

St Nicholas CE Primary Academy

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Christopher Dale - Headteacher



Dear Parents and Carers,

Over the course of the last week, a few families have been in touch with me asking for support on how to manage their child's work at home. Below are a few tips for creating a positive learning environment at home.

Be realistic about what you can do

- You're not expected to be teachers and your children won't learn as they do in school. Providing your children with some structure will help them to adapt.
- Experiment across a week, then take stock. What's working and what isn't? Ask your children, involve them too
- Share the load if there are 2 parents at home. Split the day into 2-3 hour slots and take turns so you can do your own work
- Take care of your own health and wellbeing. This will be new for your entire household, so give it time to settle.

Keep to a timetable wherever possible

- Create and stick to a routine if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the day – avoid staying in pyjamas!
- Involve your children in setting the timetable. It's a great opportunity for them to manage their own time better and it'll give them ownership
- Check in with your children and try to keep to the timetable, but be flexible. If a task/activity is going well or they want more time, let it extend where possible
- If you have more than 1 child at home, consider combining their timetables. For example, they might exercise and do maths together – see what works for you
- Designate a working space if possible, and at the end of the day have a clear cut-off to signal 'school time' is over
- Stick the timetable up on the wall so everyone knows what they should be doing when, and tick activities off throughout the day
- Distinguish between weekdays and weekends, to separate school life and home life

Birthday wishes this week to;

Year R	Year 1
Jack N	Amelia P
Freddie A	Joshua E
Year 3	Year 5
Harry C	Florence R
Year 6	
Kyra D	

Important Announcement

COMMUNITY SUPPORT

A network community support hubs has been set up for the Romney Marsh. Mobile phone Details of the hub can be found in the link below. Share with those who might need it.

Find out more about the hub for the Romney Marsh – here <https://bit.ly/2WRKcV8>

PRIMARY SCHOOL OFFERS

If your child is due to start primary school in September 2020 you will be offered a place on **16 April 2020**. You will need to accept or refuse the offer directly with the school. *The deadline for returning the primary acceptance/refusal form is 6 May 2020.*

Make time for exercise and breaks throughout the day

- Start each morning with a PE lesson at 9am with Joe Wicks
- If you have a garden, use it regularly. If you don't, try to get out once a day as permitted by the government
- Get your children to write in a diary what they did each day – this can be a clear sign that the 'school' day has ended

Other activities to keep children engaged throughout the day

- Where you have more freedom in the timetable, make time for other activities. Add some creative time or watch a dance video from Go Noodle to get the heart-rate going
- Get your children to write postcards to their grandparents or to pen pals
- Ask grandparents to listen to your children read on FaceTime (or ask grandparents to read to children)
- Give them chores to do so they feel more responsible about the daily routine at home
- Ask them to help you cook, set the table or clear away
- Accept that they'll probably watch more TV/spend time on their phone – that's ok but you might want to set/agree some screen time limits

I hope these suggestions help.

Yours sincerely
Christopher Dale
Headteacher

More Important News

Key Worker /Vulnerable families are now at The Marsh Academy.

St Nicholas Academy is now closed. If you have been identified as a Key Worker or a vulnerable family your child should now attend The Marsh Academy. The Marsh will be open from 8.40am to 3.00pm daily. St Nicholas CE Primary staff will be present at the Marsh Academy. Please do not attend if you have not been registered, or you will be turned away.

What if I'm worried about my child or another child?

If you're finding it hard at home with your child and are struggling to cope, call Family Lives for free, confidential advice on 0808 800 2222.

If you're worried about the safety of another child in our community, call Kent County Council Children's safeguarding services. Call 03000 41 11 11 or email social.services@kent.gov.uk. If you need to contact someone outside of normal office hours, for example during the night, call 03000 41 91 91, or alternatively call the NSPCC on 0808 800 5000. **If you think a child is in immediate danger call the police on 999.**



Links for Families

PE on YouTube with Joe Wicks Whole school

Weekdays at 9am but you can visit any time on YouTube to view this workout or any of his previous recordings.

