



The West Green Bi-Weekly

West Green Primary School's Bi-Weekly Newsletter

www.westgreen.haringey.sch.uk

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"Children Come First"

12th February 2021

Dear West Green Family,

While it has been quite strange learning online, I must say just how proud I am of our West Green Family. Over the past six weeks I think it's safe to say we've ALL worked incredibly hard and learned many new things. Your stamina and resilience in these difficult and unusual times continues to amaze me.

Currently schools have not received any information about potential reopening dates. Much like you, I am hoping that on February 22nd the Government will shed some light on when it might be possible for all children to return. As always I will write to you with more information and the updated plan once I have it.

Until then I hope that you enjoy a lovely half term with your families. This is a much needed break for all of us. Please remember that it still remains hugely important that we all do our part in following lockdown rules – so please enjoy the holidays safely!

Remember that learning for the children will start on Tuesday 23rd February. This is because the 22nd of February is a teacher training day. Enjoy the extra day!

Remote Learning Feedback Survey

The last few weeks have been a learning curve for all of us! Although we had in place a robust online learning strategy (and Year 3 had tested it many times) this is our first time trying it out as a whole school. We'd like to thank you for your patience while our staff worked very hard to adjust to teaching online full time.

If you haven't already done so, we would like to invite you to fill out our Remote Learning Feedback Survey so that we can continue to improve our online offer. Many parents/carers have left us some lovely feedback which we have been able to action already. We have extended the date so that we can hear from as many parents as possible. After half term we will share with you some of the feedback we received and the changes we have made.

Please fill out the form by Wednesday 17th February 2021

https://docs.google.com/forms/d/e/1FAIpQLScyA_Zs5s2kUhA7R8u116mT6CQziYW0lgbqX0rsT56bmJlqRg/viewform

Safer Internet Day

On February 9th we celebrated Safer Internet Day. Children were set activities throughout the week on their Google Classrooms. As we are all spending so much time online, internet safety is more important than ever. We hope that some of our parents and carers managed to attend the online seminar about internet safety.

Please remember to spend time speaking to your children about the importance of being safe online. Get them to show you what sites they visit, who they chat to and

what apps they use. If you need any help with internet safety please don't hesitate to get in touch. The links below might also provide more information.

<https://www.saferinternet.org.uk/safer-internet-day/2021>

<https://www.parents.parentzone.org.uk/>

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

Home Learning Stars!

Well done to all of our stars this week. There was a theme with the stars this week – staff were noticing children who not only submit their work but who really give it 100%. Keep up the great work! ☺ Stars are popped in the post after Celebration Assembly so please keep an eye out!

9 th February 2021	
Class	Star of the Week
Red Class	Teodor
Orange Class	Abighel
Yellow Class	Tommy
Green Class	Rehan
Blue Class	Iasmina
Indigo Class	Mya
Violet Class	Ege
Music Star	Emre

Wellbeing Afternoons

We hope you've enjoyed our wellbeing afternoons the last two weeks. These are an opportunity for the children to do some nice activities, to maybe take a break from the computer altogether or to catch up on some work. Whatever will make them feel best!

Class	Wellbeing Afternoon
Reception Class	Feel Good Fridays
Orange Class	Wellbeing Wednesdays
Yellow Class	Wellbeing Wednesdays
Green Class	Therapeutic Thursdays
Blue Class	Mindful Mondays
Indigo Class	Take a Break Tuesdays
Violet Class	Feel Good Fridays

Relaxation Activities


Being in lockdown can be stressful, and lots of us are feeling anxious and on edge right now. These activities can help you and your child to relax – try doing them together.

Stress toys

This exercise releases muscle tension and massages your hands.

Make your own stress balls by filling balloons with dry rice or pulses. Take the balls in one or both hands and squeeze and release.

Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.




Bubble breaths

Imagine you are blowing the biggest bubble ever! Take in a breath and imagine you have a pot of bubble liquid.

Slowly and gently blow bubbles into the room.

Do you feel better? (Remember to encourage the children not to get excited by popping the bubbles!)




Push against a wall

This is perfect for getting rid of stress without having to go outside or even leave the room.

Push against the wall for 10 seconds. Imagine you can push the wall over if you try hard enough! Repeat three times.

When you do this your muscles contract and then relax, releasing feel-good hormones into the body.



Distraction Activities

If your child is feeling bored, lonely, sad or scared in lockdown, doing a fun activity to distract them from their difficult feelings can really help. Here are a few to try. There are many more ideas online, such as craft activities and games. Make sure all the activities follow our Golden Rules: What I choose doesn't hurt me or anyone else.

