

Friday 19th March 2021

Dear Parents / Carers

What a wonderful week...even better to end with some sunshine! We are truly grateful to have the children back and for all of your support and kind words. Don't forget to book your appointments for parents evening for next week.

We continue to be so impressed by the resilience of the children and how quickly they have settled back into school routines. This week we have been recapping much of the learning done during the last two months and assessing the children to help us plan for and support their next steps. We look forward to discussing your children with you at Target Setting.

Please adhere to the staggered start and finish times as well as the one-way systems in place. These systems are imperative in supporting social distancing around the school site. Please also remember to wear a face covering at drop off and collection.

Please continue to follow the most up to date government guidelines regarding national restrictions and mixing of households. Also note that the government advice is for families to limit their use of multiple out-of-school settings providers, and, as far as possible, to only use one out-of-school setting in addition to school.

Red Nose Day

Thank you to everyone who contributed to Red Nose Day we raised £278.84 and collected 3 boxes of food for the Food Bank.



World Down Syndrome Day

(WDSO), Sunday 21 March, is a global awareness day which has been officially observed by the United Nations since 2012.

Join in with Rathfern to create a single global voice for advocating for the rights, inclusion and Well-being of people with Down syndrome. We will do this on Monday 22nd March.

All you need to do is choose some socks that are going to get noticed - they might be mismatched socks or your craziest and most colourful socks, whatever takes your fancy! Find fantastic examples of the #LotsOfSocks campaign in action.

For more information visit <https://www.worlddownsyndromeday/>



CELEBRATE EARTH HOUR 2021



During the pandemic we've all experienced screen fatigue, so this Earth Hour we want you to move away from the screen and focus on connecting with nature on your doorstep.

Nature is a perfect tonic for your wellbeing and mental health. Everyone can connect to nature in some form, whether you live in an inner city or the countryside, nature surrounds you. We have suggested some activities below, but why not come up with your own ideas to connect with nature and celebrate our beautiful planet?



BEFORE EARTH HOUR:



Spend an hour connecting with nature.



1. DRAW LOCAL NATURE

Have a go at drawing some of your local nature. This could be the view in your local green space, your garden or any natural object like your favourite tree, leaf, flower, bird or stone. Please remember to avoid picking flowers or breaking branches, nature is here for everyone.



2. TUNE INTO YOUR SENSES

Take some time in nature with your senses. Note down five things you can see, four things you can hear, three things you can smell and two things you can touch.



3. USE OUR SPOTTER

Use our nature spotter on page 7 to discover wildlife in your local area.



4. MAKE AN APPLE FEEDER

Help your local birds to stay healthy by making an **apple feeder**.



5. BUILD A BIRD HOUSE

Put up a **bird house**, hang it in a safe place then see who moves in.



6. GROW YOUR OWN

Plant seeds or vegetable root ends using recycled materials – egg cartons, yoghurt pots and paper cups work well. Just fill your pots with soil, pop in your seeds or roots, water and place near a window for sunlight.



7. GO EXPLORING

What trees are nearby? What type of flowers can you find? Can you identify any different bird songs? You can use apps to help you such as **Smart Bird ID** and the **Seek App**.



8. ENJOY NATURE'S COLOURS

Use our nature colour wheel on page 8.



9. MAKE A BUTTERFLY FEEDER

Support your local environment and create a **butterfly feeder** for garden visitors.



10. BUILD A BUG HOTEL

Help to look after bugs, bees and spiders by building them their very own giant **bug hotel**.



DURING EARTH HOUR:

Switch off for your world. The first step is easy!
Join us in switching off your lights on 27th March at 8.30pm!



1. SWITCH OFF

Switch off – at 8.30pm switch off all of your lights and as many electronic devices as you can (television, laptops, phone chargers, etc).



2. TUNE IN

Try some mindful breathing. Start off by breathing in and out slowly, breathe in through your nose for the count of three and out through your mouth for the count of three. Feel how your chest rises and falls with every breath.



3. PLAY GAMES

Play a board game by candlelight (make sure an adult supervises when using candles).



4. PAMPER

Take care of yourself and have a pamper session (before Earth Hour you can check how sustainable your products are by using the **Giki app**).



5. USE YOUR SENSES

Use Earth Hour to explore nocturnal nature. This could be on a walk or simply by opening a window. Can you hear any foxes or other nocturnal wildlife? Can you see the moon or stars? Make sure to only go out if it is safe to do so and only with an adult.



6. TELL STORIES

Sit in a circle with some candles and make up some imaginative stories about wildlife and protecting the Earth (make sure an adult supervises when using candles).



7. CREATE SHADOWS

Using a torch or candlelight create a shadow puppet display. What animals can you create?



8. MAKE A PLEDGE

Discuss and agree on how you can make sustainable choices to help save our planet's wildlife.



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 Rathfern Road, Catford, London SE6 4NL
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 T: 020 8690 3759

Meal choices

It is extremely important that you inform the school office in writing if your child would like to change their meal pattern, from Packed Lunch to Hot meal or vice versa.

Meal choices must remain the same for the term. If there is a specific exception, please contact the school office in advance by email via admin@rathfern.lewisham.sch.uk

Failure to do so may mean you incur charges.

Thank you for your understanding.

Nursery intake September 2021

We are now allocating places for children who will be aged 3 years of age before September 2021. If you, or somebody you know, would like a place, please contact the school office by the 22nd March as places will be issued on a First come, First served basis. Or email replies@rathfern.lewisham.sch.uk.



Idling

Rathfern is working with the Vehicle Idling Action to reduce the number of vehicles sat outside our school with their engines running. Rathfern isn't alone with this as all across the borough, the city, and the country, lots of idling tends to occur outside schools while we are waiting to collect our children.



What can I do to help?

- Turn off your engine while waiting outside school
- Park a bit further away and walk the last bit
- Share a lift with another family
- Pledge to walk or cycle or take public transport to school – even if it's just once per week
- Sign up to find out about volunteering for our anti idling day

- Emissions from vehicles are particularly bad for our children's health. Their lungs are still developing and toxic air can stunt growth, causing health problems in later life.
- Every vehicle, picking up and dropping off just one child, adds to the pollution.
- It's bad for your pocket too, idling means you can use more fuel than turning off your engine.



Thank you and, if you do drive to school, please remember to turn your engine off.

Article 24: Health and Health Services

Bicycles



A few parents have been asking when children can store their bikes at school. From Monday, if your child cycles to school, they will need to place their bikes in the racks provided **by themselves**. Your child will be responsible for ensuring the bike is secure.

Wellbeing Tip of the Week - Prioritising Quality Sleep

Having good quality sleep is one of our most important resources. During this time our brain processes memories and emotions, our metabolism regulates itself, our cells repair and rebuild and our immune systems strengthen. An adult needs approximately 8 hours sleep a night and a child needs more (this guide has more information: Sleep Guide). How can you prioritise your sleep? What is your bedtime routine like? Good sleep hygiene encourages us to turn off screens at least an hour before bed, to avoid caffeine from midday, to exercise during the day but not too close to bed-time, to spend time outside in daylight, and to go to bed and wake up at similar times every day. Listening to something calming can help us fall asleep e.g. Calm-Sleep Stories provides mindful meditations. For more information, or if you have trouble with sleep, please visit: NHS Sleep Information.

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

IMPORTANT DATES 2021

Virtual SLT

The virtual SLT sessions will now be held **fortnightly**, the first one taking place on **Tuesday 30th March at 12.30pm**

Please join us to hear about the latest updates and ask us any questions you may have. **Join Zoom Meeting.** Meeting ID: 958 4046 6964

<https://zoom.us/j/95840466964?pwd=bmhqT0dlbzJQb1VsWG5KU1I3VzJBUT09>

Virtual Parent Meetings (via google classrooms)

Tuesday 23rd March &
Wednesday 24th March

WHOLE SCHOOL ASSEMBLY Wednesday 31st March

Easter Holidays Thursday 1st April – Friday 16th April

Take care and have a lovely weekend

Naheeda Maharasingam FCCT LLE

Head Teacher

CCT Network Lead Rathfern Research Hub

