

Newsletter

The Tapscott Learning Trust

Autumn 2019- Issue 2 - Families and Pupils



Dear Parents and Children,

This half term's newsletter focuses on wellbeing. As you know, the work that we do for our children is concerned with far more than just academic outcomes. Their wellbeing is central to all that we do. We hope that you will get a flavour of the excellent work going on across the Trust and in each of our schools in this vital area. We would also like to thank you for your continued hard work and support over the last term to ensure that the children not only work hard, but enjoy themselves and experience success.

I would like to take this opportunity to wish all those celebrating, a very happy Christmas and to wish everyone a very happy new year. I look forward to seeing you all upon our return in January.

Best wishes,
Paul Harris



Pupil Parliament's City Hall Bid

The Tapscott Learning Trust Pupil Parliament are working on a Community Project to boost wellbeing in and across their schools. On the 6th December, the Pupil Parliament took their proposal to City Hall (their second visit this term!) to bid for a Team Young London Ambassadors grant of £1000 to help them put their ideas into action.

The Pupil Parliament made a start by reviewing all the good work around wellbeing that is already happening in their schools: playground buddies, the Headstart Champions Programme, nurture groups, lessons and assemblies, coffee mornings for parents, special after school events such as Bounceback Day and Mental Health Day and parent workshops.

Despite all the good work that is already taking place, the Pupil Parliament are determined to do even more. And they believe that by working together they can do something big.

They are proposing that each school will hold a community wellbeing event - think summer fair with a wellness twist: yoga activities, smoothie bikes, mindfulness activities, massage, health and nutrition stalls are all on the agenda. Of course, they will need to secure that bid if they want to realise their well-being community event dream. We are rooting for them.

Watch this space!



New Chair of Trustees - Margaret Cameron Ratchford

We would like to welcome Margaret Cameron Ratchford as the new Chair of Trustees for The Tapscott Learning Trust. Margaret has been a governor at Kensington, North Beckton and Ranelagh Primary Schools, and at Rebecca Cheetham Nursery and Chil-

dren's Centre. She has also worked for the Every Child a Musician programme within a number of schools. She is committed to ensuring that all children receive a broad and balanced curriculum, which places value



Special Yoga at Rebecca Cheetham

Breathing - we do it all day, every day, without even thinking about it. And yet the way in which we breathe can affect our body and our brain, which in turn influences the way we feel, react and behave.

Children at Rebecca Cheetham have been learning breathing techniques to help them to develop the ability to relax, release tension and reduce fear, frustration and stress.

The "Special Yoga" breathing techniques are taught in a fun and imaginative way, which appeals to the children's imaginations and natural desire to pretend and play. One exercise, for example, invites the children to imagine they are drinking a delicious cup of hot chocolate. They imagine that the chocolate is too hot to drink. By blowing the imaginary hot chocolate in different ways, the children learn to take deep inhalations and release the

breath completely. Breathing techniques like these allow the children to think more clearly and keep their emotions under control. If you would like to try out a breathing exercise with your child at home, try the "Hot Chocolate Breathing Exercise" on Vimeo. You will find that you and your child feel relaxed and ready to learn by the end of it. And you might quite fancy a hot choccy too.



Spring Term Dates

Inset Days -Please note that Kensington, North Beckton and Curwen Inset days are on 6th January 2020. Ranelagh's Inset day is on 20th December 2019.

Spring Term 1 Monday 6th to Friday 14th February 2020
Half Term Monday 17th-Friday 21st February 2020

Spring Term 2 Monday 24th February to Friday 3rd April 2020
Spring Break Monday 6th April to Friday 17th April



Our Twitter feed and Facebook page showcase some of the best news stories from all of our schools.

For a peek behind the school gates at Kensington, Curwen, North Beckton, Ranelagh and Rebecca Cheetham, check out our social media pages.

This term, we have shared pictures and stories about Workout Wednesday at Kensington, Work Week Dress-Up Day at North Beckton, The Monster Ball at Curwen, Carol Singing at Ranelagh, Ofsted Success at Rebecca Cheetham and much more.

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Kensington's Year 6s made memories, strengthened friendships and faced fears at Fairplay House Outdoor Education Centre this week. Today they return tired, muddy and very happy.



Starting in Reception class – September 2020

If your child was born between 1 September 2015 and 31 August 2016, you will need to apply for a reception class place in primary school for September 2020.

You can apply for a reception class place for September 2020 through the eAdmissions website.

<https://www.newham.gov.uk/Pages/Services/Admissions-primary-school.aspx>

You will need to register and create a password before you start your application.

The national closing date for applications is 15 January 2020.





Physical Health and Curriculum K at Kensington

A brand new physical health curriculum is being rolled out at Kensington Primary School as part of Kensington's trail blazing new "Curriculum K".

The physical health curriculum aims to raise pupils' fitness levels and promote good health which will benefit them for the rest of their lives.

So what does the new physical health curriculum look like? -"Fitness sessions". Twice weekly fitness sessions aim to raise heart rates and build fitness. The school is the first Primary in the country to invest in MyZone trackers, which are wearable heart rate trackers. These allow the children to understand and use knowledge about their own heart rates to improve their fitness.

-The science of good health. Children learn about

sleep, nutrition and physiology. Knowledge is power.

-Workout Wednesdays. The whole school community congregates on the school playground, building up a sweat in a huge community exercise session.

-"Brain breaks". Research shows that regular activity improves brain power. So these "brain breaks" are fun, improve fitness and boost learning power.

