

St. Matthew's Church of England Primary School

Believing Achieving Succeeding

Spring 1 No 2 2022

stmatthews.kingston.sch.uk



Please note that the 'blue book' email address bluebook@stmatthews.rbksch.org is only for communicating covid test results with us. If you receive a positive coronavirus test, let the school know immediately by emailing bluebook@stmatthews.rbksch.org and give as much detail as possible as to class, date of symptoms, date of test. This is especially important at weekends and holidays.

Reminder that the half-term holiday is the week Monday 14th-18th February. We are receiving lots of requests for absence during term time and these will not be authorised as children have missed so much learning time in the last twenty months. Please ensure that holidays are only booked during holiday times.

We have joined the Healthy Early Years London Scheme

The Healthy Early Years London (HEYL) programme is an awards scheme funded by the Mayor of London which supports and recognises achievements in child health, wellbeing and development in early years settings.

HEYL complements and enhances the statutory Early Years Foundation Stage framework, adding to the focus on children, families and staff health and wellbeing.

The aim of HEYL is to help reduce health inequalities by supporting a healthy start in life across the following priority themes.



For further information please contact Mrs Lowe via the school office or Tapestry.

Reminder

As good ventilation remains a very important element of combatting covid-19, the staff will ensure that classes have open doors/windows. If your child suffers with the cold, please encourage them to wear an extra t-shirt or vest under their school shirt to keep warm. We now have CO2 Monitors in our school which help us identify poor ventilation so that we can improve it (eg by opening a window or door) and reduce the risk of spreading COVID-19.

E-Safety Tip

Please may we make a general request that parents/carers make it part of their routine to check their children's mobile phones and other devices and delete anything that you are not happy with.

“Do you have any spare time to support us by listening to children read in school? We would very much appreciate your support. If you are a parent who has some spare time to listen to children read. In these times when children have missed out on valuable learning, we want to ensure that our children have every opportunity for essential reading practice. Ideally we are looking for consistent reading sessions, for example, a Tuesday afternoon each week rather than ad hoc sessions so that we can plan effectively. We would require that you undertake a DBS check as well as some in-school training. If you are interested, please email admin@stmatthews.rbksch.org – thank you.



TikTok

TikTok is a video-focused social media site that features a variety of short-form user videos, from genres like pranks, stunts, tricks, jokes, dance, and entertainment with durations from 15 seconds to three minutes. TikTok is a fast-growing site and has a minimum age limit of 13, so primary-aged pupils should NOT be using them.



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Our Local Residents

Please can we remind parents to show courtesy to our local residents when dropping off and picking up their children for school by car.

Lunches

If you have any issues or comments about the lunches, please contact Caterlink directly on info@caterlinkltd.co.uk.

Unwell and absent children

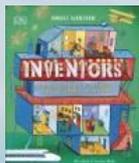
If your child is unwell and absent from school please contact the school office before 9am.

If you need to leave a message on the answerphone please explain the symptoms of your child's illness. Siblings of unwell children should attend school.

Diarrhoea and vomiting

PHE recommends that children are kept off school until 48 hours after the last symptoms have passed. Whilst this is not enforced by us it is responsible practice by parents/carers.

Book Review by Molly Brown Inventors! By Robert Winston



I liked the book Inventors because the people in there were passionate and determined. They made me want to be like them. I also like that they fought for what they thought was right. Their inventions were amazing, it's made me want to make something just like they have. It will inspire children to try something new.

I would rate this book a



Pre-loved School Uniform FOSMPS advertise pre-loved uniform regularly on the FoSMPS Facebook Marketplace <https://www.facebook.com/groups/282323989532268> / It is a good place to both sell uniform (and anything else) as well as look for uniform - with all funds going to FoSMPS.

ARE YOU ENTITLED TO FREE SCHOOL MEALS?

Once again Achieving for Children (AfC) will be financing the cost of free school meals with supermarket vouchers during school holidays:

February 2022 half term: 5 days, 14-18 February: £15.00 per FSM pupil

Easter 2022: 11 days, 1-19 April: £33.00 per FSM pupil

Did you know that if you are on a low income, or in receipt of benefits (except Working Tax Credit), you can check to see whether you are eligible for free school meals/funding via: LGfL Free School Meals Eligible Checker: <https://pps.lgfl.org.uk/>

Please do check as this will benefit your child/children and the school.

Urgent mental health support - 24/7 crisis lines



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
London	Bexley, Bromley and Greenwich	0800 330 8590

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

shout

08258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or visit shout.crisisline.org.uk

SAMARITANS

24/7 365

days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](http://crisis.tools)

PAPYRUS

0800 068 41 41

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 8am to midnight - 365 days a year)

childline

0800 1111

Childline confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](http://childline.org.uk)

Urgent and other support available

Good Thinking

Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX

0800 806 4994

The Mix provides free, confidential support for young people under 25
Call: 0800 806 4994 (11am - 11pm every day) or [Email](mailto:email)

Beet

0800 801 0811

Beet provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0800 801 0711 or Studentline 0800 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

keeth

keeth

Keeth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine