



Message from Mr Upfield

I hope you have all had a good week and that Seesaw is becoming easier as each day passes. As I have mentioned previously, this is new to all of us and as we go on, we are making some tweaks as well as doing our best to ensure that parents are fully aware of how everything is working.

Things can feel tough at this time of year I know, but I really do applaud all your efforts and if there is anything else that you need from school, please do not hesitate to get in touch. I look forward to doing it all again next week!

Don't forget – if you need help with remote learning, computer loans, parenting support, wellbeing, accessing the foodbank or anything else you can think of – **we're here for you throughout lockdown.**

Have a peaceful weekend and all very best,

Daniel Upfield, Principal

Coffee and Catch-Up: Parent Forum

I will be running a Parent Forum next week as I am missing the opportunity to catch-up with families every day at the school gate and discuss things as they crop-up.

Tuesday 2nd February at 9:30

The meeting will be held remotely via Teams. Make yourself a cuppa and come along for a chat about how things are going.

As well as providing an opportunity to catch-up, we will focus on these two questions about schooling during lockdown:

1. What are we doing well?
2. What could we do to be more effective/helpful?

Joining the meeting:

[Click here to join the meeting](#)

Or:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_NDExOWNjNzktY2FiOSooZGRILTg2ZTMtYzI3MGI5YzhkNmMo%40thread.v2/o?context=%7b%22Tid%22%3a%2200cb1474-a534-468d-829f-636ece32c24c%22%2c%22Oid%22%3a%222ae5ff46-91d6-4c21-bd5c-edd0b19dd535%22%7d



Children's Mental Health Week – 1st-7th February 2021



www.childrensmentalhealthweek.org.uk

From 1-7 February 2021, we're taking part in Place2Be's 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.

There are lots of resources here: <https://www.childrensmentalhealthweek.org.uk/> including activity ideas and tips for parents and carers: <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

Oak National Academy has teamed up with Place2Be and BAFTA Kids to create a **free assembly** for Children's Mental Health Week 2021, celebrating this year's theme of "Express Yourself".

Make sure you set your reminders to visit: <https://classroom.thenational.academy/assemblies> at **9am on Monday 1st February** to join Blue Peter's Lindsey Russell and CBBC presenter Rhys Stephenson alongside some other special well-known faces for a free and exciting assembly available to all children, schools and families.

We're bringing the nation's children together (virtually!) with a positive message about the power of creative self-expression.



Wellbeing Wednesdays

- Worried about too much screen time during lockdown?
- Need a mid-week break from remote learning?



Entering the 5th week of remote learning, we have decided to introduce **Wellbeing Wednesdays**. On a Wednesday afternoon, we will **all** take a break from screen time.

On a Wednesday afternoon you could, for example: play a board game; go for some daily exercise; cook; complete a good deed for someone in your family; read a book; write & perform a song/dance/play; create your own workout to share with Mr Blair; art & craft; get creative with Lego...the possibilities are endless!

If you're stuck for ideas, we've put together some possible activities for you to do on a Wednesday afternoon – these can be found on our website here: <https://arkswift.org/remote-learning-strategy/set-and-timetables>

Wellbeing Wednesdays Cntd...

How creative can you be? Send some pictures/videos/notes of what you've done to your class teacher via Seesaw. Teachers will show children how to do this during one of the daily Teams calls next week.

Wellbeing Wednesdays includes teachers who will not respond to online learning or Teams messages on a Wednesday afternoon. They also need a break from screen time as they are online from 8am-5pm daily!

I do hope you will support this new initiative as a positive break in the timetable and that it will be a good opportunity for families to pause and take a couple of hours out.

To accommodate Wellbeing Wednesdays at Ark Swift, we have updated timetables and the times of the daily class Teams calls. Revised documents and call timings can be found on our website:

<https://arkswift.org/remote-learning-strategy/set-and-timetables>



Local COVID Testing

Visit here for lots of useful advice about local COVID testing:

<https://www.lbhf.gov.uk/coronavirus-covid-19/health-and-wellbeing-advice/covid-19-testing>

Covid continues to spread across Hammersmith & Fulham. We can all help stop it by getting a test. This helps identify cases and stop the spread in the home and in the community.

One in three infected people show no symptoms. To keep peace of mind, free coronavirus tests can be booked for everyone in H&F aged 12 and older.

If you're not experiencing symptoms, you can get a free rapid test (also known as a Lateral Flow Test) at the sites listed below. Once you have taken the test, your results should be available in 45 to 60 minutes.

You can book a test at some of our test centres, or you can walk in.

Book a test or walk-in at our fixed testing units (*I have listed the centres most local to Ark Swift*)

- H&F Council, 145 King Street, Hammersmith, W6 9JT
Every day, 9am to 8pm
[H&F Council at 145 King Street on Google Maps](#)
- Shepherds Bush Library, Shepherds Bush, W12 7BF
Every day, 9am to 8pm
[Shepherds Bush Library on Google Map](#)

STOP COVID

Get a test at
a site near you



Walk-in only at our mobile testing units:

- Our Lady of Fatima Church in Commonwealth Avenue, White City, W12
Tuesdays and Thursdays, 9.30am to 6pm
[Our Lady of Fatima Church on Google Maps](#)

If you have symptoms and want to get tested, you can book for a Polymerase Chain Reaction (PCR) test at an NHS testing centre in H&F. Once you have booked your test you can attend any test centre. For example, even if it says Brent, you can still get tested at the H&F testing site.

Local COVID Testing Cntd...

Test sites offering PCR tests for people with symptoms:

- Phoenix Leisure Centre, White City, W12 7DB
Open from 9am to 3pm
[Phoenix Leisure Centre Google Map](#)

[Book a PCR Covid-19 test](#)

Or you can book a test through the [NHS Covid-19 app](#) or over the phone by calling 119. The phone booking service runs from 7am to 11pm.

Visit [NHS: Coronavirus \(Covid-19\)](#) for more information about testing.

February Half-Term

Statement from the  Department for Education

Schools will close as usual over February half-term and are not expected to remain open to vulnerable children and the children of critical workers during that week. Remote learning will not be set.

Our final day of this half-term is **Thursday 11th February**

Remote learning will be set for Friday 12th February, but teachers will not be online to respond to it as they will be in training sessions all day. In addition, there will be no daily class Teams catch-up meetings on Friday 12th February.

Hammersmith and Fulham are again providing Free School Meals vouchers for the February half-term period for eligible families.

Free School Meals

Have your circumstances changed during lockdown?

Your child may be able to get **free school meals** if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - your household income must be less than £7,400 a year (after tax and not including any benefits you get)



Are you entitled?

If you are eligible you will receive meal vouchers (£15 per week per child) during this period of school closure (including half-term) – this applies to ALL pupils from Nursery through to Year 6. Call (020 8743 2514) or email (info@arkswiftprimary.org) the school office and we'll help you through the process