-Skills for life PE lessons focus on flexibility, coordination and balance.

-Active Maths. Who says maths has to be done sitting at a table?

-Outdoor learning - Fresh air and activity.

The new curriculum landed in September and the benefits have already proven to be boundless. Children are fitter, stronger, more knowledgeable and better equipped for life.

Free School Meals - Make sure you sign up!

Every primary school child in Newham is entitled to a free school meal and we encourage every family to take up this opportunity.

Although all pupils receive a free meal it is essential that parents continue to update their eligibility as this may affect other things such as when children go to Fair Play House.

All families need to complete the 'Eat For Free' form on the Newham Website at:

<http://www.newham.gov.uk/Pages/Services/Free-school-meals.aspx>



Community Action Project at Ranelagh



Community is important at Ranelagh Primary School. Aisha Sheikh, the school's Community Cohesion Lead speaks with passion about this subject. She believes that a happy, successful school depends upon high levels of community involvement.

The school are proud owners of the Leading Parent Partnership Award which recognises their exemplary work in parental involvement, and they run numerous community events throughout the year. To name but a few: Remembrance Day Events, World Book Day and Family Learning Programmes as well as their PTA who get involved in many aspects of school life.

Every Autumn Term, Ranelagh hold their Community Action Project, a geography project culminating in a huge community

event to which all parents, families and community members are invited. This year, the children's Community Action Project had an ecological theme. They learned how their local actions can have a Global impact.

Protest songs were sung, leaflets were designed and distributed and arts and crafts were sold, all with an environmental message.

The playground was a cacophony of song and action. Year 6 persuaded parents to sign a petition to stop the development of City Airport. Year 4 made seed bombs and raised money for the Great Green Wall, an initiative that endeavours to end desertification in the Sahel by planting desert trees. Year 3 made and sold calendars to raise money for the Rainforest Foundation UK. Year 2 sold penguin biscuits to raise money for the WWF and Year 1 and EYFS painted beautiful ocean scenes on canvas bags to prevent the plastic pollution of our oceans.

The community came together to fight for a common cause and everyone left feeling that they had worked together to do some good in the world.



North Beckton's Resilience Framework



Resilience is the ability to dig deep when the going gets tough; to have the drive to sustain our motivation and ignite our passion for our long term goals. It is our ability to bounce back and continue when we've experienced a setback or a failure, coming back stronger when others may see continuing as pointless or even impossible. Resilience is not something we are born with, it is something we learn.

At North Beckton, teaching resilience is at the heart of the curriculum. North Beckton's Resilience Framework aims to ensure that every child has access to the skills and resources they need to be happy, healthy, resilient young people.

Alison Helm, North Beckton's Head Teacher, is the Newham Primary representative for Headstart Ne-

wham, a lottery funded mental health service which serves to improve the lives of young people and families in Newham. The school works in partnership with the organisation who provide resources and expertise to the school to support their excellent practice in the area of wellbeing for pupils.

The Resilience Framework, integral to the school's ethos, includes a range of initiatives which run through and alongside the school's curriculum.

Bounceback lessons run for groups of children throughout the year. These are a fun way for pupils to learn tools and tricks to help them look after their health, body and mind. Children work through ten areas of wellbeing in their own special Bounceback Workbooks. The sessions are run by the school's own specialist Child and Adolescent Mental Health Services practitioner who brings energy, as well as specialist knowledge and expertise, to the sessions.

Place2Be provides emotional and therapeutic services which build children's resilience through talking, creative work and play.

Pupil leadership programmes allow children to listen, be heard and to lead. School Councillors, Play Leaders, Class Buddies, Digital Leaders, Pupil Parliament and Headstart Champions all play their roles in supporting the wellbeing of their peers at North Beckton.

The result of the Resilience Framework is a school of pupils who have the skills they need to move forward in life with drive, tenacity and strength.

Stop Bullying 4 All - Kindness at Curwen



At Curwen being a team is important: Together Everyone Achieves More. And Kindness Week, which took place at Curwen in November this year, was an opportunity to learn about how to be a true team player and Stop Bullying 4 All.

The week gave children the opportunity to learn about what bullying is, what to do to prevent any form of bullying and how to make positive friendship choices, which show kindness and are non-judgemental.

As part of Headstart Newham's support, a group of children at Curwen were

trained up to listen to their peer's concerns and worries. These children are Curwen's Headstart Champions. They aim to provide a network of help to children in the school, instilling positive values and giving the children important social and emotional skills for the future.

Lunchtime "Chill and Chat" and 'Friendship Games' activities were held by Curwen's HeadStart Champions, helping their peers build resilience and 'bounce back' from difficulties. During these activities children learned about friendship - how to build and maintain them and what to do when things go wrong.

Curwen parents got involved too, attending an e-safety workshop run by the school's computing lead, Miss Crosland and dropping into lessons to find out what their children had been learning about.

So in the spirit of kindness week, I hope you will join us in carrying out a random act of kindness of your own this week. Spread the Kindness - it's contagious!

Wellbeing Awards at The Tapscott Learning Trust

The wellbeing of our children and communities is at the heart of all the work we do at The Tapscott Learning Trust. We know that our children can only thrive and learn when they are happy and safe. The work our schools do in this area has been recognised by a number of prestigious wellbeing awards:



Healthy School



Centre of Excellence



Wellbeing Award for Schools

2019-2022



The Tapscott Learning Trust

Working together, achieving for all