

# Brunswick Park Primary School

## e-Newsletter no. 66



**Brunswick Park**  
Primary School

Monday 11 May 2020

Tel: 020 7525 9033

[www.brunswickparkprimary.co.uk](http://www.brunswickparkprimary.co.uk)

This month's Focus Value is **Care**

Dear Parents and Carers

The UK has been in a state of lockdown for 7 weeks, or 49 days – 25 of those being school days – and as the eighth week of restrictions begin, this Newsletter's focus is on well-being. Our children are missing their friends and their freedom, as are we.

Whilst there are those who are fortunate to have support from family, there are many who do not and who are lonely and frightened. Being stopped from doing the normal things we do every day causes us anxiety, particularly when we do not know when we will be allowed to do those normal things again. The impact of being furloughed or losing work all together when only a short time ago everything was fine is huge and damaging.

In this Newsletter there are details of how we are improving communication between you and class teachers about home learning through the use of Class Emails, poems about resilience and hope and links to the school website, where you will find new information and resources to help you manage anxiety in your children and in yourselves. It is easy to forget the importance of looking after yourself when there are so many other people to look after, but it's like going on a plane (if we ever get to do that again); if there's trouble you have to fit your own oxygen mask before you help others with theirs.

There is also information about the importance of character to children's learning and development, and as we have always said at Brunswick, it is our personal qualities that count more than any others. You could be one of the world's leading scientists, but if your character is not responsible or empathetic, you could find that people are no longer willing to listen to you. There is a Character Calendar to copy or download for primary aged children, and lots of resources for older children too.

Home learning means that children are online even more, so parents and carers need to be even more vigilant about monitoring what their children do. Please use the address below – it is also on the website – to access a safeguarding hub of interactive guidance on setting up parental controls on your children's devices, as well as guidance on apps like TikTok, YouTube and Instagram:

<https://parenthub.thekeysupport.com?uuid=02c80fa6-9bb8-4a62-bc3e-e02dfa25c3af>

The Evelina Children's Hospital, to which lots of our children have links through assessment, treatment and therapy, is asking for you to share your support for its work through social media. Details are below.

Finally, yesterday evening the Prime Minister Boris Johnson spoke about the possibility of schools reopening to some pupils on 1 June. He stressed this was not definite, and that if reinfection rates increase this would change. His announcement raised more questions than it answered, and I am now waiting to receive more information from government about what it means for Brunswick Park. This is likely to take time. For now and in the short-term, nothing has changed, and we will keep going as we have been. I will provide more information in the coming days and weeks once I am able to do so.

With best wishes for a healthy, safe and alert fortnight ahead.

Susannah Bellingham

Head Teacher





**When we say we miss you,  
we really do mean it!**



**Thanks to all in  
Reduced  
Provision  
for their hard  
work**



# Class Emails

To improve our service to you, from Monday 11 May your child's teacher will send home learning via a new Class Email address.

For example, if your child is in Class 5A, home learning will come from [5A@brunswickpark.southwark.sch.uk](mailto:5A@brunswickpark.southwark.sch.uk). Please look out for this, and use the email address to respond to the teacher directly.

If your child has a place in the Resource Base, home learning will still come via the office@ email address. A letter about this was sent out on Friday 8 May giving more details and asking for your feedback after a week's use.

A copy of the letter is on the school website.

*"I have a dream that my four little children will one day live in a nation where they will not be judged by the colour of their skin, but by the content of their character."*

**Martin Luther King, Jr.**

Dr King said that in 1963, but the challenges posed by COVID-19 highlight once again the importance of character, and how a person's value and worth are defined by it. They show us the need for responsibility, care, consideration, generosity, gratitude and courage.

## **The Jubilee Centre for Character and Virtues**

(<https://virtueinsight.wordpress.com/2020/03/27/home-learning-materials>)

has created a calendar with 30 days of character building activities for primary school children.

For older children, there is a list of creative character-building activities, linked to virtues. All of the activities have been designed for children to complete at home, adhering to social distancing guidelines. The calendar is below and on the school website.

