

The Pinner Park Post



Learning • Character • Community

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Same storm, different boats

I have heard, 'We're all in the same boat' uttered many times throughout the last year. I may, even, have used this phrase myself. It is often used with reference to remote learning.

Having read the following poem, it struck me that this isn't true. We're in the same storm, but in many different boats. Our circumstances are very different to one another. Understanding each other is really important, and supporting one another is vital. We are community.



"I heard that we are in the same boat.

But it's not like that.

We are in the same storm, but not in the same boat.

Your ship can be shipwrecked and mine might not be.

Or vice versa.

For some, quarantine is optimal: a moment of reflection, or reconnection, easy, in flip flops, with a whiskey or tea.

For others, this is a desperate crisis.

For others, it is facing loneliness.

For some, peace, rest time, vacation.

Yet for others, torture: How am I going to pay my bills?

Some are concerned about a brand of chocolate for Easter, while others are concerned if bread for the weekend will last for a few more days.

Some are happy in their home office, while others want to go back to work because they are running out of money.

Others want to scream at those who break the quarantine, others want to escape.

Some have experienced the near-death of the virus, some have already lost someone from it, and some believe they are infallible and will be blown away if or when this hits someone they know.

Some have faith in God and expect miracles during 2021. Others say the worse is yet to come.

So, friends, we are not in the same boat.

We are going through a time when our perceptions and needs are completely different. And each one will emerge, in their own way, from that storm.

It is very important to see beyond what is seen at first glance. Not just looking, more than looking... seeing.

See beyond the political party, beyond biases, beyond the nose on your face.

Do not judge the good life of the other, do not condemn the bad life of the other.

Don't be a judge.

We are on different ships looking to survive.

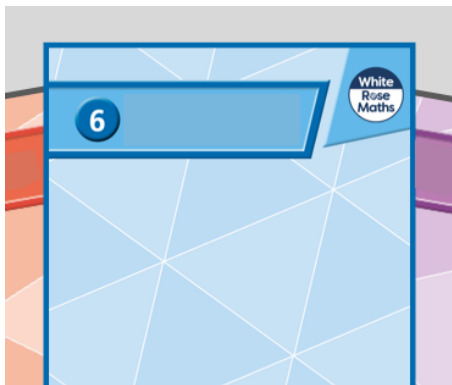
Let everyone navigate their route with respect, empathy and responsibility."

Best wishes,

Nick Waldron

Headteacher

White Rose Workbooks - UPDATE



To support parents and children, we have ordered White Rose Maths workbooks for every child in Years 1 – 6 (they are not available for Reception children). The books are based on the White Rose Maths 'blocks'.

Year 3 and Year 5

Thanks to everyone who has been in to collect the books for the next units of work. If you haven't yet collected, please come in on Wednesday (see below).

Years 1, 2, 4 and 6

We are expecting delivery of the new books today. Therefore, we can now invite parents to collect the books on **Wednesday** (8.45am – 11.45am or 1.30pm – 3.15pm).

Please note that we will only allow one adult from each family onto the school site and we will be observing strict social distancing. You must wear a face covering. Please be prepared to wait at busy times.

Free School Meals Vouchers – Please collect them online!



We are continuing to provide vouchers for eligible families throughout the lockdown period. On Friday, we sent £30 per-child in vouchers to all those eligible for a benefits-related free school meal. Parents of children eligible for a free school meal should have received an email or text message. If you have not received your voucher, please let us know.

A few parents have not yet accessed their voucher. [Please let us know if you need any support accessing the voucher.](#)

Well Being Hub

During these strange times it is really important that we look after ourselves and each other.

We have prepared a good range of activities to support emotional well-being for our children and families. These are available through DB Primary. Click on the 'Well Being Hub' link which can be found on each of the remote learning communities (it looks like the image above).



On the Well Being Hub you'll see there are all sorts of ideas for your family, including 'Mindful Mondays' and 'Stretchy Saturdays'.

7 Top Tips to Support Reading at Home

We love reading at Pinner Park and we know that reading is the most important skill to support children's learning throughout their lifetime. It is also great fun and should be something that is enjoyed in its own right!

Shared reading is a great way to develop children's language and communication and to boost their reading skills. Regular reading routines can offer lots of opportunities for learning during school closures.

1

Concentrate on reading quality (it isn't all about reading lots!)

Don't worry too much about the 'what' and 'how' of reading each day. Books are great—but leaflets, comics, recipes and instructions on a webpage can all be great too. Following a recipe to make some cupcakes is valuable reading. Be on the lookout for reading, wherever it is!

2

Ask your child lots of questions

All reading matters. Shared reading is about 'reading with', not just 'reading to' (even for older children). So, ask lots of 'Wh' questions, such as Who? What? When? Where? Why? Try them when talking about books: for example, 'What do you think Harry is feeling?'

3

Ask your child to make predictions about what they have read

If it is a book, look at the front cover—or the last chapter—and talk about what might happen next. Look for clues in the book and be a reading detective! For example, 'can you see the bear on the front cover? Where do you think he will go?'

4

Ask your child to summarise what they have read

When you've finished reading, talk about what happened. Acting out the things that happened in the story or describing the big idea of a chapter is really fun and maximises learning. For example, 'can you remember all the things that happened on the bear hunt?'

5

Ask your child to write about what they have read

Write, or draw pictures, from anything you've read! Big writing and pictures are even more fun. For example, use an old roll of wallpaper to make a treasure map with clues from the stories you've read together.

6

Read and discuss reading with friends or family

Make books a part of the family. Encourage your child to share them with a relative or friend, over a video call. Laugh about them when you are making meals together. For example, 'I hope the tiger doesn't come to tea today!'