After they've finished, you can ask them: Did that help you to feel better?

Family portrait

Draw a picture of everyone in your home with you.



Build a den

Make your own private space using a couple of chairs and an old sheet or towel.



My favourite song

Make up a dance to your favourite song. If you want you can perform it to the rest of the family!



Same colour or letter

Make a list or draw a picture of all the things in your home which start with the same letter or are the same colour.

ABC



Beat your own record

Run up and down your stairs or living room. Start with 10 times, and then do more each day so you beat your record each time.



Three things

Stop and keep very still. Listen – what are three things you can hear? Look – what are three things you can see? Feel – what are three things you can touch?



Pebble art

On your next walk, look for a nice smooth pebble. Decorate it when you get home using paints, paper, glue and felt tips.



Drive-in movie

Take a big cardboard box and decorate it to look like a car. Put a curtain inside, all in front of your screen and enjoy your favourite film, TV show or game.



Competition Time

At West Green we are lifelong learners- this means we are always learning! The cool thing about learning is that it can happen anywhere, anytime. Sometimes it happens in the kitchen while we cook, sometimes it happens while we're out on a walk. Sometimes...we don't even know it's happening! Below are four competitions for you to have a go at – they all involve learning in some way and hopefully they are all FUN! Please have a go at one or all of them. Whatever you fancy. Send us a picture of your completed competition to your class email OR to our admin email address. Winners will be given a special prize! Entries can be submitted after half term! *Except for the Mouldy slice which should be submitted by 05.02.21

Den Building
Build a den in your house using anything you can find! Take a picture of you in your den and send it to us! Our expert Den Builders will judge whose den is the best! An extra point will be awarded if you send us a little description about your den. Remember a den can be built inside OR outside



Mr. Morgan's Mouldy Bread Slice

Mr. Morgan would like to see which child can make the mouldiest slice of bread! To take part you will need a sandwich bag (to store your bread in) and a slice of any bread. What will make it mould the quickest? Can you put something in the bag with the bread? Can you leave it in a cool place? Experiment to see what works best. Mr. Morgan will use his scientific eye to decide which slice in the best (or worst maybe?)



West Green Bake/Cook Off

Many of us have been doing extra cooking in lockdown. Mrs. S has mastered the art of bread making – what have you and your family been cooking? Submit a photo and the recipe of your best dish or baked treat! Mrs. S will have a go at some and choose a winning dish! We will share the winning recipe in the next Newsletter



The Most Magnificent Thing

<https://www.youtube.com/watch?v=Sj6MAmeDh7k>

This competition is all about making! Your challenge is to make The Most Magnificent Thing! What is The Most Magnificent Thing you ask? Well...you tell me! Create a thing – tell us what it is and why it's The Most Magnificent Thing. Use any materials you can find around the house, it can be big or it can be small.

Need Help?

If you're in need of some assistance please reach out and we can help! We can be contacted on the school phone or you can email us at admin@westgreen.haringey.sch.uk If we can't offer a solution ourselves we may know of a service that can help!



Boloh

The Black, Asian and Minority Ethnic family Covid-19 Helpline and webchat

If you have been affected by the pandemic, are concerned about school, lost a loved one or need someone to talk to, you can contact one of our specialist support advisers today.

If you're not sure if we can help, it's okay to give us a call for free on **0800 1512 605**

Or talk to us on our webchat by visiting helpline.barnardos.org.uk and click on the icon on the bottom right

To find out more information visit helpline.barnardos.org.uk


You can tell us about yourself and, if we can't help you, we'll find someone who can. Our staff can talk to you in English, Urdu or Hindi.

You can call us between Monday and Friday 1pm – 8pm.

We can usually help if:

- you are over the age of 11
- you are from Black and Asian communities


Believe in children
Barnard's




KMEWO
Kurdish and Middle Eastern Women's Organisation

KMEWO is providing ESOL - English Conversation Classes, Zumba and ICT Basic Classes


Starting from January 2021




Zumba Class
Mondays
11:00AM – 12:00PM



ICT Class
Starting February



English Conversation Classes
Tuesdays 10:00AM – 12:00PM
Fridays 10:00AM – 12:00PM