### Character Calendar instructions

1. Cut along the solid lines and fold along the stars.
2. Glue each cover strip to the calendar by gluing the purple strips to the white strips labelled 'glue cover here'.
3. Now fold up each flap or rip it off every day to reveal the Character building activity.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
27	28	29	30	31

# Building Character Calendar

Glue cover here			
<p><b>Gratitude</b></p> <p>Draw around your hand and, on each finger, write down something you are thankful for.</p>	<p><b>Neighbourliness</b></p> <p>Create a colourful piece of art for your front window to cheer up people who walk past.</p>	<p><b>Generosity</b></p> <p>Choose to help someone else in your house today with a task. How did it make you feel?</p>	<p><b>Reflection</b></p> <p>Find an example in the news of a person (or group) who are helping others in this time. What are they doing? What virtues are they using?</p>
Glue cover here			
<p><b>Resilience</b></p> <p>Interview an older member of your family and ask them to describe a time that they had to overcome something difficult.</p>	<p><b>Kindness</b></p> <p>Make a bird feeder for your garden or windowsill. There are some ideas here: <a href="https://www.bbc.co.uk/cbeebies/makes/bird-feeder">https://www.bbc.co.uk/cbeebies/makes/bird-feeder</a></p>	<p><b>Curiosity</b></p> <p>Find out 5 new facts about your favourite animal and tell someone you live with.</p>	<p><b>Courage</b></p> <p>Make a shield using these instructions: <a href="https://www.jubileecentre.ac.uk/userfiles/jubileecentre/pdf/character-education/Parents/Shield.pdf">https://www.jubileecentre.ac.uk/userfiles/jubileecentre/pdf/character-education/Parents/Shield.pdf</a></p>
Glue cover here			
<p><b>Gratitude</b></p> <p>Write a letter or make a card for a friend or family member. Tell them what you month you like about them.</p>	<p><b>Reflection</b></p> <p>Which virtue have you found easiest so far this month? Which one has been trickiest?</p>	<p><b>Creativity</b></p> <p>Using objects you can find around the house e.g. saucepans, create a piece of music.</p>	<p><b>Resilience</b></p> <p>Reflect on a time when you succeeded and the steps you took, and also a time when you failed and what you learned.</p>
Glue cover here			
<p><b>Empathy</b></p> <p>Make finger puppets to retell your favourite story. Think about how the characters feel.</p>	<p><b>Perseverance</b></p> <p>Learn a new magic trick e.g. <a href="https://www.youtube.com/watch?v=V2tDK9wfcYs">https://www.youtube.com/watch?v=V2tDK9wfcYs</a> and perform it for your family.</p>	<p><b>Neighbourliness</b></p> <p>Make a map of your local neighbourhood and mark on all of your favourite places</p>	<p><b>Curiosity</b></p> <p>Take a virtual tour of a museum e.g. <a href="https://naturalhistory.si.edu/visit/virtual-tour">https://naturalhistory.si.edu/visit/virtual-tour</a></p>
Glue cover here			
<p><b>Generosity</b></p> <p>Collect up all the loose change you can find and research a charity you can donate it to.</p>	<p><b>Responsibility</b></p> <p>Tidy your room today, without being asked.</p>	<p><b>Kindness</b></p> <p>Ring a family member or friend and ask them how they are.</p>	<p><b>Perseverance</b></p> <p>Practice drawing your favourite character. There is some inspiration here: <a href="https://www.kennedy-center.org/education/mo-willems/">https://www.kennedy-center.org/education/mo-willems/</a></p>
Glue cover here			
<p><b>Curiosity</b></p> <p>Research someone you admire and make a poster, video or presentation about them. What virtues do they show?</p>	<p><b>Courage</b></p> <p>Find an example of when someone faced their fears in a book or film. How did they do it?</p>	<p><b>Responsibility</b></p> <p>Clear everyone's plates from the table after one meal today.</p>	<p><b>Reflection</b></p> <p>Which activities have you enjoyed most? Which were hardest? Have you learned anything about yourself?</p>

## Two poems about living with restrictions now, in hope for a better future

A poem for children found by Ms Huszar, written from them to you:

We are the kids of COVID-19,  
Time's like this we never have seen,  
No school, no friends, no kisses from nan,  
But we're resilient, we're tough, and beat this we can.

We are the kids of the great British lockdown,  
Yearning for beaches but unable to leave town,  
Our parents now teachers, siblings now classmates,  
Desperate for parks, but confronted by locked gates.

We are the kids of the Coronavirus fear,  
Mummy and Daddy worry, I see every tear,  
They worry for us, for future untold,  
Missed education, the outlook so cold.

We are the kids forced to distance from all,  
Day after day stuck in these four walls,  
Wondering when things will get back to before,  
Where each day we have something else to explore.

BUT,

We are the kids that will be remembered forever,  
For being brave, for being strong, for sticking together,  
For never complaining or breaking the rules,  
Never demanding to see all our friends from our schools.

We are the kids who were part of the fight  
To rebuild this nation, to make us shine bright,  
The ones who accepted what we were told to do,  
To protect the NHS, the key workers, the old and vulnerable, and you.

We are the kids that have made you all proud,  
We've had school with our parents, baked and laughed loud,  
Stayed up late and ate chocolate and slept in every day,  
And we're making a difference, so this thing goes away.

A poem to remind us that society has been here before, written by Kathleen O'Meara in 1869 just after the Irish Famine and reprinted in 1918 following the outbreak of Spanish Flu:

And people stayed home  
and read books and listened  
and rested and exercised  
and made art and played  
and learned new ways of being  
and stopped  
and listened deeper  
someone meditated  
someone prayed  
someone danced  
someone met their shadow  
and people began to think differently  
and people healed  
and in the absence of people who lived in ignorant ways,  
dangerous, meaningless and heartless,  
even the earth began to heal  
and when the danger ended  
and people found each other  
grieved for the dead people  
and they made new choices  
and dreamed of new visions  
and created new ways of life  
and healed the earth completely  
just as they were healed themselves.



Brunswick Park  
Primary School

Are you in unexpected financial hardship because of COVID-19 restrictions?

Have you lost your job?

On a Zero Hours Contract with no work?

Been furloughed so you have less money?

Do you have No Recourse to Public Funds (NRPF) and your vouchers haven't come through?

If the answer to any of these questions is YES, and your child or children are not eligible for Free School Meals or you are waiting for your claim to be processed, then you can take advantage of our FREE

# Grab Bag Scheme

Long life food items  
such as tinned  
tomatoes, rice,  
pasta and lentils

Available for  
collection at school  
from the  
Key Stage 2  
Playground

PLEASE TAKE  
WHAT YOU  
NEED

Every Thursday  
from  
10:00-12:00

See our Free School Meals FAQs  
on the school website homepage

[www.brunswickparkprimary.co.uk](http://www.brunswickparkprimary.co.uk)

# Kids' lunch planner

Plan five days of tasty, balanced lunches for two little ones, for less than £15. Plus, get inspired with easy tips from M&S senior nutritionist, Laura Street.



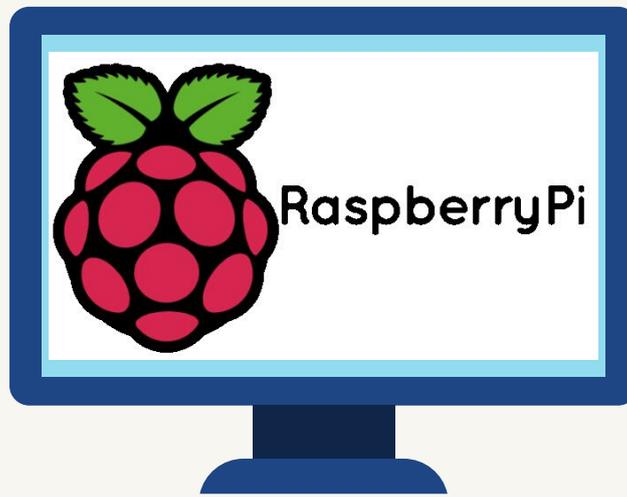
M&S accepts the government's £15 school meals vouchers – pick up everything you need for the recipes, which serve two kids, here in store for less than £15.

