

Canon Barnett Primary School

Newsletter 698 26th March 2021



End of Term

Thank you to everyone for their hard work, resilience and perseverance this term as we grappled with home learning, burst bubbles and return to school. It has been quite a Spring term but as always I have been amazed at the children at Canon Barnett and their ability to adapt and 'make the most' of the situation. And all the adults in school are incredibly proud of the skills and knowledge the children have gained this term. I hope everyone enjoys a well-earned rest.

The Summer Term starts on Monday 12th April (8:30 Year 5/6 , 8:40 Year 3/4 8:50 Year 1/2/reception and nursery)

Track and Trace

If your child develops Covid symptoms in the first week of the Easter holiday and you test them. Please ensure that you Whatsapp the school phone if they test positive. As a school, we must track and trace over the first week of the holidays and so I will need to contact anyone who was in close contact with the child.

Close 'Spring Forward' on Sunday

Just a reminder that the clocks go forward this Sunday (28th March).

Red Nose Day!

We raised £124 for Red Nose Day. Well done Canon Barnett. Link below if you would still like to donate.

<https://www.justgiving.com/fundraising/canon-barnett-primary-school-rednoseday21>

Restrictions from 29th March

A reminder that restrictions are still in place.

From the 29th March you may meet outdoors with either 6 people or 2 households. Still try to minimise travel as much as possible and avoid busy times.

TWO REMINDERS FROM LAST WEEK

Polling Day: Thursday 6th May

School will be closed on Thursday 6th May for Polling Day. Children will be given an 'offline' learning pack for this day to complete at home.

Test kits for families

If you are a member of a household, childcare bubble of a pupil, student or staff of a school, nursery or college, you are able to pick up lateral flow tests to enable you to take twice weekly tests. These can be collected from the locations below between 1:30 and 7pm.

Idea Store Watney Market

260 Commercial Street
E1 2FB

Jack Dash House

2 Lawn House Close
E14 9YQ



Children who have shown resilience this week

Another fantastic week for all our classes so many children showed examples of all our values of the week. These children particularly stood out for showing resilience.

This week's stars are

Nursery: Arib and Abdul Kayum

Reception: Maymuna and Yahya

Year 1: Aadam and Adyan

Year 2: Rayhan and Raiyan

Year 3: Naseerah and Aarifa

Year 4: Jibril and Amira

Year 5M: Qalbe and Arisha

Year 5N: Yunus and Zaara

Year 6: Ruqayyah and Yaseen



Tower Hamlets School Counselling Partnership

Supporting children, families and schools

The Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents and staff by working with the whole school community.

Holiday Already?!

Breaks from school can feel quite stressful for children and this is because their regular schedules and routines are disrupted. As we head into a longer holiday, following what has felt like one long year of lockdown, here are some tips on how to minimise the tears and maximise the joy at home.

How can parents help?

- As always with parenting, it is most important to look after yourself first. Make sure your own cup is full so you can remain calm, tolerant and patient.
- You can also let them know in advance what they will be doing over the holiday and remind them again every morning of the plans for that day.
- Many children will also do better if you keep to some routine and schedule every day, to offer them predictability.
- If you can, always include some outdoor or physical activity every day as it helps them to stay regulated. Finally, remember to do less and connect more!
- Some fun ideas for connecting more, maybe pick one or two or more to do over the break. You don't have to do them all and you are welcome to come up with your own 😊:
 - Have a pyjama day, spend all day in your pyjamas (that should be no different to most of the lockdown)
 - Have a topsy turvy – have lunch for breakfast, dinner at lunch time and breakfast at the end of the day

- Build a den in the lounge and pretend you are on Safari – what animals can you see? Pretend to be them and/or draw/make them
- Games night/day – games like Twister and Jenga that allow for a bit of raucous laughter
- Dress to Express – wear clothes that express how you are feeling
- Bake Off – or cook a three course meal together: make menus and set the table

Remember that things more than likely will get messy but focus on the connection that is being made and the memories you will all gain – it is about having fun and when we have fun things tend not to stay in their places. They can always be put back at the end of the day

If you would like to make an appointment to speak to Khalida, please either email her at

khaque1.211@lgflmail.org or call/text her on 07730 416 019. She works at Canon Barnett on Thursdays, term time.

Tower Hamlets Together: new community film marking first anniversary of lockdown

The Council is releasing a new community film next Tuesday, 23 March, to mark the anniversary of the UK's first Covid-19 lockdown. Take a look here.

<https://www.youtube.com/watch?v=ygzD5aw8ymc>

WORKSHOPS FOR PARENTS

আমুন মানসিক স্বাস্থ্য সম্পর্কে কথা বলা যাক

সাইনপোস্টিং এবং ইনফরমেশন সার্ভিস

আপনি কি বিশ্বাসী কারও সাথে কথা
বলতে চান? এবং আপনার
সমস্যাগুলির জন্য সহায়তা ও সাহায্য
চান?