To register please contact

07412364046

volunteers@kmewo.com

FREE FOOD IN TOTTENHAM – OPEN DURING LOCKDOWN – HALF TERM BREAK

Dates

MONDAY 15TH FEBRUARY

- Tottenham Foodbank
- Community Food Hub
- Impact Cuisine

TUESDAY 16TH FEBRUARY

- Selby Centre Food Hub
- Tottenham Seventh Day Adventist Church
- Antwerp Arms

WEDNESDAY 17TH FEBRUARY

- Community Food Hub
- Impact Cuisine

THURSDAY 18TH FEBRUARY

- Tottenham Foodbank
- Selby Centre Food Hub
- Community Cook Up
- Highway House
- Lordship Free Food Hub
- Haringey Play Association
- Antwerp Arms

FRIDAY 19TH FEBRUARY

- Community Food Hub

SATURDAY 20TH FEBRUARY

- Community Food Hub
- Impact Cuisine
- Tottenham Seventh Day Adventist Church
- Haringey Play Association

ALL DETAILS CORRECT AS OF 07/02/2021



Locations

TOTTENHAM FOOD BANK
Tottenham Town Hall N15 4RY
Mondays & Thursdays
Bus: 76, 149, 243, 259, 279, 318, 349, 476, W4, 230, 41
Tube/Overground: Seven Sisters
Food parcels, home delivery. Only by referral, so apply in advance. Connected Communities: call 0208 489 4431 M-F 9-5
email Connectedcommunities@haringey.gov.uk
Haringey Citizens Advice: 07845 013956
(Phone & WhatsApp) M, W, F: 10-3

COMMUNITY FOOD HUB
Tottenham Town Hall N15 4RY
Monday, Wednesday & Friday 5-6pm, Saturday 3-4pm
Bus: 76, 149, 243, 259, 279, 318, 349, 476, W4, 230, 41 | Tube/Overground: Seven Sisters
Fresh fruit, veg, bread, dairy, meat and ready meals. All Londoners welcome (no referral needed) just come down early to register in person with a volunteer. Bring home food that day.

SELBY CENTRE FOOD HUB
Selby Road, N17 8JL
Tuesday 2-4pm, Thursday 4.30-6.30pm
Bus: W3, 149, 259, 279, 318, 349, 34, 123, 217, 231, 444 | Overground: White Hart Lane
Food parcels and fresh fruit and veg, all welcome (no referral needed). Bring home food that day.

THE COMMUNITY COOK UP
Eric Allin Community Centre, Kenneth Robbins House, Northumberland Park, N17 0QA
Thursday 1-3pm
Bus: 341, 476, W3
Hot meals, groceries and other support... just ask! All welcome (no referral needed). Bring home food that day.

HIGHWAY HOUSE COMMUNITY
Fountainey Road, N15 4QL
Thursday 12pm-4pm
Bus: 41, W4
Tube/Overground: Seven Sisters, Tottenham Hale
Hot meals, all welcome (no referral needed). Bring home food that day.

LORDSHIP FREE FOOD HUB
Lordship Hub at Lordship Rec, N17 6NU
Thursday 12-3pm (provisionally running until the end of March)
Bus: W4, 123, 243
Hot meals and food parcels, all welcome (no referral needed). Bring home food that day.

IMPACT CUISINE
161 Park Lane, N17 0HJ
Monday, Wednesday, & Saturday 3-4pm
Bus: 341, 476, W3
Hot meals and food parcels, delivery and collection by appointment, so apply in advance. Call: 02088011169 / 07873555855 / 07904651803.

TOTTENHAM SEVENTH DAY ADVENTIST CHURCH
255 West Green Road, N15 5EG
Tuesday 12-3pm, Saturday 3-6pm
Bus: 41, 341
Food parcels and fresh fruit and veg, all welcome (no referral needed).

HARINGEY PLAY ASSOCIATION FOOD DONATIONS
Somerford Grove Adventure Playground & Community Project, Park Lane Close, N17 0HL
Thursday & Saturday 11am-1pm
Bus: 341, 476, W3
Food and toy donations to local families. Contact in advance for more information or to register (phone: 07807100189 / email: sereena@haringey-play.org.uk).

ANTWERP ARMS
168-170 Church Road, N17 8AS
Tuesdays & Thursdays
Bus: 318, 243, 123
Hot meals, delivery only. Call 07831 219032 / 07773 907288 to register, no referral/voucher needed.

ALL DETAILS CORRECT AS OF 07/02/2021

tottenham.foodbank.org.uk

GIVE HELP: [Crowdfunder.co.uk/Tottenham](https://www.crowdfunder.co.uk/Tottenham) | GET HELP: Citizens Advice 0300 300 1187

http://tottenham.foodbank.org.uk/wp-content/uploads/sites/463/2021/02/Tottenham_Foodbank_Community_Hub_GET-HELP-FAQs.pdf