



Rathfern Primary School
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Wednesday 31st March 2021

Dear Parents/ Carers,

What a way to finish the term! Moving to 'I feel Good' as a whole school was utterly uplifting and joyful.

I wanted to take this opportunity to reflect on the past few weeks since the school re-opened to all children. Thank you to everyone for all your support. The children have been extraordinary scholars and we want to thank you for your continued support with home learning and following the procedures that have remained in place to keep the school a safe environment.

I must also thank our staff team who have worked tirelessly to ensure the emotional and mental well-being of all our children, as well as maintaining high expectations for learning.

Return to school

Staggered start and pick up times, as well as the one -way system, will remain in place at the start of the summer term. Thank you for your co-operation with this, which helps us to promote social distancing and keeps our community safe. Please continue to wear face coverings when you drop off and collect children.

Arrangements for Easter reporting of positive COVID-19 test results

As families and friends come together outside, continued contact tracing will minimise the risk of spreading the virus. The Department for Education has requested that schools continue to support contact tracing for 6 days after the end of term. This will help us to identify any close contacts of positive cases who were in school while infectious and where test results come back after term ends. If your child has a positive COVID test result before Wednesday 7th April 2021, please email: covid@rathfern.lewisham.sch.uk



Reception School Offers

Parents/carers of children who have applied for a reception place in a Lewisham school will receive their Primary school offers on the 16th April.

- Those who applied online will receive their offers after 6pm
- All offers must be accepted or declined by the 30th April

To accept or decline your offer:

- Online applications—you must login to your admissions account at: www.eadmissions.org.uk. To access this account you will require the username and password that was emailed or text to you when you initially applied

Failure to accept or decline an offer will result in the offer being withdrawn

Once an offer has been accepted, you will still be able to place your child's name on a waiting list for another school. If you require any support with this process, please contact: Lisa Baldwinson when we return to school after the Easter holidays

Waterbottles

Now the weather is getting warmer please remember to send your child in with their water bottle as the water fountains will not be turned on until further notice.



Gardening at Rathfern



Thank you to Rissiere in Year 2 for helping to make Rathfern look beautiful this Spring, by helping Ms Jenny to plant bulbs and plants near the school office.



Wellbeing from Unlocking Potential

Unlocking Potential are dedicated to **Children's Mental Health and Wellbeing**. Here *Unlocking Potential's* Team Manger Jenny has listed a selection of wellbeing activities and videos for children and carers to explore this April school holiday. Wishing you all a wonderful break from *Unlocking Potential*.

Wellbeing Fun for all the Family:

Follow this link to a workbook, guiding you through the following activities. https://up.org.uk/wp-content/uploads/2020/06/UPWeeklyResources_15.6.20-1.pdf. Below this you will find wellbeing tips for parents/ carers.

1. Household Scavenger Hunt

This is a fantastic way for your child to stay active indoors. They can play with as many or as few players as they like, it is also free and easy to do.

2. Make your own nature collage

This is a great way to keep active and connected to nature. This activity is designed to encourage exploration and overall good well-being.

3. Nature's Surfaces: Rubbings

If your child has any left-over leaves, sticks, pinecones or pebbles from the nature collage from a few weeks ago, this is a fab continuation or alternative. This activity is designed to engage your child's senses and stimulate their creativity.

4. Salt Dough Handprints

Have a bit of time on your hands? Get creative with your child and make your very own everlasting handprints! These can also be turned into wall hangings or kept as memories to remind you and your child of this time. Parental supervision is necessary for this activity. See UP's YouTube Channel to see how to make your handprints! <https://youtu.be/QtbTKgzOGO>

5. Core Strengthening: Animal Walks

With an increase in downtime, core strength is crucial in maintaining good posture and a healthy back. These animal walks are great for balance and full-body strength. These exercises can be shared with the family or even turned into a game.

5 Tips For Parents/Carers Self-Care:

Be Kind to Yourself

When the kids are at home and you're trying to juggle everything else a parent in 2021 has to manage, things can feel too much at times, which may leave your head spinning. If you're finding this to be the case, take a moment to remind yourself of how much you're doing and allow that voice of self-compassion to come through and tell you what an incredible job you're doing! Try not to be hard on yourself when you are struggling and always set yourself reachable goals. It's important not to focus on what you have not achieved or compare yourselves to others. Acts of self-kindness will offer support for you to and your family. Self-kindness comes in many forms.

Finding time to do things that make you feel good can have a noticeable impact on your wellbeing and therefore the wellbeing of the family. Do what works for you, whether that's



reading a book, watching a film or doing some yoga. See UP's YouTube video for tips on how to be kind to yourself and other self-care strategies: <https://youtu.be/vWen3dz26NI>

Keep moving

Moving our bodies keeps them healthy but it also keeps our minds in good working order. Being stuck at home can mean we're not moving as much as we might normally be and this can mean our bodies and our brains end up getting tired and sluggish. If you can get outside once a day for a walk, run or bike ride then that is going to have a really positive impact on your wellbeing. If you can't get out, then try and take some movement breaks. Get up move around, you can even dance around if you want.