7

Maintain the motivation to read

Talk about the joy of reading whenever you can. Your child is on an amazing journey to becoming a reader. Put them in the driving seat and have fun on the way! For example, 'choose your favourite story for bedtime tonight.'

Children's Mental Health Week



The first ever Children's Mental Health Week was launched in 2015 to shine a spotlight on the importance of children and young people's mental health. The event is now in its seventh year.

Next week, 1 - 7 February, schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is: 'Express Yourself'.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can express ourselves, and the creative ways that we can share our feelings, our thoughts and our ideas.

There are lots of resources on the [Children's Mental Health Week website](#) that you can use with your child at home, including activity ideas and tips for parents and carers.

Covid Testing

Harrow has introduced Rapid COVID testing for people who are not showing any symptoms of COVID. Also known as a Lateral Flow Test (LFT), Rapid COVID testing gives a positive or negative COVID result in approximately 30-40 minutes.



You can book a free Rapid COVID test if:

- you do not have any symptoms of COVID and
- you are over 16 years old.

You can [book a free Rapid COVID](#) test using Harrow's online form.



You should not book a free Rapid COVID test if:

- you have symptoms of COVID (a high temperature, a new continuous cough, a loss or changed to your sense of smell or taste.)

If you have any symptoms of COVID you can [book a free PCR](#) test at one of the local testing sites.

For further information visit: <https://www.harrow.gov.uk/test>

Many of our staff members are now testing twice weekly. This is to ensure that our school is the safest place it can be for everyone.

7 Top Tips to Help Children Stay Safe Online

With the new lockdown restrictions in place, it's likely that children (and adults!) will continue to spend more time online over the next few weeks. Whether it's for school work, connecting with friends or playing games, it's important that we know how to help keep them safe.



The best way to help keep your children safe online during lockdown is to continue having conversations around online safety, regularly check phone and app settings together, and manage time online.

But it's also a challenging time. If your usual rules and routines around online safety have stopped or changed, then be kind to yourself and think why. It might be that they just don't work during lockdown. Remember that it's ok to adapt and make the right changes for you family.

1. Keep being a TEAM

It's important to work together as a family to help keep your children safe online. That's why [Net Aware](#) has created four simple steps so you Talk, Explore, Agree and Manage online safety.

Talk to your child regularly about what they're doing online and how to stay safe. Let them know they can come to you, another trusted adult or [Childline](#) if they're feeling worried or upset by anything they've seen. Why not play Net Aware's Parents vs Children game to help get the conversation started?

Explore your child's online activities together. Understand why they like using certain apps or games and make sure they know what they can do to keep themselves safe.

Agree your own online rules as a family. Use our [family agreement template](#) to help you get started.

Manage your technology and use the settings available to keep your child safe.

2. It's ok to be flexible

At the moment, the internet is playing a really important role for children and families, whether it's for chatting, gaming, schooling, or even exercising. And because we're all using it more and in different ways, you might need to be flexible with the normal rules, such as how long your child is spending online. It's ok to be flexible, but make sure you talk to your child about any new rules and remind them they can talk to you about anything they see or do online. Create a [family agreement](#) together and agree which rules might change during lockdown. Family agreements are designed to be flexible to your family's needs so it's important to update them when situations change.

3. Talk to them about who they're talking to

The online world has helped us keep in touch with family and friends we haven't been able to see this year. But sometimes children might talk to people they don't know online, like on games or social media sites. Make sure you're chatting regularly to your child about who they're talking to online and what apps they're using. Remind them that they shouldn't share any personal information, like names, locations or links to other social media sites. Tell them that if someone starts asking them questions or suggests using another app like [Snapchat](#) or [Instagram](#) they should come and tell you.

Explore safety settings together like block and report so your child knows how to stop unwanted contact or end an online chat if it's not about the game.

You should also check out the Net Aware advice article on [Talking to people online: When should I worry?](#) to help you understand why children might make friends online and how you can keep them safe. It can be helpful to supervise children when they're online but it can also be time consuming! If your child is chatting or playing with friends online, you could always talk to other parents and see if you can take it in turns to supervise and support them, just like you would if they were at each other's houses.

4. Get familiar with video chatting and livestreaming

Do you know the difference between [video chatting, video sharing and livestreaming](#)? Don't worry if the answer is no, it can be confusing (especially when some apps do more than one!) Right now, it's likely that a lot of children are spending more time doing all three, so read [the advice article](#) on what they all mean, why children use them and how to keep them safe.

5. Take online safety offline

To help you keep your children safe, Net Aware has created some activity sheets to make it even easier for you to have conversations about staying safe online. Print off a [word search](#) and use the words as prompts for an online safety chat. Or use the [countryside](#) and [city](#) colouring in sheets to talk about what your child likes doing online and ways to stay safe. [Explore all the activity sheets and resources here.](#)

6. Get to know gaming

Playing games online can be a great way for children to be creative, learn new skills and stay connected with friends over lockdown. But with so many different games available, and new ones popping up all the time, it can be difficult to stay on top of what your child is doing.

Familiarise yourself with your child's favourite game and use [Net Aware](#) to help you decide whether it's appropriate for them to use. Look out for things like the age rating and whether it has any chat features. Before you let your child use a new game, agree some rules around who they can play with and when. Check out online advice on gaming for other tips to help keep your children safe playing games online.

7. Think about age and content ratings

If your child is using new apps or playing popular games, it can be hard to know if they're age-appropriate or not. To make it more confusing, there's often an official, app store and PEGI rating, which is sometimes based on age and other times on content. This article will help: [Age and content ratings on apps and games](#)

If you are worried about any aspect of online safety, please talk to us. We want to help. Please email office@pinnerpark.harrow.sch.uk if you need some support.