আপনার চিন্তা ভাবনা এবং চাপ
কি আপনার দৈনিক জীবনে সমস্যা
করছে?

আপনি আমাদের সাথে বাংলায়
গোপনীয় ভাবে কথা বলতে পারেন
এই সব দিনগুলিতে:

সোমবার এবং বুধবার, ১১.৩০টা - দুপুর ১টা
(বাংলায় কথা বলুন সাপোর্ট ওয়ার্কারদের সাথে)
টেলিফোন নাম্বার: **07871 927 320**

মঙ্গলবার এবং বৃহস্পতিবার, ১১টা - দুপুর ১.৩০টা
(বাংলায় কথা বলুন সাপোর্ট ওয়ার্কারদের সাথে)
টেলিফোন নাম্বার: **07871 927 324**

বিজ্ঞাপনের সময়ের বাইরের কলগুলির উত্তর দেওয়া
হবে না, তবে আপনি একটি ডায়েরি বা টেক্সট মেসেজ
দিতে পারেন এবং আমরা আপনাকে ফিরে কল করব।

আপনি আমাদেরকে ইমেল করতে পারেন
support@bangladeshimentalhealth.org
কলব্যাক এর অনুরোধ অথবা অনলাইন পরামর্শ
বুক করার জন্য।



শুরুত্বপূর্ণ ইনফরমেশন:

এই সার্ভিস শুধুমাত্র সাইনপোস্টিং এবং
ইনফরমেশন দেবার জন্য, আমাদের স্টাফ বা
ভলান্টিয়ার্স প্রফেশনাল এডভাইস বা অবিরত
মানসিক স্বাস্থ্য সহায়তা করতে পারে না। তবে
আমরা আপনার সাথে কথা বলে আপনাকে
সহায়তা করার জন্য যথাসাধ্য চেষ্টা করব এবং
আপনার সমস্যাগুলি সম্পর্কে জরুরি সার্ভিসে
আপনাকে রেফার করতে পারব।

- www.bangladeshimentalhealth.org
- info@bangladeshimentalhealth.org
- General Enquiries 0771 607 8840
- Charity Number: 1128579



LET'S TALK ABOUT MENTAL WELLBEING

SIGNPOSTING AND INFORMATION SERVICE

Would you like to speak to someone in confidence and access support to help with your issues?

Are your worries & stresses impacting on your daily life?

You can speak to us in confidence on the following days:

Mon & Wed 11.30am-1pm
(Bengali speaking advisor)
Telephone: 07871927320

Tues & Thurs 11am-1.30pm
(Bengali speaking advisor)
Telephone: 07871927324

Calls outside the advertised hours will not be answered, but you can leave a voice or text message and we will get back to you.

You can also email us on support@bangladeshimentalhealth.org to request a call back or book an online consultation.



Important Information

This service is only for signposting and information, staff and volunteers cannot provide professional and ongoing mental health support. However, we will do our best to help you by speaking to you about your issues and referring you to the relevant support service.

- www.bangladeshimentalhealth.org
- info@bangladeshimentalhealth.org
- 0771 607 8840 (General Enquiries)
- Charity Number: 1128579



DATES FOR YOUR DIARY

SUMMER TERM BEGINS: Monday 12th April

BANK HOLIDAY: Monday 3rd May

POLLING DAY: Thursday 6th May (school closed - remote learning packs)

END OF HALF TERM: Friday 28th May

SUMMER TERM 2: Monday 7th June

SUMMER TERM ENDS: Friday 16th July (2pm)

COVID INFORMATION

If you need a test information can be found here:

<https://www.gov.uk/get-coronavirus-test>

Symptoms of Covid - 19

- new persistent cough
- high temperature
- loss of taste/smell

A summary of the current government guidelines can be found here:

<https://www.bbc.co.uk/news/explainers-52530518>

Covid symptoms: a reminder

If your child has a temperature (this may only be for a short time), a new continuous cough or loss of taste and smell. Please isolate your family, order a NHS test and report the symptoms (and test results once received) to school.

If someone in a class or bubble tests positive, the school will report the incident to public health and take their advice: it may be necessary to close bubbles as we did in the autumn term. We ask that all members of the school community adhere to the current guidelines to keep everyone safe.

TOYNBEE
HALL



PRIZE DRAW

A chance to win £50

Do you live on or near Wentworth Street?

Want to have a say in what's happening in
your local area?

We want to hear from you!

Take part in our

RESIDENTS SURVEY

and be entered into our prize draw for a £50
cash voucher
(10 vouchers up for grabs!)

Have a question?

Get in touch: whenwespeak@toynbeehall.org.uk



[CLICK HERE
FOR SURVEY](#)