



Roxeth Primary School Newsletter

November 2020

RSA WACKY HAIR DAY - 'Roxeth took part in another great event to raise money for the school – Wacky Hair Day! This event, set up by the RSA, allowed the children to be very imaginative with resources they could find at home. There was a lot glitter, hair spray and creativity which raised £307 for our school. Thank you again for your continued support.'



See back page for more photos



Value of the month



Charity

- * Thinking of people not as lucky as us
- * Sharing what we have when we can
- * Taking action to make a difference to others



Article 24 - We have the right to drink water and eat nutritious food in a safe environment.

ROXETH COUNSELLING INFORMATION

With life as it is at the present time Roxeth is offering a confidential drop in service for our pupils. They will be given the opportunity to share and explore their feelings and experiences. Please take a look at the video <https://youtu.be/LQmpkYbw590>

If you would like to opt back in please send the office an email with your child's name and class for us to arrange this!



Lisa Conatser - Counselling Services @Roxeth

8th Dec	Y5 Victorian Day
10th Dec	Y3 Stone Age Day
11th Dec	Year 2 Play
14th –18th	RSA Raffle Sale
18th Dec	END OF TERM
4th Jan 2021	PD Day staff
5th Jan	Pupils return to school
25th –29th	Y6 Mock SATs
5th Feb	Year 1 Play
8th –12th Feb	Geography Week
15th –19th Feb	Half Term
1st- -5th March	STEM Week
1st March	RSA Dress Up day
8th -12th Mar	Book Fair
16th –19th Mar	Y6 Mock SATs
19th Mar	Reception Play
23rd & 25th Mar	Parents Eve
31st Mar	End of Term
19th April	PD Day Staff
20th April	Pupils return to school

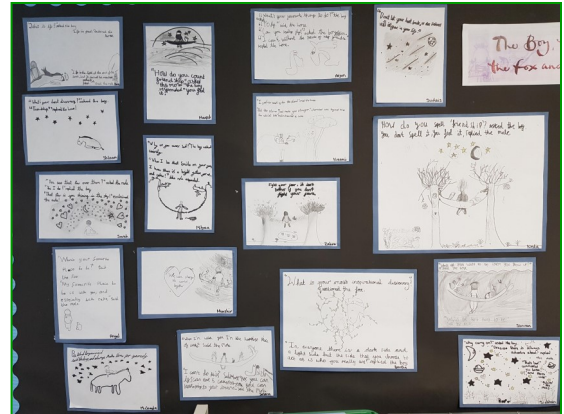
FIRE SAFETY IN YEAR 5—We had a virtual Fire Safety Workshop with the London Fire Brigade which taught us ways to keep ourselves and our families safe and what we should do if we ever experienced a fire. We had fun creating some posters to remind others what they should and should not do in case of fire



House Point Champs



THE POWER OF WORDS—Year 5 read *The Boy, The Mole, The Fox and The Horse* by Charlie Mackesy. We then produced our own uplifting quotes in the same style. We really enjoyed this and it helped us to understand the power of words.



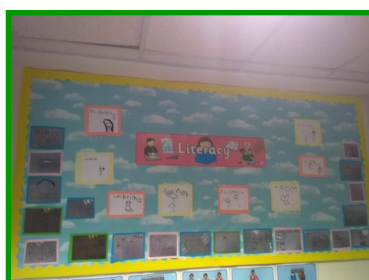
COMPETITION WINNER - Congratulations to Avantika S who took part in the Local Authority Christmas card design competition and was one of six winners chosen to have their card produced and printed.



DECK THE HALLS WITH BOUGHS OF HOLLY - We had a very festive time in After School Club decorating the school Christmas Tree with the help of Mrs Choules



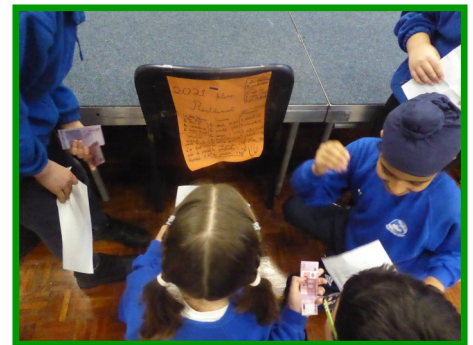
RECEPTION STARS—"The children in Reception have settled really well this half term. We have been learning all about ourselves. The children have been drawing their portraits and learning to write their names.



GARDENING CHAMPS—We would like to express massive thanks to Adam and Justin, both parents from Year 5, who spent a morning clearing out weeds in our garden area. They have worked extremely hard to ensure the garden is now ready for children to start planting again. Look at how amazing it looks now!