Help

Sometimes it is hard to ask for help and even harder to accept it. If you need support with something then let people know how they can help; it will help you practically and boost you emotionally. It's worth also noting that offering help is also really good for our sense of wellbeing. Never offer more than you can manage, but if you feel able then it can be really rewarding.

Be Present

Be present –When your brain is going in to over drive it can help to refocus your thoughts to where you are at that moment. Maybe taking a moment to look around and notice the small things that bring you joy or calm while noticing your breathing. Doing this can really help you refocus in the present and feel more grounded. When we are mindful in this way we can feel more resilient. See UP's video on Mindfulness for more information <https://www.youtube.com/watch?v=CzzUFS1ke90&feature=youtu.be>

Jenny Glithero | Team Manager Rathfern
UP - Unlocking Potential

National Trust - idea for the holidays

<https://www.nationaltrust.org.uk/50-things-to-do>



[50 things to do before you're 11¾ | National Trust](https://www.nationaltrust.org.uk/50-things-to-do)

Get your kids closer to nature with '50 things to do before you're 11¾'. There's plenty of outdoor activities to do all year round, from watching the sunset to creating some wild art. Many can be done at home and in your garden. From making a home for wildlife to cooking on a campfire, get ...

www.nationaltrust.org.uk



Please help us keep the Coronavirus out of Rathfern

Lockdown rules for England from 29 March



Minimise travel - continue to work from home if you can



Six people or two households can meet up outside, including in private gardens



Outdoor sports facilities and open-air swimming pools are allowed to reopen



Non-essential shops, gyms and entertainment venues closed



Pubs and restaurants closed, but takeaway food permitted



Holidays abroad still banned



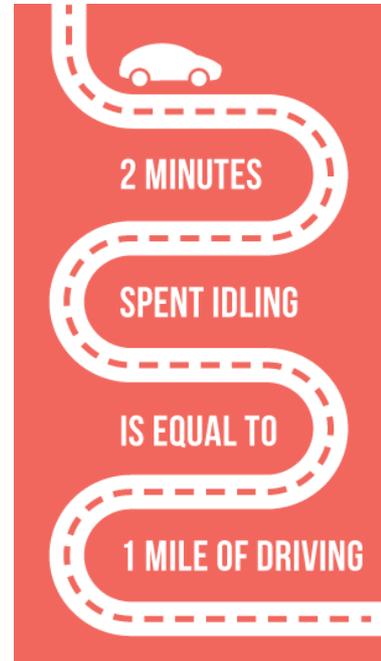
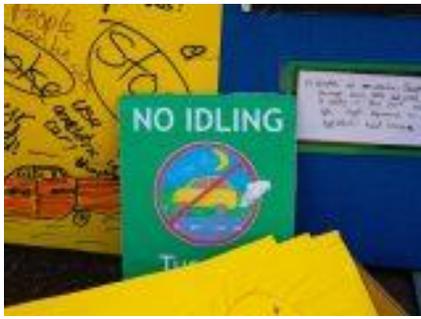
Source: GOV.UK



Anti-Idling at Rathfern

We were very pleased that the Anti-Idling campaign that took place previously at our school was a success. With a combination of training, assemblies, games and community engagement, the message of '**Idling is fuelish**' was conveyed and well received by all. We have captured the day on the video clip below:

https://vimeo.com/299264893/fa8659e19a?utm_source=email&utm_medium=vimeo-cliptranscode-201504&utm_campaign=29220



Lunch Time costs for the Summer term 2021

First Half Term 29 days: £66.70
Second Half Term 34 days: £78.20
Payment to be made on Parent Pay

Please note:

Children in Reception to Year 2 are entitled to Universal Free School Meals (UFSM)

Minimum payment on ParentPay: £11.50
Price of School meals per day: £2.30
Price of School meals per week: £11.50
Price of School meals for the term: £144.90

To apply for Free School Meals (FSM) please go to:

www.lewisham.gov.uk/freeschoolmeals

To apply you need to create an account and submit an online application.

Please see a member of the office team should you need help with this.



IMPORTANT DATES

Back to school	Monday 19th April
May Bank holiday	Monday 3rd May
Half Term	Monday 31 st May – Friday 4 th June
Children return to school	Monday 7 th June 2021
Last day of term	Thursday 22 nd July 2021
INSET DAY	Friday 23 rd July 2021

It has been wonderful to end the term with the children playing together in the glorious spring sunshine. A slow, but safe step towards normality is welcomed by all. Huge thanks to the staff and community for making the return to school so purposeful and joyful. I hope you all have a lovely Easter break and look forward to welcoming you back for the summer term on the 19th April.

Take good care and have a wonderful Easter.

Naheeda Maharasingam FCCT LLE

Head Teacher

CCT Network Lead Rathfern Research Hub

