

#### News from across our community

##### Safer Internet Day

Safer Internet Day is on Tuesday the 9th February 2021 and at John Ball School, we would like the message “online safety” to reach you all. At school and home, the children will have access to a variety of materials put together by a company called 'OpenView Education'. These include resources such as lessons, animations, presentations, videos and there's even a song to learn!

Parents will also be able to access a live session via Zoom on Internet Safety Training hosted by 'OpenView Education' on Tuesday the 9th February at 4:30pm for an hour. Please take advantage of this fantastic opportunity.

Look out for the letter that has been e-mailed to you with all the details you need. Please note that the zoom code to access this session was contained in the e-mail but that it must not be shared with anyone outside of the school.

We are so proud that our school community is working together to keep our pupils safe online!

Miss Odeje (Computing Leader)

##### Climate Change

One of our Eco-Committee members from last year, Tea in YR6, wanted to continue to act on climate change so wrote a letter to The Mayor of London.

*Dear Mr Sadiq Khan,*

*My name is Téa, I am 10 years old and I am genuinely concerned about our climate.*

*Personally, I think that people are not doing as much as they should do. I know that there is COVID-19 at the moment but that should not stop us! We should still act on climate change.*

*One thing that could help, is to say to the people in living London to minimize the number of times they use their car, or any vehicle based on diesel or petrol.*

*Bikes, scooters and even walking are preferable alternatives to a vehicle (I am sure that everyone needs a bit of excises during these lazy days spent sat in front of a screen!)*

*I think that council tax should be reduced for those who own an electrical car, for they are decreasing their carbon footprint.*

*I have noticed that you have been installing many bike lanes across London, I, and many others appreciate this.*

*There are not enough trees and plants to cope with the amount of carbon we are producing. So, to install green walls and many more trees this will improve our climate, reducing our carbon footprint keeping our lungs healthy and strong.*

*I hope I am not disturbing you by sending you this letter please consider these thoughts.*

*(P.S) is there a place where young Londoners can talk about things that they would like to change to improve their city?*

Tea received a reply from Sadiq Khan and it was suggested that she may like to attend 'Lynk Up Crew' to meet online and talk every month about the big issues affecting young Londoners. This group is for 7-15 year olds, so if you think your child would like to participate, please do have a look at the link below

<https://www.london.gov.uk/what-we-do/education-and-youth/young-londoners/lynk-crew-mayor%E2%80%99s-young-advisers>

Well done Tea for being so proactive and for being our very own climate change activist!

May I wish you all a restful weekend.

Regards

Jacqui Noakes

[headteacher@johnball.lewisham.sch.uk](mailto:headteacher@johnball.lewisham.sch.uk)

## **Wellbeing for children and families**

Life is really challenging at the moment. We are speaking to lots of families who are understandably finding home schooling alongside working at home challenging. Balance of sleep, eating patterns and exercise, can be lost with short daylight hours, only being able to leave the house for short and infrequent periods of time.

At John Ball School, we know that educational outcomes are important. However, we also know that educational outcomes are not going to be achieved if a child is not happy and well balanced. Therefore, this must be the priority.

There is a lot on offer in our Home Learning Provision. We do not expect that every child completes every piece of work, every day. We also know that there is so much life learning that can be had away from the schoolwork being prepared. Board games, gardening, conversing, cooking, engaging in an interest all contribute to a well-rounded education. We value the learning in these areas and would be happy to see these on our Twitter feed @JBPrimary.

Equally, we know that parenting is not the easiest task in the world and that we can only parent at our best when we are happy and well balanced. Guilt can be a massive part of being a parent, and the conditions we find ourselves in at the moment make it hard not to experience increased levels of guilt. This can knock out our balance along with the same factors that can affect children.

At John Ball, we understand the importance of wellbeing and would like to reassure you that we support this being a priority in your family. We would ask that wellbeing of the family is put before any home learning. If wellbeing is strong enough, we would ask the guided reading session is attended and second to that would be completing the maths learning.

I understand that guilt comes into play when we allow wellbeing to be prioritised over work or learning. We look to our children's long-term future and how it will impact them if they 'fall behind' in their learning and perhaps underestimate the impact on long-term futures of low wellbeing. We know at John Ball that when we are able to fully open the school and welcome back all pupils, we can catch up the learning. This will be easier if children have strong wellbeing on returning.

Please do continue to reach out to any member of staff that you feel most comfortable contacting if you would like some support.

With this in mind, you might be interested in the Children's Mental Health Week organised by Place2Be.

Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is Express Yourself.

Watch our Royal Patron [HRH The Duchess of Cambridge's video message](#) to mark the start of the week.

Our [Virtual Assembly](#) with BAFTA and Oak National Academy is now available to view and share – featuring Jodie Whittaker, Oti Mabuse, Matthew Lewis and many more...

All of our [free resources](#) can be adapted for use in school, for home-schooling, online lessons or independent learning.

And, don't forget to add yourself to the [Children's Mental Health Week map](#) to let us know how you are celebrating the week!

### ***Parent Tip: Myths and Facts snippet***

#### ***Is it that time already?***

Keep a box of souvenirs from your child's life – baby teeth, school reports, drawings, etc. Add to it regularly and every so often go through it with your child. They will love hearing funny stories of things that happened when they were babies.

