week's newsletter, Friday 12th February will be a virtual celebration of online learning and coming together as a school community before we break up for the half term break.

UNCRC Article of the Week

Article 23: Children with a disability A child with a disability has the right to live a full and decent life with dignity and, as far as possible, independence and to play an active part in the community.



Mental Health


This week we have been celebrating Children's Mental Health Awareness Week 2021.

Children have been taking part in well-being lessons promoting gratitude, resilience, kindness and creativity – all so integral to our well-being.

Please see the link to -Unlocking Potential's video, offering a selection of mindfulness activities supporting wellbeing.

<https://www.loom.com/share/47b1c951a78044219d11cc5ada007ef4>





[CMHW 2021 Mindfulness - PowerPoint Slide Show - CMHW 2021 Mindfulness](#)

Check out a video I made via Loom

www.loom.com

Offering children ways to develop strategies for their wellbeing is a great support for mental health, however if you feel your child is struggling at this time, please reach out to Jenny (Unlocking Potential).

Wellbeing Tip of the Week

This whole crisis can seem depressing, frustrating and emotionally draining. One way to work through it is to focus on the potential positive outcomes and the things we can learn from our experience.

What have you learnt about yourself and how you cope in stressful situations? What might you do differently if faced with a difficult situation in the future? What changes can you make in your day-to-day life to prepare you to cope better and build your resilience? For example, practising self-regulation exercises e.g. deep breathing (breathe in for 5 seconds and out for 7 seconds) or letting go of the things outside of your control.

Attendance

Well done to all children who are attending Google Classroom daily and punctually.

A very special well done to these particular children have worked so hard to make sure that they are attending and engaged in every live lesson and are keeping up with the class learning We are so impressed with the effort you have made to be punctual.

Reception

Stream: Michelle Immanuel and Amelia Budek

Ocean: Azariah Aminu and Frida Meckled-Szembek



Mangrove: Emily Lin and Gloria Onyewesi

Year 1

Storm: Evan and Saanvi

Cloud: Jasmine and Theo

Waterfall: Arika and Milo

Year 2

Avalanche Class: Thirikshan Manavalagan and Arthur Jeffery

Everest Class: A'isha Barry and Khup Naulak Naulak

Year 3

Caldera Class: Sam Salamone and Abigail Anderson

Crater Class: Elana Branker and Brandon Oriente Stedman

Year 4

Tsunami class : Dylan Kunn and Ariana Betingyte Reid

Typhoon class : Joshua Eriyo and Shanuki Appuhamy

Year 5

Meridian Class : Temani Wilks & Filip Borkwoski

Equator Class : Alex Morgan & Kisara Manavalagan

Year 6

Panthalassa Class : Ava Arivo & Andy Biandji Mayap

Pangea Class : Pippa Broughton & Mouad Bouhenniba



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.ewisham.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.

IMPORTANT DATES 2021

Whole School Zoom assembly Feb 12, 2021 10:00

Mrs Maharasingam is inviting you to a scheduled Zoom meeting.

<https://zoom.us/j/92840569823?pwd=ZC9HVENCbGRkcNlptT3ZtemQ4dz09>

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

Half Term 15th-19th February

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