Y6 FINE DINING - As part of our French topic 'Allons faire du shopping' (Let's go shopping!) 6P created a restaurant menu with prices and invited 6B to spend their Euros! The children had prompt sheets to help them with their greetings, ask and order for items. They thoroughly enjoyed it and some groups made a great amount of (play) money. Bien joué Y6!



YEAR 5 PLAY— we have been working really hard in the last few weeks preparing to film our play. We are really sad that parents and the school community will not be able to watch the play in person, however, we will be sending out the play in video form soon. We hope you enjoy watching it as much as we enjoyed making it!



Please see below for the pick up times for each year group on Friday 18th December only.

Year Group	Pick Up Time
Reception	2.00 pm
Year 1	2.05 pm
Year 2	2.05 pm
Year 3	2.10 pm
Year 4	2.10 pm
Year 5	2.15 pm
Year 6	2.15 pm

Please ensure you arrive at your allocated time to pick up your child/children from school to allow the staggered timings to be meaningful and to minimise risk.

Attendance Awards Received November 2020

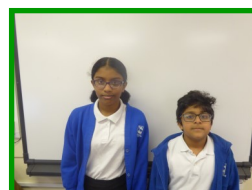
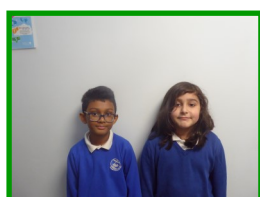
Class Infants	Attendance %	Class Juniors	Attendance %	Achievement Award date
2DS	99.2	4K	100	6 th November
2M	99.5	5G, 3FP,4k,6B	100	13 th November
2DS	100	3FP & 6P	100	20 th November
2M	100	4OS	100	27 th November

Our attendance is very stable exceeding our target of 96% and at the moment stands at 97.45% to date. Please keep up the good attendance in the New Year see above brilliant attendance.

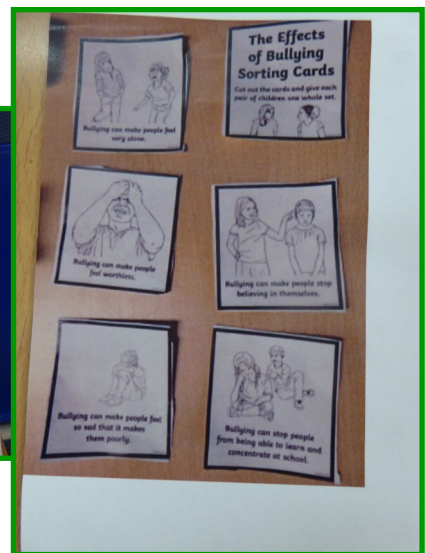
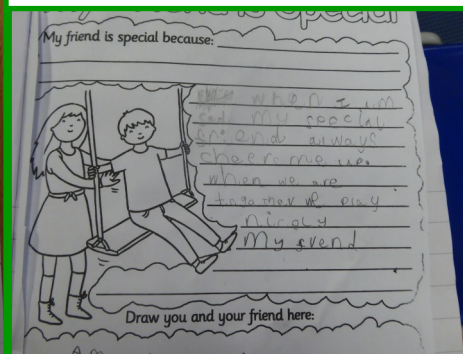
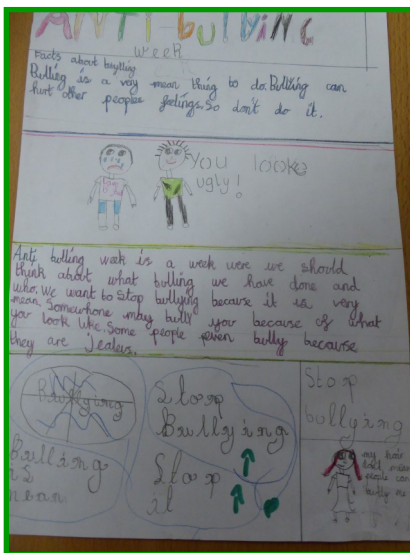
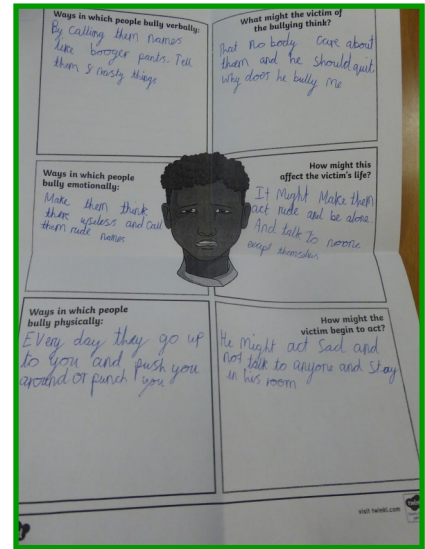
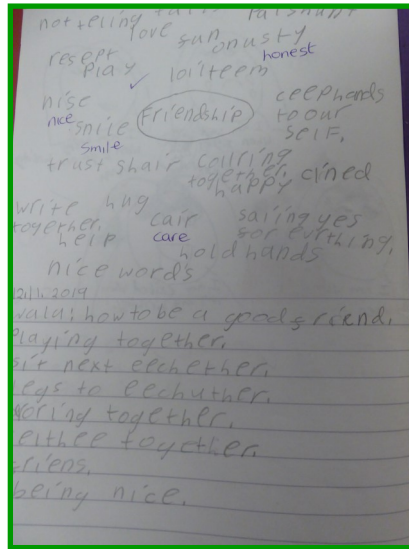
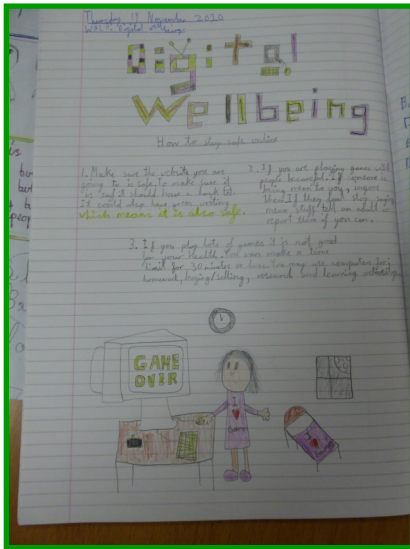
Reminder, if your child has Covid symptoms you must keep your child at home for 10 days and the whole family must self-isolate for 14 days within the household. This does not affect your child's attendance so you are aware self-isolating is coded separately for reporting to the DFE however you will be required to seek medical advice ringing 111 and booking a test if necessary by calling 119 or booking online <https://www.gov.uk/get-coronavirus-test>

