



Kingsgate Primary School Newsletter

Friday 23 October 2020

Dear parents and carers,
I hope you all have a restful half term. I know that life at the moment is challenging for many in our school community. Trying to work from home with young children. Financial and housing worries. Worries about health and looking after relatives. Worries about your children. Not always having enough support or time for yourselves.

All I can say is that you have the most brilliant children and that we are all totally committed to helping them achieve highly. Some of them did slip back a bit when the school was closed. We have looked at their progress this half term and many of them have already made great progress. You should be proud of them.

Thank you all so much for your constant support for the school.

Best wishes
Liz Hayward
Headteacher

Good mental health

Every child and young person will have had a different experience as a result of the coronavirus outbreak. For some, the impact of the outbreak may still be causing feelings of anxiety, stress, worry, sadness, boredom, loneliness or frustration.

For tips and advice on supporting the mental health during this time of your child or a child you care for, and ideas on looking after your own mental wellbeing, search "Every Mind Matters". For further information on how parents and carers can support their children at this time, [visit Every Mind Matters](#).

Mini Health Champions

Our mini health champions are training today with the Camden team. They have got lots of ideas for helping children stay healthy and active. We are hoping to renew our Healthy School status and our mini health champions will help us do that.

Virtual competitions



Children are enjoying taking part in virtual competitions against other schools in Camden.

Up to date phone numbers if there is an emergency

Please give the office your up to date mobile number. We need to be able to contact you if your child has an accident during the school day.

If possible we would like 2 other contact numbers to call if we cannot contact you. These could be family members or friends.

Message to parents and carers from the NHS mental health support team

The NHS mental health support team who work within your school and many others in Camden are excited to be able to offer an online webinar series for all parents and carers of primary school children in Camden.

The series will include online workshops on the following topics:

- Parent Self Care
- Understanding and supporting your child's worries
- Sleep Hygiene
- 'Good enough' parent and child interactions

The webinar series will run weekly from Friday 9th October until 6th November at 11am, with a week's break during half term. Each workshop will last up to 60 minutes and have an optional follow up 20 minutes for further questions for those parents that are interested. You can opt in for all four sessions, or whichever most appeals to you.

To find out more information and to register for any of the workshops (for free) please go to the 'Eventbrite' webpage <https://www.eventbrite.co.uk/e/parent-webinar-series-tickets-120026866589>.

We look forward to seeing you!



NSPCC
Speak out. Stay safe.
programme

NSPCC's *Speak out. Stay safe.* assemblies

I am pleased to tell you that this term we will be participating in the **NSPCC's *Speak out. Stay safe.* online** programme. This consists of an online assembly and supporting classroom based activities. *Speak out. Stay safe.* is a safeguarding

programme available to all primary schools in the UK. It aims to help children understand abuse in all its forms and to recognise the signs of abuse in a child friendly, interactive way. Children are taught to speak out if they are worried, either to a trusted adult or Childline.

In the online assembly, the *Speak out. Stay safe.* messages continue to be delivered in a fun and interactive way with the help of their mascot Buddy as well as special guest appearances from Ant and Dec.

We have studied the content of the materials and are extremely confident that they are appropriate for primary-school-aged children. By the end of the programme, we're convinced children will feel empowered – knowing how they can speak out and stay safe.

If you would like to know more about the *Speak out. Stay safe.* programme you can find more information on the NSPCC website www.nspcc.org.uk/speakout

Talking PANTS with your children

The NSPCC's work in schools will help encourage conversations about staying safe and they have a number of child-friendly materials to help you carry on the conversation afterwards. That includes 'Talk PANTS', a simple way for parents to help keep children safe from sexual abuse – without using scary words or even mentioning sex.

The guide uses the rules of PANTS to teach children that their body belongs to them and them alone.

You can find out more and download the free resources at www.nspcc.org.uk/pants.