

## HEAD OF SCHOOL'S NOTE

Welcome back to the new term and the first summer edition of the Belham Buzz! This week you were sent details of changes to remote learning in Maths and I would like to remind parents to collect their child's 'Maths-No Problem!' books from school (Year 1-5 only) ready for next week's lessons. Please refer to the letter sent on Sunday for more details.

As the lockdown continues, your child's behaviour and general mood may be concerning you. After all, this is a huge change for them and some children may not be coping very well at all. If you do have any worries, your teacher is the first port of call on Class Dojo. However, for anything more concerning, please don't hesitate to contact me directly. We are currently reviewing how we can offer a greater level of pastoral support during this time and our learning mentors, Sarah Hutchinson and Elizabeth Linton Smith, will be available to provide helpful, practical advice and to guide you and your children through any rocky patches.

Finally from me, don't forget to check out our new 'Teachers in Isolation' feature to find out what Belham staff have been getting up to during the lockdown.

Have a lovely weekend, enjoy the weather, and stay safe.

## SOUTH LONDON SAFARI!

Have you got any toy animals at home who might like to join a local safari? If so, put them somewhere at the front of your home where they'll be visible from the street. You might even want to include some facts about them, such as their name, where they come from, what they like to eat, etc. Next time you go for a walk with your family, see what other animals you can spot! Pictures of animals will also work if toys don't want to stay in the window!

## VIRTUAL RUN CLUB

For all our keen runners out there please see below link to register - <https://www.onerunningmovement.com/>  
This has been set up for schools but due to our current situation is allowing individual entries to keep children active.

## 5 REASONS FOR HOPE

### Bird song

The birds are louder and clearer than ever before.

### Himalayas

For the first time in 30 years some residents in northern India are reporting that they can see the Himalaya Mountains 125 miles away!

### Consuming less

We have become aware of how little we need to get by, we are shopping with more care, using what we have before stocking up on unnecessary items and with the cafes closed, our children realise a trip to the park doesn't need to cost money anymore.

### Family time

Lockdown is allowing for families to have more time together; a time for less rushing around and more time for play and meals around the table.

### Clapping

We continue to clap for our carers, louder and stronger than ever. 8pm on a Thursday now marks a time where we are able to feel connected to each other by coming to our windows/doors/gardens and in hearing the clapping we can feel less alone and remember how much we all stand together.

## CH&O - FROM THE KITCHEN!

CH&O have extended their interactive educational activities from the school dining room into your pupils' homes. The aim is to continue the positive messaging around the intrinsic link between good food and nutrition and wellbeing, as well as to support schools and parents during these unique times.

Their chefs and nutritionists have created several easy-to-make recipes that children can make at home with their parents/carers. Each menu has been designed to help maintain a good level of energy, enhance concentration as well as balance mood and stress for all.

## TEACHERS IN ISOLATION

Welcome to our 'teachers in isolation' feature! Over the past few weeks, have you been wondering what your teachers have been up to at home? Well, find out over the next few weeks what activities Belham staff have been doing during lockdown.

### Teacher in Isolation #1: Ms Cagney

I've been watching terrible TV and embroidering so here is a photo of my embroidery.



### Teacher in Isolation #2: Mr O'Brien

Hello Belhamites! I have been practising my bread making while at home. It takes a little time and patience but the results are worth it! Now I can make some great sandwiches with homemade bread for lunch!



### Teacher in Isolation #3: Miss Lopez

Hola Belhamites,

Have you started a new hobby while staying at home? Are you dedicating time to the things you like the most?

I love contemporary dance, which is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Have you ever heard of it? You can see a dance routine here: <https://www.youtube.com/watch?v=sOiD--UWW-g> What do you think? How did it make you feel?

Dance is my favourite hobby and as we cannot attend classes I have been taking part in live online dance lessons for the first time ever! I was quite nervous to start with but it all ended up being so much fun. The picture above is from when I was learning a routine for the song 'Perfect Strangers' with the choreographer Renako McDonald. He is live every Wednesday if you would like to join me! 😊

If you like dancing, doing yoga etc., you can find lots of free live classes on Instagram by following everythingclasslive.

Hope you enjoy it as much as I do. Be kind to yourself and have fun!

### Miss Lopez



## SAFEGUARDING INFORMATION

We thought, with so much more online working and communication taking place that it might be timely to share some online safety resources with you.