The test results must be emailed to the school as evidence. If the test is negative, then please send your child back to school as soon as they are well enough. We have not had any confirmed cases that impact on the school as yet.

DIGITAL LEADERS - Our new Digital Leaders will be helping Mr Gefuri and Mrs Aliraza with a variety of computing related jobs around the school, such as filming plays/assemblies, editing videos, maintaining the ICT suite and much more. Well done to the following children. Aahil, Nathan, Miriana, Ishita, Bavitha, William, Harjot & Matei



'UNITED WE STAND' We celebrated Anti Bullying week this year based on the theme **'UNITED WE STAND'** We are all a piece in a puzzle and together we are united against bullying. We learnt what bullying is, how to seek help, what online bullying is and how we can stop bullying.



In Reception, we are learning about our rights which help us to understand how to be good friends





Christmas Dessert Treats

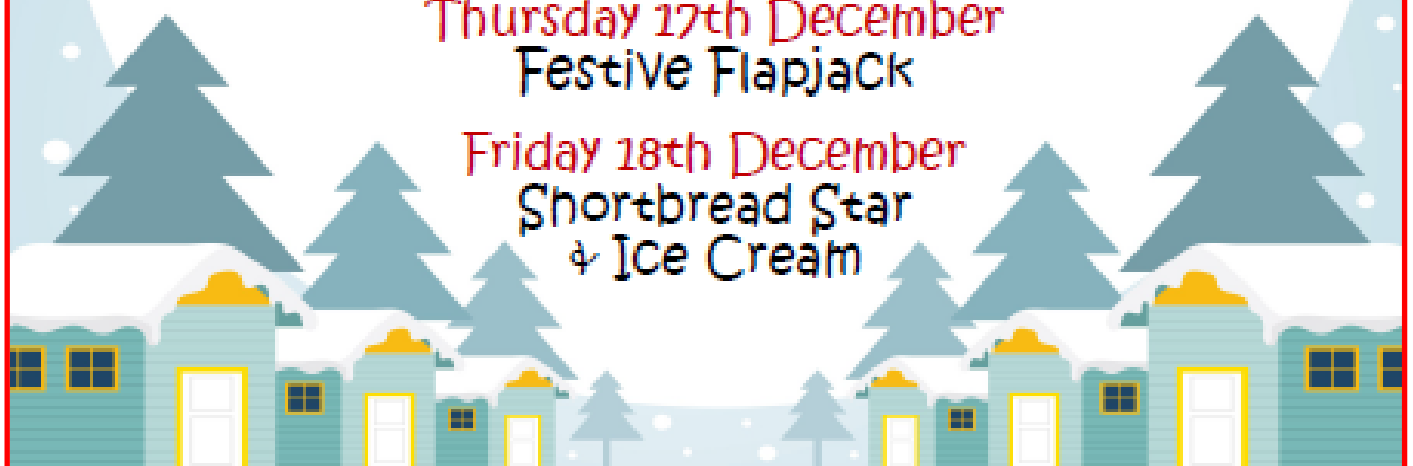
Monday 14th December
Rudolph Biscuits

Tuesday 15th December
Strawberry Snowflake Cheesecake

Wednesday 16th December
Chocolate Crispy Christmas Puddings

Thursday 17th December
Festive Flapjack

Friday 18th December
Shortbread Star
& Ice Cream



LET'S BE
FOOD
SMART
FOR BODY AND BRAIN

14th - 18th
December



Harrow Schools Counselling Partnership

Understanding and Managing Anxiety - Free 6 Week Online Course for Parents

No-one has been untouched by this crisis and many of us are struggling with anxiety during these times of constant change. If you are struggling with your sleep, your concentration, spiralling thoughts then we would like to help you.

The Schools Counselling Partnership are offering a **6-week online programme** to help you understand and manage your anxiety. During this programme you will gain:

A good understanding of excessive worry (Generalised Anxiety Disorder)

An understanding of how worry can be maintained and the links between our thoughts, feelings, physical sensations and behaviours

Knowledge of several techniques which can be used to help reduce your anxiety and worry

Awareness of your early warning signs for anxiety and have a plan in place to maintain progress and manage set-backs.

If you would be interested in participating please contact Toni Medcalf,

E-mail: tmedcalf.307@lgflmail.org and she will send you full details.

Appendix F

Do you need help or support?

We're so proud of the work our officers and community groups are doing to address the challenges of Covid-19. Here are some of the ways we've been working together to do it...

