



8th May 2020

Dear Parents and Carers

As we continue to await further information and guidance about when and how we will be returning to school, it is heartening and thoroughly motivating to see how we are all pulling together as a school community. The teachers and staff continue to do a fantastic job of ensuring that online learning continues and evolves, children are working hard and sharing their inspiring letters -you are being super role models in keeping your loved ones and homes safe. These are difficult times and it is at these times that working together and sharing friendship, trust and peace are central to our well-being and happiness. We would like to thank you for your continued support and hard work over this time and are very much looking forward to coming back together and continuing our important partnership.

With this in mind, it is also important that you look after yourselves too. This is not a situation anyone was prepared for and therefore take a moment to think how far you've come and all the things you've achieved. Adaptability and kindness are key. Have a look at the action calendar below for a Meaningful May.

ACTION CALENDAR: MEANINGFUL MAY 2020

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe

- 1 Take a minute to remember what really matters to you and why.
- 2 Do something meaningful for someone you really care about
- 3 Reconnect with nature today, even if you're stuck indoors
- 4 Focus on what you can do rather than what you can't do
- 5 Send friends a photo of a time you all enjoyed together
- 6 Take a step towards one of your life goals, however small
- 7 Let someone you love know how much they mean to you
- 8 Set yourself a kindness mission. Give your time to help others.
- 9 Look out for positive news and reasons to be cheerful today
- 10 Tell someone about why your favourite music means a lot to you
- 11 What are your most important values? Use them today
- 12 Be grateful for the little things, even in difficult times
- 13 Today do something to care for the natural world
- 14 Show your gratitude to people who are helping to make things better
- 15 Find out about the values and traditions of another culture
- 16 Look around you and notice five things you find meaningful
- 17 Take a positive action to help in your local community
- 18 Hand-write a note to someone you love and send them a photo of it
- 19 Find a way to craft what you are doing to give it more meaning
- 20 Reflect on what makes you feel really valued and appreciated
- 21 Share photos of 3 things you find meaningful or memorable
- 22 Ask a loved one or colleague what matters most to them and why
- 23 Share an inspiring quote with others to give them a boost
- 24 Do something special today and revisit it in your memory tonight
- 25 Give your time to help a project or charity you care about
- 26 Recall three things you've done that you are really proud of
- 27 Today link your decisions and choices to your purpose in life
- 28 Tell someone about an event in your life that was really meaningful
- 29 Think about how your actions make a difference for others
- 30 Find three good reasons to be hopeful about the future
- 31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together. Keep Calm · Stay Wise · Be Kind

Keeping in touch with you

As you know, we are keeping in regular touch with you via these weekly letters and through the learning from home materials. The class teachers will continue to write to their classes on a weekly basis (one of their favourite jobs) and if you have any questions please contact the school office.

In the week beginning 18th May, we will attempt to call every family to say hello to you and your children. We will mainly be calling you from our school telephones so you will see the school name come up on your telephone. Please do answer if we call.

We are not checking up on how much work children have been doing. As we have said from the start, it is for you to decide how best to run your households and if you and your family are healthy and happy that is a success!

Learning from Home

The staff continue to work from behind the scenes creating the weekly Learning from Home link which can be found on the front page of our school website.

As always, we look forward to receiving any letters sharing any activities that you and your children are doing.

Childcare update

St Barnabas and St Philip's staff continue to be busy attending the childcare hub as part of the cluster of neighbouring RBKC schools. Our grateful thanks to the staff for providing childcare for vulnerable children and children of key workers. We are very proud of them.

Contacts you may find useful

National Voucher Scheme for Free School Meals

If parents are concerned about access to food, they can contact Westminster Connects or the C19 Hub for Kensington and Chelsea parents. These Hubs will then be able to signpost and refer families to local support.

Westminster Connects:

Tel: 020 7641 1222 (8am to 10pm, 7 days a week)

Email: westminsterconnects@westminster.gov.uk

Website: <https://www.westminster.gov.uk/coronavirus-advice-vulnerable-residents>

C19 Hub in Kensington and Chelsea:

Telephone: 020 7361 4326 – lines are open 7 days a week from Monday – Sunday from 9AM – 5PM.

Email: C19Hub@rbkc.gov.uk

Website: <https://www.rbkc.gov.uk/coronavirus-covid-19/covid-19-hub-and-support-residents/covid-19-hub-and-support-vulnerable>

Child Abuse Campaign

A campaign in Westminster and Kensington and Chelsea is asking for everyone's help, to protect vulnerable children in their area during coronavirus.

If you're concerned a child is being harmed or abused, contact Children's Services on 020 7641 4000, 9am-5pm weekdays. Outside of these times, contact 020 7641 6000.

The signs of abuse can be hard to spot. The NSPCC has information on [different types of abuse and how to spot the signs](#), but it's important to remember that every situation is different. By reporting your concerns, Children's Services will:

- Listen to your concerns
- Gather information
- Assess the whole picture
- Decide what action to take.

If you believe a child is in immediate danger, call the police on 999. If it is not an emergency, You can [report a crime or incident online](#) or call 101 to give information to the police.

You can also speak to the NSPCC about your concerns. The [NSPCC Helpline](#) offers help, advice and support 24 hours a day by email. You can contact them at help@nspcc.org.uk or by phone 080 8800 5000 (8am-10pm Monday to Friday, 9am-6pm at weekends).

Are you a child or young person who needs to talk? Contact Childline for free on 0800 1111 or online via their [webchat](#).

Collective Worship ideas

Please see Collective Worship plan below for this week which can be used by families at home.

A prayer for the world

God of love and hope,
you made the world and care for all creation,
but the world feels strange right now.
The news is full of stories about Coronavirus.
Some people are worried that they might get ill.
Others are anxious for their family and friends.
Be with them and help them to find peace.
We pray for the doctors and nurses and scientists,
and all who are working to discover the right medicines
to help those who are ill.
Thank you that even in these anxious times,
you are with us.
Help us to put our trust in you and keep us safe.

Amen.

We miss you all very much and not a day goes by without us wondering what you are all doing and wishing you all safety and happiness.

Sending you all our very best wishes.

Let your light shine in the world as Jesus did, with friendship, trust and peace.

Best wishes

Mrs Harris and Mrs Vagic

Nature at home

Experience the magic of Forest School from home!

Helping Hand Nest Material

Birds are now in full nesting mode and can be heard singing to attract a mate and defend their territories. You might also see them collecting natural materials. You can help birds build their nests by gathering natural material for them to find.

Step One

On your walk in a local park or in your garden, gather some natural materials for the birds to find and use to build their nests.

Nest builder materials include:

- Twigs and sticks.
- Dead leaves.
- Grass clippings and dead grass.
- Yarn, wool, string, cotton etc.
- Feathers.
- Lichen and moss.
- Pine needles.
- Mud.
- Straw and other plant stems.

Step Two

Leave your collection out in your garden, local park or your balcony for the birds to discover.

Kit List

- Natural materials you can find outside in your garden or on a walk.

Only use natural materials and not plastic, human hair or material that might have been sprayed with a chemical, as these can harm the birds



City of Westminster

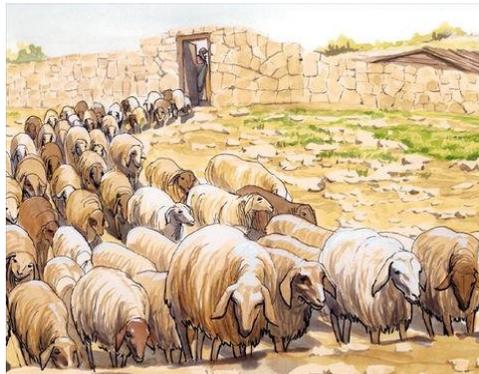


THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Abundance

“I have come in order that you might have life - life in all its fullness.”

John 10: 10



Jesus knows each of his sheep by name. They hear his voice and follow him.

Equipment:

- Paper
- Pens/pencils/colouring pencils

Instructions:

- Draw a large outline of a person on your sheet of paper
- During the quiet reflection time, write down or draw inside the shape as many things you can think of that you have in abundance. (Abundance means to have large amounts of something.) Eg: Smiles, hugs, friends, family members, water to drink, food to eat, books to read, toys to play with.
- **After the reflection, it is time for you to do an activity:**
Options: Play, bake, design, sing. See details below.

Reflection: Begin by watching one of the clips. Note which

Recommended for: EYFS

[The Baa Baa Song \(He's the Good Shepherd\) - Sibling Harmony](#)

Recommended for: K.S 1 and Year 3 and 4

I am the Good Shepherd

<https://www.youtube.com/watch?v=ar732X9uO3I>

Recommended for: Year 5 and 6

I am the Good Shepherd

<https://www.youtube.com/watch?v=Z83TjsS7Et4>

In the parable of the Good Shepherd, Jesus speaks about himself being the gatekeeper - the person that opens the gate for the sheep. They hear his voice as he calls each of his sheep by name, and he leads them out. The sheep follow him because they know his voice. Back in Jesus' time, though the sheep would be secure in their sheep pen, there would be space where, instead of a gate, the shepherd would lie down to watch his sheep,