MONDAY	SHOPPING LIST
<p><b>Easy, cheesy pasta (serves 2)</b> Cook a couple of large handfuls of pasta and stir in half a jar of M&amp;S tomato &amp; basil pasta sauce. Serve with two slices of cheddar cheese crumbled on top. Enjoy with 1 banana each. <b>Top tip:</b> To make healthy banana ice cream, freeze two sliced bananas in a sealed container then whizz in a food processor until super creamy.</p>	<ul style="list-style-type: none"><li><input type="checkbox"/> 500g pasta</li><li><input type="checkbox"/> 1 jar M&amp;S tomato &amp; basil pasta sauce</li><li><input type="checkbox"/> 1 pack (6) soft tortilla wraps</li><li><input type="checkbox"/> 1 loaf (750g) best of both bread</li><li><input type="checkbox"/> 1 tin tuna</li><li><input type="checkbox"/> 2 red peppers</li><li><input type="checkbox"/> 1 pack kids fromage frais</li><li><input type="checkbox"/> 1 pack (10) mature cheddar slices</li><li><input type="checkbox"/> 4 bananas</li><li><input type="checkbox"/> 1 pack M&amp;S chunky breaded cod fish fingers</li><li><input type="checkbox"/> 1 bag (500g) carrots</li><li><input type="checkbox"/> 1 pack (6) round tomatoes</li></ul>
TUESDAY	
<p><b>Tortilla pizzas and salad (serves 2)</b> Spread the remaining M&amp;S tomato &amp; basil sauce over two wraps, then top with a sliced pepper and sliced cheddar cheese. Pop under the grill until the cheese has melted. Meanwhile, grate three carrots and slice two tomatoes. Stir together to make a crunchy salad. Enjoy with 1 pot of fromage frais and 1 banana each.</p>	
WEDNESDAY	
<p><b>Indoor picnic (serves 2)</b> To make a tasty pasta salad, cook two handfuls of pasta. Toss with a tin of drained tuna and three quartered tomatoes. Chop two carrots and a pepper into chunks for some crunchy snacks. Enjoy with 1 pot of fromage frais and 1 banana each. <b>Top tip:</b> Lay out a rug inside, in your garden or on the balcony to enjoy a picnic lunch – you could even invite some teddy bears too. Serve the leftover tuna with pasta for dinner (it needs to be eaten within two days).</p>	<p>5 lunches for 2 for £15</p>
THURSDAY	
<p><b>Speedy cheese and tomato toasts (serves 2)</b> Arrange slices of cheddar and one sliced tomato on top of two slices of bread (like all M&amp;S bread, it contains vitamin D). Grill until bubbling. Enjoy with 1 pot fromage frais each. <b>Top tip:</b> Keep bread in the freezer to help it last longer. If you've got some leftover, blitz stale bread in a food processor to make breadcrumbs that can be used as a crunchy topping for pasta bakes.</p>	<p>Get your H<sub>2</sub>O!</p> <p>Staying hydrated is super important, so don't forget to enjoy a glass of water with your lunch.</p>
FRIDAY	
<p><b>Fish finger sandwiches (serves 2)</b> Cook the M&amp;S chunky breaded cod fish fingers according to the pack instructions. Serve in four slices of bread. Add a squeeze of mayo or your kids' favourite spread from the fridge, if you like. Enjoy with 1 pot fromage frais each. <b>Top tip:</b> If you fancy mixing things up, try serving the fish fingers in wraps instead.</p>	

Please note – if you're feeding smaller children, reduce the portion sizes.

Families eligible for Free School Meals or who have NRPF and qualify are receiving Supermarket Vouchers from Edenred to the value of £15 per week per child.

To support families to use the vouchers, the supermarkets have produced lunch planners; this one is from M&S. They are a great idea to help you get the most from your vouchers. We all need inspiration from time to time!



The Raspberry Pi Foundation has launched a new, free **Digital Making at Home** initiative to support parents and young people with coding at home. You don't need any coding experience to join in, and all of their resources and activities are free forever.

Every Monday, it releases new themed code-along videos about projects designed for all levels of ability. It also provides support tutorials for parents who are interested in learning more about coding tools like Scratch and Python, and over 200 projects with step-by-step instructions that are accessible online at any time – all for free.

Sign up now to start receiving free activities suitable to your child's age and ability straight to your inbox.

**FOR MORE INFORMATION, PLEASE GO TO THE SCHOOL WEBSITE**

[www.brunswickparkprimary.co.uk](http://www.brunswickparkprimary.co.uk)

## Website Updates

[www.brunswickparkprimary.co.uk](http://www.brunswickparkprimary.co.uk)

We have put lots more resources and links on the school website to help to support you and your children at home, including information about safeguarding, managing anxiety in adults and children and staying fit, healthy, happy and busy during restrictions.

Do please check it regularly – we hope you find it helpful.

