

HENDON NEWS

5TH FEBRUARY 2021

Headteacher Message

Dear parents, carers and children,

As we continue to navigate our way through the Coronavirus pandemic and find ourselves at home more than usual, it's critical that we are all looking after our mental health and encourage a sense of well-being, but especially for our children. Being at home more, inevitably means we're spending more time online – on our tv, phones, tablets and computers. We've learned new ways to communicate with people through screens and children have moved to online and blended learning to be educated in ways never experienced before. However, this in turn isn't easy to deal with.

The pandemic has added stress to young people's lives and I do feel that it is important that we as teachers are mindful not just to set academic expectations, but also to engage with our children during this time to reflect compassion and resilience. This week I have been delighted to drop into a number of lessons where children were 'expressing themselves' in all sorts of fabulous, creative and important ways, whilst also developing their learning and understanding.

With all of this in mind, I am aware that my/our school focus on well-being, diversity and inclusion, and the belief that children learn best when they feel safe and happy is not one shared by all of our parents. I do not believe that our children will fall through gaps or be behind other children across our country and I am proud of our online offering and care. I also absolutely know that children once settled and back in school will continue to move forward with our amazing teachers as long as their experiences during lockdown have been as safe, secure and as gentle as possible.



We are all in this together, and whilst I firmly believe in stretching all of our children to fulfil their individual potentials, I do not agree with pressuring students who I hope we are nurturing into embracing a life-long love of learning and kindness.

In a week where we lost an inspiration to so many of us in Captain Sir Tom Moore, I'll end with his words: *For all those people finding it difficult at the moment, the sun will shine on you again and the clouds will go away. Tomorrow will be a good day...*

I wish you all good days and a peaceful, safe weekend.

Mrs Gorasia



School News

Parent Teacher Consultations – Online Appointment System

Next week we will be hosting our Spring Term Parent Teacher Consultations and you will by now have received your invitation to book your appointments.

As you know, this is an important time and provides you with an opportunity to discuss your child's progress with their teacher.

The school have an easy to use online appointment booking system. This allows you to choose your own appointment times with your child's teacher and you will receive an email confirming your appointments.

This evening will be held via video calls.

Appointment booking is now live and will close at 12 noon on **Monday 8th February**. Should you wish to make any changes after this date please contact Mrs Butler at the school office.

As per your invitation, appointments are booked through Cognita Connect on the parents evening system through the hub. A short guide on how to work the system, add appointments and connect to the video calls has also been sent via Cognita Connect, for your convenience.

Please see below for confirmation of the dates for your child's year group (timings vary):

9th Feb – Preschool, Year 5 & Year 6

10th Feb – Preschool, Reception, Year 1 & Year 2

11th Feb – Preschool, Year 3 & Year 4

Annual Voice of The Parent Survey

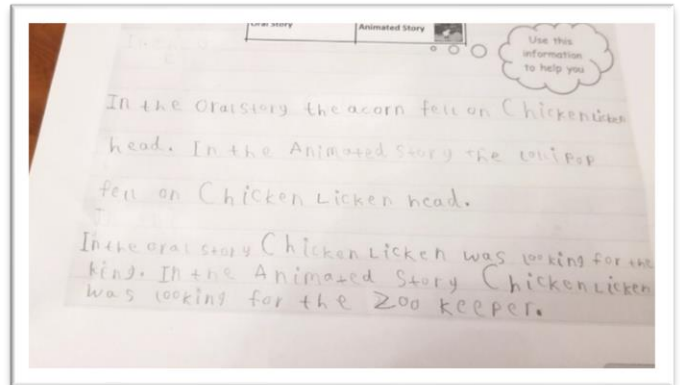
You will by now have received your invitation to take part in our annual Voice of the Parent survey, which was sent through Cognita Connect. Please do take a few minutes to complete the survey as your feedback helps us to plan and to make sure that we are placing our resources to deliver the best education for your child.

The SLT do take on board feedback, and whilst the school knows that the vast majority of our families are happy with our offering, it is much appreciated for these voices to also be heard alongside those who may not feel quite the same way. Thank you to everyone who has already taken the time to send in your thoughts. It is appreciated.

Comparative Literature in Year 1

1G have been learning how to compare two versions of Chicken Licken. They were able to tell the similarities and differences between both stories.

Reatile successfully highlighted a number of differences in his analysis.



Children's Mental Health Week: did you know?

- 83% of young people are saying the situation in lockdown had made their mental health worse (Young Minds survey March 2020)
- 9% of young people feel that their parents' internet/social media use has affected their ability to look after them.
- 46% of young people consider themselves 'addicted' to their smartphone.
- Internet and social media use among young people has doubled during the COVID-19 lockdown with the daily average time spent online among participants aged 11-16 year old increasing from 3 to 6+ hours per day.
- 42% of children thought their parents were 'addicted' to their smartphones.

Source: The Cybersmile Foundation, 2020

Children's Mental Health Week

Children's Mental Health Charity, Place2Be, launched the first ever Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. Whilst wellbeing underpins everything we do on a daily basis at Hendon Prep, this week we have been exploring this year's theme **Express Yourself** throughout the school.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity and our pupils have been doing this through art, music, writing and poetry, dance and drama, and taking part in activities that make them feel good.

It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Year 6 chose to wear a range of colourful clothes to express how they were feeling.



During their live PSHE lesson, Year 3 wrote a happiness poem to express what makes them happy. They then shared this with the class during form time.



Art is a great way for children to express themselves and this week 1M drew how they felt. Lovely to see happy so many smiley pictures!



Felix chose music to express himself whilst Mariam decided to express herself through dance. Wonderful Year 4!

