



St Mary's C of E Primary School Newsletter

Friday 5th March 2021

www.stmarykilburn.camden.sch.uk

admin@stmarykilburn.camden.sch.uk

Go, shine in the world and live as Jesus lived, with compassion, honesty and integrity. ★

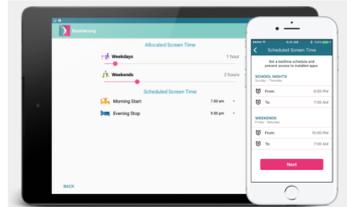
Dear Parents and carers,

We are very much looking forward to welcoming everyone back to school next week! Please see the letter that we sent by email on Monday this week for full details. Please note the new drop-off and collection arrangement times. All children can arrive between 8.45—8.55am with all lessons starting at 9.00am. Check which staggered collection time is right for your child's class. Do give us a call if you have any queries.

Best wishes from Mr Webb and Mrs Jackson

Monitoring apps for parents to take control of children's mobile phone use

With children accessing the internet on a range of devices, the job of protecting them from things they may not be ready for online can be a challenge.



Many children have access to websites, games and social media that are not appropriate for them. It can be hard to keep a track of everything your child is doing online. But it is important that you do. Children do not have a right to privacy online from their parents and to help protect them you must look at what they are saying and doing online.

Monitoring apps are one way you are able to see what children are doing online and set appropriate boundaries so that you are in charge!

Internet Matters have reviewed all the monitoring apps available and have produced a helpful guide to the best ones. [Watch a video and read about them here](#)—then please choose to use a monitoring app to help keep your child safe.



Reception have been learning how fruits grow. Look at Athena's fantastic handwriting!



Year 3 have been learning how to express their feelings about coming back to school in their PSHCE lesson. Anna said she is looking forward to seeing her friends and teachers.

Camden Mental Health Support Team webinars for parents...

Parents/carers can register for any of the 60 minute webinars listed below through Eventbrite (for free) at <https://www.eventbrite.co.uk/e/140783959613>.

Topic	Day and Date	Time
Understanding and supporting your child with worries	Tuesday 9 th March 2021	12-1 pm 1-1.20 pm -Q&A
Understanding and supporting your child with worries	Wednesday 10 th March 2021	5-6 pm 6-6.20 pm -Q&A
Parent/Carer and Child interactions	Tuesday 16 th March 2021	12-1 pm 1-1.20 pm -Q&A
Routines	Tuesday 23 rd March 2021	12-1 pm 1-1.20 pm -Q&A

Important dates for your diary.....



Monday 8th March—All pupils return to school

Friday 19th March—**Red Nose Day**—Pupils can buy a red nose from school

Wednesday 31st March—last day of term

Thursday 1st April—**Friday 16th April**—Easter break

Monday 19th April—Pupils back to school to start the summer term.

Monday 31st May—**Friday 4th June**—School closed for Half Term break.

Monday 7th June—INSET Day—school closed for staff training—NEW

From Monday 8 March, parents and carers of school age children are being offered free rapid, lateral flow tests if they are not showing any symptoms.

This is to help stop the spread of coronavirus. Around one in three people with coronavirus have no symptoms so by booking regular tests you're helping to protect yourself and others.

Book a free, rapid lateral flow tests at one of the seven community test sites open in Camden. Book online: [Camden.gov.uk/rapidtest](https://www.camden.gov.uk/rapidtest) or check the [NHS Test and Trace Map](#) to find your closest COVID-19 test centre.

Book a home test-kit for pick-up from the NHS test centre open at Kingsgate Community Centre from 1.30pm - 7.30pm every day.

Tests are fast, easy and completely free. You will have a result within half an hour.

Children of Primary school age (with no symptoms) are not being asked to take regular tests.

Informing us if anyone in your household tests positive for coronavirus

If your child or anyone in your household is tested for coronavirus and receives a positive test result, please do let us know by email to admin@stmarykilburn.camden.sch.uk so that we know that your child may not be able to join online learning and that we can check in with you to see if everything is ok.

- 1) To arrange a test you should visit [nhs.uk/ask-for-a-coronavirus-test](https://www.nhs.uk/ask-for-a-coronavirus-test)
- 2) **DO NOT WAIT!** Your child should be tested on the same day they are showing symptoms, or the next day at the latest.

The most important symptoms of coronavirus (COVID-19)



new and continuous cough



high temperature



loss of, or change in, your normal sense of taste or smell (anosmia)

A Wellbeing tip for parents... Attitude for Gratitude



At the end of each day, reflect on 3 things that you are grateful for. For example, the things that made you smile, or the people in your life who you appreciate, or a kind act that you saw someone do.

Research has shown that “consciously practicing gratitude, can train the brain to attend selectively to positive emotions and thoughts, thus reducing anxiety and feelings of worry.”

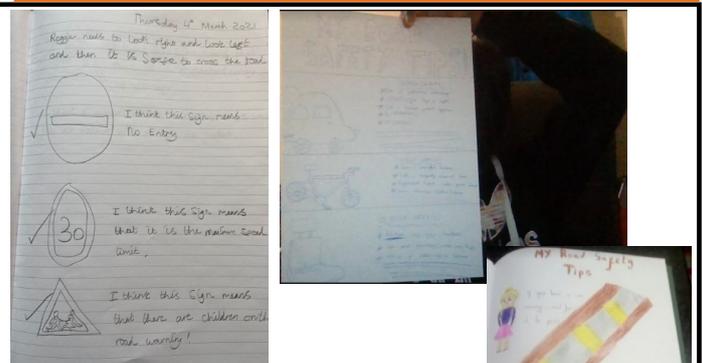
Our prayer...



Lord,
Thank-you for loving me.
Help me to grow closer to you.

Help me to follow in your footsteps and grow to be the best person that I can be.
May your words be on my lips and in my heart.

Amen



Year 5 have been learning about road safety and made posters to give advice.