# Access to Support and Home Learning



**Brunswick Park Primary School**

**Everything you need for home learning, and everything else relating to COVID-19 restrictions including gaining access to benefits, is on [www.brunswickparkprimary.co.uk](http://www.brunswickparkprimary.co.uk)**



**BBC Bitesize can be accessed here:**  
**<https://www.bbc.co.uk/bitesize>**



**More information can be found here:**  
**<https://www.thenational.academy/>**

Thank you for doing your best to help your children learn at home. Many of us have children at home ourselves, so we understand just how challenging it is to encourage and help them and keep them entertained whilst doing our own jobs and organising our lives.

Everything you need for your child's home learning is available on our website [www.brunswickparkprimary.co.uk](http://www.brunswickparkprimary.co.uk) and is being sent to you weekly **via email from your child's teacher** on Mondays with check-ins on Wednesdays and Fridays. There are Bug Club, MyMaths and TTRockstars. There are also BBC Bitesize Daily Lessons and lessons from the National Oak Academy.

If your device does not support home learning, we can send paper copies to you. Please contact the School Office on 020 7525 9033 or **[office@brunswickpark.southwark.sch.uk](mailto:office@brunswickpark.southwark.sch.uk)** to request these.

# Home Learning and Learning in Reduced Provision

This is a tiny snapshot of the brilliant learning activities the children have been doing at home and in school. We have enough images to fill an entire Newsletter of their own several time over! Do please keep sending them in; they are a great way of keeping in touch.



Wait for it...



Bang!



The children in Reduced Provision cooked, baked, made salt dough, painted, drew, marbled, made slime, did science experiments and cared for a poorly hen.



Making slime



At home children have been just as creative, making rainforest models, designing real food pyramids and drawing fantastic likenesses of Charles Darwin and Willy the Wimp.

## *Evelina London needs your school's support!*



**This is no ordinary time. The coronavirus outbreak is like no other for Guy's and St Thomas' and Evelina London children's hospital.**

We are no ordinary team. From doctors to nurses, to porters and housekeeping assistants, there are so many NHS staff who are pulling together every single day. It takes a team to tackle this crisis head-on.

This is no ordinary shift. Our staff are going above and beyond on every single shift to give everyone who needs them the best possible care, both in our hospitals and in our local communities.

### *Will you help support them?*

Send a message of support to our staff letting them know that you are behind them and just how amazing you think they are!

You can create your message of support any way you like it could be a sign or picture you have created, A letter or poem you have written or even a thank you video if the Evelina has been there to help you in the past!

Once you have created your message of support you can email your photos, videos, drawings, poems and letters to [info@supportastt.org.uk](mailto:info@supportastt.org.uk) with your name, age, location and confirm that we have consent to share what you have sent us on our social media.

### *Why Stop There?*

Keep an eye on our social media and when you see your message share it with friends and family to show them how you are helping #KeepUsAllGoing

Facebook - <https://www.facebook.com/supportevelina>

Twitter - <https://twitter.com/EvelinaLondon>



"The staff at Evelina London all do a wonderful job.

Sending supportive thoughts to you, the children and their families at this difficult time." - Sue.



"At this unprecedented time, we want Evelina London staff to know that we appreciate you and your hard work. Each and every one of you. Stay safe. Stay well."

- @CardiologyKids





## Safeguarding Information

The designated team for Safeguarding at Brunswick Park Primary is  
**Susannah Bellingham**  
**Fiona O'Malley and**  
**Andrea Inniss-Griffith.**

If you have any concerns about any child, please contact us. We are committed to Safeguarding all children and members of our school community and take all concerns seriously.

For your information, key school policies are available on request from the School Office and can be downloaded from the school Website under the 'Our School' tab.

Please check the website for further details about what children have been doing and learning in school.

Missed a newsletter? All newsletters are available for download from the School Website under the 'News' tab.  
<http://www.brunswickparkprimary.co.uk>

Please look at our website [www.brunswickparkprimary.co.uk](http://www.brunswickparkprimary.co.uk) for links to home learning and our updated Safeguarding Policy in light of the Coronavirus Restrictions.

**Our Inclusion Team will continue to make welfare calls and visits throughout the school closure period, and Marjorie Damah, School Home Support Worker, continues to work 4 days per week as usual.**

**Please contact the school in the usual way.**

### Right to Reply:

**11/05/20: Please email the address below to give us constructive suggestions or comments, including your name and your child's class.**

**Thank you.**

**office@brunswickpark.southwark.sch.uk**