- Delivered more than **6,500 food parcels** for vulnerable residents
- Created a **£600,000 fund** for vulnerable residents
- Extended Social Care Services to **7 days a week**
- Issued more than **1 million PPE kits** for care homes, schools and staff
- Housed **22 rough sleepers** and moved families out of shared emergency housing
- Made more than **15,000 calls** to shielding residents
- Allocated more than **2,234 business grants**
- Kept open **schools** for children of key workers
- Received support from **567 volunteers**
- Thank you** We couldn't do it without you!
- And we're still here for you if you need help. Call our helpline on the number below

020 8901 2698

Harrow COUNCIL LONDON

NHS North West London
Collaboration of Clinical Commissioning Groups

Should I send my child to school?

A guide for parents and GPs

Would you have kept your child off school before the COVID-19 pandemic?

YES → Keep your child off school

NO → Does your child have at least one of the following:

- A new continuous cough?
- A fever (high temperature measured with a thermometer)?
- A complete loss or change of taste or smell?

YES → Protect others: keep your child at home and off school. Dial 119 or go to www.gov.uk/coronavirus to arrange a COVID test. These tests not available at A&E or GP. Your child and household must self-isolate until you have the results

NO → Are you concerned this is more serious than a cold (e.g. sepsis)?

YES → Contact your GP, or call NHS 111 for medical advice. For urgent medical help, go to your nearest A&E or call 999

NO → Monitor your child's condition at home, and seek medical advice if the condition deteriorates

Does your child have an underlying medical condition, such as cystic fibrosis?

YES → Speak to your child's specialist team about testing criteria if you haven't already spoken to them / received a letter telling you what to do

NO → Children can otherwise go to school with: Runny noses, sore throats (without fever), or mild colds

For further guidance, visit: <https://www.cc4c.imperial.nhs.uk/~media/cc4c/documents/icht-advice-for-parents-during-coronavirus.pdf?e=en>

Published 18th September 2020

Adapted from the original diagram by Dr Simon Hodes, Dr Ashley Reace and Dr Sarah Fissler, with thanks

METROPOLITAN POLICE

How can we help you?

Report | Tell us about | Apply or register | Request | Feedback | Your area

Met Christmas Appeal

The Ninth Annual Met Christmas Tree appeal has opened...virtually! Over the years the campaign has gone from strength to strength and thanks to the generosity of Londoners, last year the campaign saw over 22,000 presents delivered ready for Christmas morning.