<https://youtu.be/qGKGzNbWjU>

The Maths Factor

Whole School

Maths with Carole Vorderman – Free access to her Maths website, with age appropriate learning – sign up for free.

<https://www.themathsfactor.com/>

Reading Plus

For Years 4 – 6.

Children should all know their passwords to access this site. This is an online Reading programme to improve children's reading skills and comprehension.

<https://login.readingplus.com/>

Elvenses with the world of

David Walliams

Whole school

Every day at 11am, you can listen one of David Walliams' World's Worst Children stories, so sit down, take a break, and enjoy 20ish minutes of pure fun!

www.worldofdavidwalliams.com

An open letter from National Trading Standards to school communities

RE: Scams advice during coronavirus outbreak

We are writing to you with regards to the coronavirus and how you can access support and safeguard yourself against scams.

We hope that you are well. As a reminder, we would like to re-iterate the government and NHS guidelines about maintaining good hygiene; only go outside for food, health reasons or essential work, and stay two metres away from other people outside of your household. It is particularly important for people who are over 70 and/or have an underlying health condition.

Things such as Facebook Community Groups, WhatsApp Groups and the Nextdoor social network that send neighborhood alerts can be great ways of staying in touch with those around you, however it can be difficult to know who to trust. These are all online and not everyone has access to the internet, so please see the telephone numbers below for your County if you require assistance.

Please be aware that not everyone out there is trustworthy and some people will take advantage of this unusual situation our society is facing.

Here are just some of the scams we are aware of, but please note that criminals come in all shapes and sizes and can contact you at the door, by phone, post or online:

- Be aware of people offering miracle cures or vaccines for coronavirus – there is no specific treatment for coronavirus (COVID-19). Treatment aims to relieve the symptoms until you recover.
- Home cleaning services
- People impersonating healthcare workers, claiming to be offering 'home-testing' for coronavirus – this is a scam and these kits are not currently available to buy.
- Emails saying that you can get a refund on taxes, utilities or similar are usually bogus and they are just after your personal and bank details.
- There are lots of fake products available to buy online that say they can protect you or cure coronavirus. These will not help and are designed to take your money.
- There are new mobile phone applications that claim to give you updates on the virus but instead, they lock your phone and demand a ransom.
- Your bank or the police will never ask for your bank details over the phone.
- People offering to do your shopping or collecting medication and asking for money upfront and then disappearing.

Tips to avoid being scammed:

- Be cautious and listen to your instincts. Don't be afraid to hang up, bin it, delete it or shut the door.
- Take your time; don't be rushed.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of helps if you are unsure.

- If you are online, be aware of fake news and use trusted sources such as .gov.uk or NHS.uk websites. Make sure you type the addresses in and don't click on links in emails.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Know who you're dealing with - if you need help, talk to someone you know or get in touch with your local Council on the numbers below.
- Protect your financial information, especially from people you don't know. Never give your bank card or PIN to a stranger.

Contact information:

- If you think you've been scammed, report it to Action Fraud on 0300 123 2040 and if you need advice, call the Citizens Advice Consumer Helpline on 0808 223 1133. If you are in immediate danger, contact the police on 999.
- Contact your bank if you think you have been scammed.

Wash your hands of coronavirus scams!

Friends Against Scams aims to protect and prevent people from becoming victims of scams.

Be aware of people offering or selling:

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home cleaning services.

Protect yourself and others:

- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.

**Be a good friend,
help to protect
your family, friends
and neighbours
from scams.**

**Read It.
Share It.
Prevent It.**

**#Coronavirus
#ScamAware**



Contact

For advice on scams call the
Citizens Advice Consumer Helpline on **0808 223 11 33**
To report a scam call Action Fraud on **0300 123 2040**
Contact your bank if you think you have been scammed.

**NATIONAL
TRADING
STANDARDS**

Scams Team

To learn more about the different types of scams visit www.FriendsAgainstScams.org.uk