### **CEOP**

<https://www.ceop.police.uk/safety-centre/> have created some really good videos to share with different age groups [https://www.thinkuknow.co.uk/4\\_7/](https://www.thinkuknow.co.uk/4_7/) and [https://www.thinkuknow.co.uk/8\\_10/](https://www.thinkuknow.co.uk/8_10/) take children and parents through the adventure of navigating the online world and what to do if they discover anything online that makes them feel worried, scared or sad.

### **CEOP suggest a few things you can do with your child:**

#### **Explore together**

Ask your child to show you their favourite websites and apps and what they do on them. Listen and show interest and encourage them to teach you the basics of the site or app.

#### **Initiate and continue conversations about online safety**

Ask them if anything ever bothers or worries them while they are online. Reinforce the key message: if anything happens online which makes them feel worried, scared or sad the best thing they can do is talk to you or another adult who they trust.

#### **Be non-judgemental**

Explain that you would never blame them for anything that might happen online, and you will always give them calm and loving support

Supervise your child while they are online. Keep the devices your child uses in communal areas of your home where an appropriate adult is able to supervise.

Talk to your child about how their online actions can affect others. If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo or video of somebody else, they should always ask permission first.

### **Safesearch**

Most web search engines will have a 'SafeSearch' function, which will allow you to limit the content your child is exposed to whilst online. Look out for the 'Settings' button on your web browser homepage (often shaped like a small cog).

### **Age Appropriateness**

Please be aware that most social media accounts require people to be over a certain age to hold an account ZOOM for instance

Parental controls. Please make use of them. CEOP have a comprehensive article on setting up and using <https://www.thinkuknow.co.uk/parents/articles/Parental-controls/>

### **Addendum to the school's Safeguarding Policy**

There is now a Covid specific addendum to our Safeguarding policy on the school website. This includes expectations of staff when delivering online learning -

- No one-to-one sessions, teach in groups only.
- Teachers should be in a neutral area where nothing personal or inappropriate can be seen or heard in the background.
- Staff and children must wear suitable clothing, as should anyone else in the household.
- Any computers used should be in appropriate areas, for example, not in bedrooms, and where possible be against a neutral background.
- The live class should be recorded and backed up elsewhere, so that if any issues were to arise, the video can be reviewed.
- Live classes should be kept to a reasonable length of time, or the streaming may prevent the family 'getting on' with their day.
- Language must be professional and appropriate, including any family members in the background.

Please, do contact a member of the Senior Leadership Team (one of us is in the school office every day) if you have any concerns.

## SAFEGUARDING INFORMATION continued

### Staying in touch

#### Class Dojo

In addition to enabling class teachers and pupils to continue teaching and learning, posting work on Class Dojo is one of the most immediate and valuable ways we have of continuing to stay in touch with our families.

Please do continue to post your child's work.

If we notice a change in the pattern of posting or if nothing has been posted for a while one of us will get in touch with you.

Please don't worry! We aren't checking up on your home teaching skills; we just want to make sure you are all alright.

We know some of you have separate, agreed, arrangements regarding contact outside of Class Dojo and obviously for those children still coming in to school we see them and their work on a weekly basis.

#### Senior Leadership Team (SLT) arrangements

A member of the SLT is onsite, in the school office every day. The rest of the team are working from home. We are in contact with each other on an (at least!) daily basis. All our SLT have Safeguarding Lead training and Sharon Baxendale and Liz Cohen (Safeguarding Leads) are directly contactable by phone if not in school. If you have any safeguarding concerns do please get in touch via the main school office number.

#### Additional useful phone numbers-

Southwark Multi Agency Safeguarding Hub (MASH) Duty:  
020 7525 1921

NSPCC: 0808 800 5000

Childline: 08001111

## MENTAL HEALTH CRISIS SERVICE

Mental health and general wellbeing is likely to be affected during this difficult time but the good news is that there is a lot of online support out there. A new service available to access is the mental health crisis assessment unit at the Maudsley. Follow this [link](#) for more information.

## POEM OF THE WEEK

Each week, we will include a short poem for you and your family to read and enjoy. Our teachers would love to see Belhamites reading the poem aloud and performing it with their own special touches. If you would like to send your child's performance to their class teacher, you can upload it to their Class Dojo portfolio.

This week's poem of the week reflects the themes of change and the natural world. Read it aloud with the children and perhaps discuss the imagery that comes through when you read it. Can the children spot any rhyming patterns or metaphors?

Ms Gardner

## Seasons

*Spring is baby,  
bright, fresh and new,  
gurgling with the melting snow,  
singing with the first cuckoo.*

*Summer is a barefoot boy,  
fishing in the stream,  
running through the waiting corn,  
lazing in a dream.*

*Autumn's a grown man,  
slowly walking by,  
a limp in his careful footstep,  
a shadow in one eye.*

*Winter is an aged sage,  
with long, snow-powdered hair.  
He cuts a trench in the frozen ground,  
and buries another year.*

By Valerie Bloom (CLPE author)



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## FREE ONLINE ACTIVITIES AND ENTERTAINMENT

This week we have Ms Gorely's top three websites so get creative and enjoy!