MERRY CHRISTMAS

Leave this site

MET CHRISTMAS APPEAL—This year the appeal has become completely virtual with all presents available to buy from the online store. The campaign closes on the 16th December and all gifts purchased online will be delivered by Met Officers and colleagues from the local authorities to children aged 1 week—17 years across all London Boroughs. [Met.police.uk/christmastree](https://met.police.uk/christmastree)

Voluntary organisations

Our voluntary sector has pulled out all the stops during the pandemic, offering a vast range of help to meet Harrow's needs. These are just some of the organisations

offering the most requested services. For a full list of support available, visit Voluntary Action Harrow's website at voluntaryactionharrow.org.uk



London Community Kitchen

London Community Kitchen organise food parcels for the vulnerable. Open to the public every Friday, 3pm to 5pm.
Christchurch Ave, Harrow HA3 5BD
07366 088811



Harrow Talking Therapies Service

NHS free confidential talking therapies service for people who have concerns around current coronavirus, including depression, anxiety and bereavement.
020 8515 5015
harrow.iapt@nhs.net
www.cnwl.talkingtherapies.org.uk



Harrow Carers

Support, counselling, home care and befriending for carers and food, medication, essentials, shopping and delivery for the isolated.
020 8868 5224
376 to 378 Pinner Road, North Harrow HA2 6DZ
info@harrowcarers.org
www.harrowcarers.org



Romanian and Eastern European Hub

Free support and advice to vulnerable Eastern Europeans. They also provide a food parcel service.
info@communitybarnet.org.uk

Can you donate?

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harrowgiving.org.uk



Citizens Advice

Free support and advice on issues including benefits, housing, debt, employment and immigration. 20+ languages spoken.
020 8427 9477
advice@harrowcab.org
citizensadviceharrow.org.uk



Young Harrow Foundation

Safe, local offers for children and young people.
youngharrowfoundation.org



SWiSH

Monday to Friday 9am-5pm
Helping adults in Harrow access services and information, including counselling and support for bereavement, mental health and ways to reduce isolation.
020 8515 7867
support@swishharrow.org.uk
swishharrow.org.uk



Voluntary Action Harrow

Voluntary Action Harrow puts people in touch with local charities offering a range of support services, including help with food. Contact them if you would like to become a volunteer.
voluntaryactionharrow.org.uk
contact@voluntaryactionharrow.org.uk

Are you helping a vulnerable person?

If you're providing unpaid care and support to a vulnerable person, we'd like to share the latest information and advice with you.
carers@harrow.gov.uk



Harrow Helpline

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020 8901 2698

Help with living costs

Financial support

If your income has been affected by coronavirus, use our online tool to find out what financial support you are entitled to
harrow.entitledto.co.uk/home/start

If you're on Universal Credit you may be eligible for Council Tax Support and receive a £150 discount on your Council Tax bill.

If you're struggling to buy essentials like food, prescriptions or toiletries – our Coronavirus Hardship Fund could help.
harrow.gov.uk/supportforresidents



Help with housing

Rent or mortgage problems? You will not be evicted from your home this summer due to a fall in your income. The Government is suspending bans on evictions from social and private rented accommodation by a further two months.

If you're worried about becoming homeless and are already claiming Universal Credit and Council Tax Support, contact our Housing Advice Team.
housing.advice@harrow.gov.uk
020 8424 1093



Domestic violence support

If you or someone you know is at risk from domestic violence, isolation rules do not apply. Police response and support services remain available.

National Domestic Abuse Helpline 080 8200 0247
Harrow Domestic Abuse Service 020 8907 8148.

Always call 999 if you are in immediate danger

Support with information, advice and food

Help Harrow is a partnership between Harrow Council, local charities and voluntary organisations working in Harrow to provide support, including access to a range of information, advice and food parcels. Register online.
helpharrow.org



Can you donate?

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harrowgiving.org.uk

Test and Trace

NHS Test and Trace is helping to break the chain of infection and keep everyone in our community safe.

The symptoms are a fever, a new persistent cough and a change in sense of taste or smell.

If you develop coronavirus symptoms, you and your household should self-isolate immediately.

Developing even just one of these symptoms means you should take immediate action.



1 Book a test, either online at nhs.uk/coronavirus or by calling 119.

There are regular testing units at Northwick Park Hospital and Harrow Civic Centre. Check harrow.gov.uk/testing



2 If the test is positive, NHS Test and Trace will contact you to ask about your recent close contacts.

Your contacts will be told to self-isolate for 14 days from the onset of your symptoms.



3 If you are called by an NHS contact tracer, you will be told to self-isolate for 14 days.

Remember, genuine contact tracers will never ask for payment, passwords, or ask you to download anything.

If we all follow these steps, lockdown restrictions can continue to be lifted. Please play your part in testing and tracing, so we can start to get back to a more normal life.

Harrow Helpline

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020 8901 2698