## **Curriculum Vision at John Ball School**

**There are six curriculum drivers which underpin our curriculum. One of these is community**



We want our children to develop a sense of pride in themselves and respect for others. We believe they need to have a highly developed emotional literacy in order to experience positive relationships. We believe in the power of the school community to change and enhance lives.



## **February**

Monday 15<sup>th</sup> to 19<sup>th</sup>                      HALF TERM

## **Letters / E-mails**

Tuesday the 9th February              Safer Internet Day Training 4.30pm – 5.30pm



### Who can get free school meals?

Your child can get free school meals if your combined annual household income is below £16,190 (as assessed by HMRC) and you get one of the following benefits:

- income-based: income support or jobseeker's allowance (not eligible if on contribution based jobseeker's allowance)
- income-related: employment support allowance (not eligible if on contribution based employment support allowance)
- universal credit
- income support
- the guaranteed element of state pension credit
- support under Part VI of the Immigration and Asylum Act 1999
- child tax credit only.
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**No recourse to public funds (NRPF) parents:** During the coronavirus (COVID-19) outbreak, some children of groups who have no recourse to public funds (NRPF) are eligible for free school meals.

**If you're not on benefits:** If your income is below £16,190 and you are not on any benefits your family will not be eligible.

**If one parent earns above £16,190 :** If one partner or spouse in the household gets benefits and the other gets an annual income above £16,190, as assessed by HMRC, your family will not be eligible for free school meals.

**If you get working tax credits:** If you get working tax credit regardless of your annual household income your family will not be eligible for free school meals.

### [YoungMinds Crisis Messenger](#)

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

### [Childline](#)

- Comforts, advises and protects children 24 hours a day and offers free confidential counselling.
- Phone 0800 1111 (24 hours)

[Chat 1-2-1 with a counsellor online](#)

### [The Mix](#)

- Information, support and listening for people under 25.
  - Phone 0808 808 4994 (24 hours)
- [Get support online](#)

### [Samaritans](#)

- 24 hour confidential listening and support for anyone who needs it. (Adults included.)
- [jo@samaritans.org](mailto:jo@samaritans.org)
- Phone 116 123 (24 hours)

### **English as an additional language – help and support**

The **Bell Foundation** has created a short, easy to understand guide for parents of students who use English as an Additional Language. The leaflet is available in the 17 most commonly used first languages in UK schools and is designed to help parents to get involved in school life and to help their child to learn. You can access this on

**[the Bell Foundation website](#)**.

**Save the Children Norway** have produced guidance on **[how to talk to children about coronavirus](#)** in 15 languages.

**MindHeart** have produced an **[information and activity book about coronavirus](#)** aimed for children under 7 and this is available in 23 languages.

The Inter-Agency Standing Committee Reference Group on Mental Health and Psycho-social Support in Emergency Settings have developed **[My Hero is You](#)**, a storybook for children on COVID-19 in multiple languages.

**[COVID-19 Infographics](#)** have been created by a group of doctors, medical students and volunteers to help summarise key points about coronavirus in a variety of languages. This includes information on changes and safety measures in place in schools.

**Parenting for Lifelong Health** have produced **[resources available in more than 100 languages](#)** to support parents and caregivers during the COVID-19 pandemic.

## **What is Abuse?**

Everyone has arguments, and everyone disagrees with their partners, family members and others close to them from time to time. And we all do things at times that we regret, and which cause unhappiness to those we care about. But if this begins to form a consistent pattern, then it is an indication of domestic violence and abuse.

If you are not sure whether this applies to you, there is a helpful questionnaire to complete on the Women's Aid website:

<https://www.womensaid.org.uk/the-survivors-handbook/am-i-in-an-abusive-relationship/>

## **Keeping Safe**

Recognising that you are being abused is an important step. Where you go from here is up to you. You may feel you need time to think about your situation. Or perhaps you have already made up your mind to leave. Whatever you decide, your safety and that of your children is always the priority.

[Keeping safe if you're still living with the abuser](#)

[Keeping safe if you've left your partner, but are still in danger](#)

**If you are in immediate danger call 999.**

## **Help and support for you and your family**

**You are not to blame, you are not alone and help is available.** If you or your children have been affected by domestic abuse, there are a range of services that can help you and your family.

We offer 1:1 family support in your home or in the community, we can help you access specific domestic abuse services such as Athena (see below) and a range of group activities within our own Centres.

Our 2 main programmes are:

- **Freedom programme** – a group for women who are at risk, have experienced or are experiencing Domestic Abuse.
- **Community Groups Programme** – a therapeutic programme for children of all ages which also supports mothers (this can be delivered through an age-based group in a children's centre or on a 1:1 basis in school, home or in a children's centre)

**If you would like to access family support, get help with accessing Athena or other domestic abuse services or you would like to attend one of our programmes, please do contact us and self-refer via our confidential email below. To make a referral click below.**

[Lewisham.Secure@eyalliance.org.uk](mailto:Lewisham.Secure@eyalliance.org.uk)

Please look on our website for adverts if you wish to view these. They will be alongside the newsletter.

## **This week:-**

### **St Olave's Grammar School Choristership Top Tips for parents**

If you would like to advertise in JBuzz, we ask for a small donation of £10.00 for our school fund. We tend to advertise for individuals and charities/local events so please check first that it can be accepted. The ad will run for 1 week and we only run one ad half-termly.

*Advert disclaimer: Please note we take advert requests from outside sources in good faith. We hold no responsibility for these and they are not necessarily recommended by John Ball School.*