### First Sight Activity Packs

Stay inspired with Firstsite's artist created activity packs, featuring contributions from UK artists, including Antony Gormley, Sarah Lucas, Richard Wentworth and Cornelia Parker.

<https://firstsite.uk/art-is-where-the-home-is/>

### South London Gallery Bad Drawing Club

Bad Drawing Club has moved online, on the SLG's Instagram, [@SouthLondonGallery](#) on Thursdays at 3.30pm. For Bad Drawing Club, [the Big Family Press](#) use humour and unconventional methods of mark-making to doodle, copy, scribble and experiment with different approaches to drawing. Together, the group question what makes a drawing 'bad', and who gets to say something is 'bad' in the first place.

<https://www.southlondongallery.org/projects/big-family-press-with-millie-nice/>

### Drawing Room

Sign up to receive the weekly 'Rock Paper Scissors' activity packs, and encourage families to email their work to [projects@drawingroom.org.uk](mailto:projects@drawingroom.org.uk) to be included in their upcoming online exhibition.

[https://drawingroom.org.uk/resources/family\\_activities](https://drawingroom.org.uk/resources/family_activities)

## BANNERS OF SUPPORT KEY WORKERS

Thank you for all your pictures showing your support for key workers on the front line; we are going to spread them out across the coming weeks. Keep them coming!



# THE FRIENDS' FRIENDLY



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Meet the FOB Committee and Class Reps on the Belham website  
<http://www.thebelhamprimaryschool.org.uk/friends-of-belham.html>

Contact us  
[friendsofbelham@gmail.com](mailto:friendsofbelham@gmail.com)

## THANK YOU TO THE SCHOOL

We would like to reiterate our thanks to our teachers and the staff at the school for supporting us and the community in these extraordinary times.

## EASY FUNDRAISING

FOB aren't fundraising at the moment so we would be really grateful if you could make the trouble to use Easy Fundraising for any online shopping.

Just click the link below to register and remember to do your online shopping through the app and a proportion of your spending will get **automatically donated to FOB**.

<https://www.easyfundraising.org.uk/causes/friends-of-belham/> FOB COMMUNITY CORNER

We would like to make the Friends' Friendly as helpful as possible to you all in these difficult circumstances. If you run a business that offers something that may be useful to school families at this time, or you work with a charity that is helping people impacted by this crisis, we invite you to submit a short paragraph and a link telling everyone how we can support what you are doing. Please only submit if it's a business or charity you are personally part of, and we ask that your name appears in the text. Please send to [friendsofbelham@gmail.com](mailto:friendsofbelham@gmail.com). Thank you!

**Golden Toad Theatre Company** (Co-run by Felix in Wool's mum Jen Green) are posting new art, craft, science projects and contests for kids every Tuesday at 10am:  
[www.goldentoadtheatre.com/busy-kids-corner](http://www.goldentoadtheatre.com/busy-kids-corner)

## An Introduction to Bounceback-ability

Belham parent Miriam Gilbert has created a PDF workbook on building resilience ("Bounceback-ability") that she thought might be useful to school families. The goal is to show people how they can increase their resilience in three areas of their life (mental, physical and work life), why they should do all of it and how it can be done in 5min a day:  
[https://docs.google.com/viewerng/viewer?url=https://powr.s3.amazonaws.com/app\\_images/resizable/Bounceback\\_32c2f3e5\\_1585675210128.pdf](https://docs.google.com/viewerng/viewer?url=https://powr.s3.amazonaws.com/app_images/resizable/Bounceback_32c2f3e5_1585675210128.pdf)

**Brick Brewery** is owned and run by Belham parents Sally and Ian, and they have a long history of working with and supporting FOB.

They are offering FREE local delivery (over £20) to the following postcodes:

SE4, SE5, SE15, SE22 and SE23

All you need to do is simply place your order online via the link below and be sure to select Local Delivery at the checkout.

<https://shop.brickbrewery.co.uk/>

National courier delivery also available

If you are all set for beer right now but want to support us and grab yourself a bonus bar tab for when the Taproom re-opens, you can also buy a gift card for yourself or for a mate (also redeemable on the website using the Discount Code). It's a great way to organise a virtual evening at the Taproom without leaving your house! Available through the webshop too.