



St John's Highbury Vale C of E Primary School

Conewood Street, London N5 1DL

Tel: 020 7226 4906

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Interim Head of School: Mrs Lindsey Hodgson

Interim Executive Head: Mrs Tonnie Read

Friday 26th February 2021

Dear Parents & Carers,

What a week to return to work from my maternity leave! We can all celebrate together the confirmation of the return of all our pupils on Monday 8th March; it feels like finally the moment we have all been waiting for has arrived. I know the difficulties and frustrations that a lot of you have been facing with home schooling, as I too have been home schooling my four year old. Granted, I was not trying to work at the same time and to those of you who have been, I raise my hat; but I did have a very curious nine month old to hold back and that was hard enough. I can't tell you how amazing it is to be back at school this week. It has been wonderful to see some of the children's faces in classrooms this week, and also of parents and carers at the entrance gates of a morning. I am so looking forward to seeing so many more of you on Monday 8th March and meeting the new members of our school community.

Mental Health and Well-being

When all children do return to school on the 8th March, there will be three weeks left of the spring term. We have decided, as a staff team, that we would like to put an emphasis on nurturing our children back into the school environment, back into their social groups and friendships. In order to do that, we are tweaking our curriculum to ensure the following happens:

An extra PE session each week

-Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy and enhances well-being through the release of endorphins.

Daily Circle Time sessions

-Giving the children a safe space to discuss any worries or concerns they have about the pandemic.

Journaling

-Children in Year 2-6 will be given a school book in which they can decorate how they like and make into their personal journal. In class, at the end of each day, the children will be given time to fill in their journals. It will be reflective time to think about positives of the day, things they are grateful for and to encourage the

The best way to make
children good is
to make them

HAPPY

Oscar Wilde



www.the-happy-child.com





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acknowledgement of their feelings. Reception and Year 1 will have one whole class book, where they will record their reflections after whole class discussions.

Outdoor Learning

-Where possible, teachers will teach at least one lesson a week outdoors. Spending time in nature has been found to help with mental health problems including anxiety and depression.

Evidence shows, that children who are happy, content and have good relationships, learn and grow successfully.

We are aware that there will be gaps in the children's learning, and that is also a huge priority to us. Normal lessons will continue and we will be working hard to be identify the gaps in the learning of each child.

World Book Day

We received what we think was an excellent suggestion this week from one of our parents, which was to delay World Book day for a week from Thursday 4th March to Thursday 11th March. This way, **ALL** children can come to school in their outfits, dressed as a word or character; an amazing way for them to have fun and smile together again!

Den Day

Yesterday, the House Captains met over zoom and agreed with Mrs Read a Den Day for Friday 5th March. This is for all of the children currently working at home. The House Captains would like you to build a den somewhere in your house that you could carry out your school work on your last day of home learning. A zoom meeting will be organised by their class teacher that afternoon, so that the children can share their dens with their friends. More information to come in a leaflet from the House Captains next week.

Mrs Shaw

Finally, I am overjoyed to announce that Mrs Shaw gave birth to a baby girl, Amelia Elise Shaw, on Tuesday 9th February, weighing a healthy seven pounds. Mrs Shaw has done an exceptional job covering my position whilst I had time to bond with my baby, and now it is her turn. I am sure will join me in wishing her huge congratulations as well as sending lots of love to the whole family as they start their new journey together.





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I am going to end as Mrs Read did before half term with a poem, one of which I think is very fitting in so many ways.

Life is unpredictable,
It changes with the seasons,
Even your coldest winter,
Happens for the best of reasons,
And though it feels eternal,
Like all you'll ever do is freeze,
I promise spring is coming,
And with it, brand new leaves.

~e.h

Yours faithfully,

Mrs Lindsey Hodgson

Interim Head of School

