

2<sup>nd</sup> November, 2020

Dear Parents/Carers

I hope you have all had an enjoyable and restful half term. We are looking forward to welcoming the children back to school tomorrow.

### **National Lockdown**

As you will no doubt have heard, the Prime Minister announced yesterday that there will be a national lockdown from 5 November until 2 December. Whilst this will undoubtedly affect many people and their working arrangements, schools will remain open for all children. The teachers and staff in school will continue to provide the education your children need academically but also to support their mental health and wellbeing.

Government guidance can be read here: <https://www.gov.uk/guidance/new-national-restrictions-from-5-november#going-to-work>

### **Masks and Social Distancing**

I would like to take this opportunity to reassure you that the rigorous measures that we put in place in the first half of term will be maintained. The school has been divided into bubbles / phases and there are designated play areas and toilet facilities. Staff and pupils maintain social distancing wherever possible. The importance of hand hygiene and respiratory hygiene is continually emphasized and a rigorous schedule of cleaning is being maintained.

However, rates of infection are increasing and we need to do everything we can to reduce the risk of the spread of infection.

From Tuesday 3rd November, we would request that:

- Masks are worn by parents/carers dropping off children and collecting children from school.
- Parents / carers socially distance at all times whilst on the school site – including when waiting to collect children or drop children off in the mornings.
- Masks are worn by all visitors coming on to the school site.

School staff will also wear a mask /visor when greeting you at the various entrance and exit points in school.

**Headteacher: Lynne Gavin NPQH, MA, B.Ed (Hons)**



### **Parent – Teacher Meetings**

Communication with parents will continue to be via phone or email. Face to face meetings with parents will only be held if absolutely necessary and if other means of communication are not accessible.

This term, parent- teacher interviews will take place by phone. More details will follow.

### **Clothing**

We are now going into winter and the weather is getting colder. The school building will be heated as per usual, however we will need to keep the windows open for ventilation. This will mean that children will need to wear layers of clothing, e.g. vests or T shirts under their school tops and wear a jumper or cardigan to school. All children should bring in a coat for outdoor break and lunch as they will play outdoors unless the weather is too bad.

Can I also remind you that your child should come to school in school uniform except on the days when they have PE, when they will need to come to school in a PE kit. They will need warm jumpers or cardigans on these days, due to the need for ventilation indoors as described above.

### **Learning from home**

COVID-19 may at some point reach our school community. In the event of a lockdown or the closure of a bubble / phase, learning will move online. We will use Class Dojo for day to day learning. Class teachers are currently using Class Dojo to set homework activities along with Purple Mash and Mathletics.

Please support your child's home learning and, if you are having any difficulties with using Class Dojo, please contact your child's teacher who will help you.

### **Worry and Anxiety**

The news of a second lockdown may well be causing increased levels of anxiety. Managing well-being at this time is key. Some things we can all do are:

1. Turning off phone notifications, especially for news notifications. Setting some time aside to check the news but limiting it
2. Being aware of misinformation and scaremongering. Looking out for fake and alarmist news and not sharing it. Getting my news from trusted sources (WHO, NHS)

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3. Checking in with how you are feeling. If you are feeling low or anxious, the worst thing to do is to cut off. Monitor levels of stress. Giving yourself a number from 0-10. When stress levels start to rise (7,8,9 or 10) talk to someone. Ring a friend, a member of the family. Do not sit there in silence Talking helps!
4. Accessing well-being support through guidance and advice. Some useful websites are:
  - Coping during the pandemic:  
<https://lms.recoverycollegeonline.co.uk/course/view.php?id=373>  
Guide to living with Worry and Anxiety Amidst Global Uncertainty
  - Mind – Coronavirus and wellbeing  
<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
  - Managing Mental Health during the Pandemic  
<https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/>
  - Five ways to manage your wellbeing as a parent during lockdown  
<https://www.bbc.co.uk/bitesize/articles/zrmhscw>

Thank you all for your continued support throughout this challenging time. Through working together we can continue to ensure that members of our community are kept as safe as possible. If you have any concerns or questions please do not hesitate to get in touch.

With very best wishes,

Lynne

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