

Dear Parent/Carers,

Thought of the week:

"Tolerance is the positive and cordial effort to understand another's beliefs, practices and habits without necessarily sharing or accepting them".

(Joshua. L. Liebman)

Gold Awards: Hamid. R and Fatima. A-2B

Achievement Awards for Reading/Maths:

Zakaria-1G, Riyanshi. P-1Y and Aaruthra. J-2B, Nidhika. P-2R(Reading) Afiyah. M-2G, Muhammad. J-4B, Sumayah. N-4G and Adi-4G, Laila. S-4R, Marria. B-4R, Sara. G-5B, Taran. S-5R, Cyra. J-6G, Avneet.K-6R, Alexandru. P-6Y

Star of the week for ARP: Ethan. A

Well done, children!

P4C Question for this week: Here is your next P4C question for children to discuss at home.

Would you rather see the future or change the past?

Rights Respecting:

RIGHTS

RESPECTING



This week, the children will be learning about:

Article 1:

Everyone under the age of 18 has all the rights in the Convention. Please see the document attached.

Article 2

The Convention on the Rights of the Child applies to everyone without exception

Please talk to your child about this Right at home.

This will help them to understand the Right and to become **confident communicators** .

COVID Update:

We continue to receive notifications of positive cases amongst children and staff daily, although isolation periods being shorter now, has improved attendance. Please note, a child or adult who tests positive using a LFD test, is no longer requested to book a PCR for confirmation. The affected individual should isolate for 5 days and take a LFD test on day 5 + 6, if negative, they no longer need to isolate. If positive they should continue to isolate and test daily and remain in isolation for 10 days.

Cranbrook Primary School Family REA Scheme Questionnaire:

Redbridge Educational Psychology Service have been working hard on a hugely important and exciting new project for schools. The project is called the Race and Equality Awareness (REA) Scheme. We are pleased that your school has chosen to take part. As part of the project, we will be gathering information from across the school. Race and Equality is an issue that is important for everyone in the school community. This is why we want to hear from parents, school staff, and students. We would really value your opinion and would love to hear about your experiences and ideas about what could be done differently. Below is a questionnaire that takes around 15 minutes to complete. By taking part in this research you will be contributing to your school's journey to ensuring it is a safe and welcoming space for all staff, students, and their families. Your answers will be completely anonymous, which means we don't know your name and your name can't be shared with anyone. You do not have to take part and can withdraw from the questionnaire at any time before it is completed Your answers will be used as part of a larger data set which will develop themes and key areas to focus on. If you have any questions or would like any support or information, please speak to a member of the school SLT . By clicking the next button at the bottom of the page, you are agreeing that you have read and agreed with the above information. You also agree to your answers being used as part of the project.

<https://forms.gle/btRCA6vhhYh2Lut68>

The deadline for completing the survey is 31st January 2022.

Five Steps to Mental Well-being (2 of 5)

2. Be Physically Active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

[Find out more about getting active](#)

There are lots of things you could try to help get active:

- find [free activities to help you get fit](#)
- if you have a disability or long-term health condition,
- find out about [getting active with a disability](#)
- start running with our [couch to 5k podcasts](#)
- find out [how to start swimming, cycling or dancing](#)
- find out about [getting started with exercise](#)
- Don't feel that you have to spend hours in a gym. It's best to find activities you enjoy and make them a part of your life

You Tube and supervised experience

Supervised Experience builds on the historic (and pretty poor) Restricted Mode, which is essentially a filter allowing users to block content which is deemed for adult users only. There are now 3 filtering levels which are:

- Explore- for users 9+
- Explore More- for users 13+
- Most of You Tube-all content excluding content marked as 18+

Importantly, you can manage these settings from your own device via Google Family Link.

There's a really simple and helpful guide. It includes a walkthrough video (under "Supervised Accounts on You Tube-How do I Get Started?" Please click on the link below for more information.

https://www.youtube.com/myfamily/?gclid=Cj0KCCQjA2sqOBhCGARIsAPuPK0h3gNmafc9FS-QISOyubQdAUQuj-HDXB77k10P3ItgRuuWB3bEBuRAaAvycEALw_wcB&qclsrc=aw.ds

KEY DATES FOR YOUR DIARY

Key Dates for 2022

Spring term 2022

Thursday 20th January 2022– Themed Lunch-Foodie Futures

Tuesday 4th January 2022-Friday 1st April 2022

Half term break-Monday 14th February 2022– Friday 18th February 2022

Easter break– Monday 4th April 2022– Monday 18th April 2022

Summer Term 2022

Tuesday 19th April 2022– Friday 22nd July 2022

Half term break– Monday 30th May 2022 to Friday 3rd June 2022

Inset Days

Monday 21st February 2022

Tuesday 3rd May 2022

Monday 11th July 2021-Additional Bank Holiday

Maths Free App for Year 1 and Year 2 Pupils

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KS1

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