



HEADCORN HEADLINES: Friday 15th January 2021

Dear Parents and Carers

I can imagine a fair few of us have seen this type of message about Home Schooling and laughed as it has circulated social media platforms far and wide. However, behind all the comical memes and messages is the reality that this situation we find ourselves in is more than challenging for everyone involved: parents, carers, pupils and staff.



What we are being asked to do in this lockdown season is not really humanly possible, especially in meeting the high expectations we all strive towards. Yet we all think that everyone else has got it sorted.



Think about those beautiful photos you see posted on social media; how idyllic the moments look to the observer. Now think about the reality, of what it just out of shot, what had happened just before or just after that moment of bliss. Reality is all of this and not just the moment that the photo captured. **Reality is messy. Reality is hard.** No-one has it 100% mastered. No-one!

So, don't judge yourselves by what you see or hear, remember others too have a reality that is a little chaotic and messy round the edges. **Be kind to yourselves. Be kind to your family.**

Remember, there is a reason we are either a working parent, a stay-at-home parent or a part-time working parent. Working, parenting and teaching are three different jobs that cannot all be done at the same time. It's not hard because you are doing it wrong - it's hard because it's too much. **So just do the best you can within the circumstances you are facing.**

When you have to choose, because at some point you will, **choose connection.**

- *Choose playing a game together over arguing about an academic assignment.
- *Choose teaching your child to lay the table or wash up, rather than feeling frustrated that they aren't helping.
- *Choose getting fresh air outside together rather than swapping to a different screen for breaktime.
- *Choose laughing over a shared hobby rather than falling out over different methods of multiplication.
- *Choose snuggling on the sofa together sharing a favourite story over sitting in separate rooms alone.
- *Choose to remind yourselves that you are safe home together rather than wishing you were anywhere else apart.

If you are stressed, lower your expectations where you can, and virtually reach out for social connection, especially connection within your family. We all need it regardless of age.

We are in this together to stay well - that means mentally and emotionally well too.

Have a proper break this weekend!

Do something re-energising and restorative for you and your family.

Take care of yourselves. Miss Symonds

In a world
of algorithms
hashtags
and followers,
know the true importance
of human connection.

WEEKLY REMINDER!

If you take your child for a COVID test, whether they have symptoms or are asymptomatic, they **MUST NOT** attend school until the result has come through to you however long you have to wait to receive it. If anyone in your household tests positive for COVID, your child **MUST NOT** attend school until the end of the isolation period. Sending your child into school with symptoms, after any contact with someone who has tested positive or while you await test results, puts everyone they come in contact with in danger. **Please take this seriously and if in doubt, ask.**



Attached are the new **Healthy Year Calendars for Reception and KS1** and **KS2**. These can support young people to build healthier habits this year. These flexible, downloadable calendars can be used to inspire children to eat well, move more, and be mindful of their wellbeing -



wherever they are. <https://www.nhs.uk/change4life> to find out more about making changes for stronger healthier bodies. We have also **attached The PE Hub Challenge card** if you fancy something a bit different for your child's exercise this week!

Storytime Magazine

Each issue of We Are Heroes contains myths and legends that have parallels to lockdown experiences that children could be facing, with additional activities produced in consultation with a children's mental health expert.

This edition is themed 'Families together and apart' – featuring The Battle for Troy & Romulus and Remus. [We Are Heroes 4 - Families Together and Apart](#)

You can also access the previous editions of We Are Heroes on our webpage here:

<https://www.storytimemagazine.com/we-are-heroes/>



FREE Lego Life Magazine

These magazines are FREE for children aged 5-9, delivered to your door, four times a year.

<https://www.lego.com/en-gb/life/magazine>



Recipe Competition!

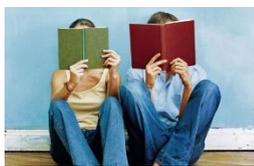
Create a Team GB-inspired recipe and help get the nation eating fresh with our [Taste Kitchen Challenge](#).

The winner for each of the 3 age categories will receive an exclusive **Team GB goodie bag**, their own **£50 Aldi Voucher** and a **£200 Aldi voucher and fresh produce** for their school! One overall winner chosen by our Aldi Athlete Ambassadors will also receive their own money-can't-buy **Team GB Tokyo 2020 signed merchandise**. They'll also see their recipe **become one of Aldi's Taste Kitchen recipes**, printed in leaflets across Aldi stores and featured on the Aldi and Get Set to Eat Fresh websites.

[Register now to Get Set to Eat Fresh](#) to download the competition pack and get your pupils cooking at home or in the classroom. Enter by **Friday 12 February** for the chance to win!

Explore food around the world, master basic cooking skills and access exclusive opportunities by signing up to [Get Set to Eat Fresh](#), our free education programme created by Team GB and Aldi.

They also have a [home learning hub](#) aim to inspire children to develop their love and knowledge of healthy, fresh food, covering PSHE, food technology, science and more.



Reading Books

We will continue to change reading books for those children attending site. Unfortunately we are unable to do so for those working from home but want to direct you to look at these websites to support your child's reading.

Oxford Owl is really good as it also has books levelled according to your child's Read Write Inc colour. <https://home.oxfordowl.co.uk/reading/free-ebooks/>

The Book Trust website has virtual books that you can go through online and answer some comprehension questions as well. <https://www.booktrust.org.uk/books-and-reading/>

FREE Julia Donaldson Reading resources https://resource-bank.scholastic.co.uk/content/40114?source=aw&awc=2957_1609934722_e31dcee2e0e278b17d8b2f03244c3538&fbclid=IwAR07ulwcuysU7ITL0FM58Tjg6fZrt3lDB_UYDjGmeURwYUWj5yyDTa0e28Y

New Email Address for IT Support

Technology is amazing in supporting learning and communication in times like these, but it also comes with its challenges. This is why we have set up a dedicated email address for any tech issues: support@headcorn.kent.sch.uk. This address is for **IT and Microsoft Teams issues only**.

If you have other questions, concerns and information about your child please continue to make use of admin@headcorn.kent.sch.uk and it will be redirected to the appropriate member of staff.



Symptom-free Testing

You may already be aware but Kent are rolling out mass testing for anyone without symptoms as well as those with. <https://www.kent.gov.uk/social-care-and-health/health/protect-kent-and-medway/test-and-trace/symptom-free-testing> **Anyone who does not have symptoms and lives or works in Kent can book a test.**

You will have a lateral flow swab test and will get your result within half an hour. If the result is positive, you will be told to self-isolate, follow the national guidance and you will be instructed to have a PCR test to confirm your positive result. If the result is negative, you must still continue to observe social distancing guidelines, wear a mask in public and regularly wash your hands. Please keep following the rules and limit your social interactions. It's important to self-isolate, not only after receiving a positive test result but also while you wait for the results.