

29/01/2021

Message from the Headteacher

Dear Parent's and Carers,

Yesterday, the Prime Minister announced that it will not be possible to resume face-to-face learning immediately after the February half-term and instead hopes it will be safe to commence the reopening of schools and colleges from Monday 8 March. This is in response to the national public health data and pressure on NHS capacity.

Schools, as well as students, parents and carers will be given at least two weeks' notice to prepare for a return to face-to-face education. Parents will be updated as soon as we know any further information.

Duncombe will remain open to vulnerable children and young people and the children of critical workers after February half-term, as they are now. All other pupils will continue to receive high quality remote education at home. This is in line with the wider national lockdown measures to help minimise the spread of the virus and respond quickly to the new variant.

I realise that this is difficult news for all of our parents and carers, it is amazing that you are managing to juggle working from home, looking after children of different ages, cooking, cleaning and making sure that home learning is happening. But we know that you are all doing a great job as we can see the quality of work being submitted on google classroom. Thank you for all of your hard work.

Some parents may be really struggling with everything and that is totally understandable. We would really like you to contact the school if you are feeling stressed and are unable to manage online learning anymore. There are places in most year groups.

In the meantime, as ever stay safe.

Helen



Celebration Awards



Julia Donaldson 2 year olds: Faith

For saying goodbye to mummy and helping us in the little nursery. Your confidence is growing every day. Well done, Faith. You're our little star.

Eric Carle Nursery: Adar

For always trying his best. He is working so hard on Google Classroom. Adar enjoys going on colour hunts. He counts the objects he finds and talks about if they are soft or hard, long or short. You are a little Star ☆

Tony Ross: Turqut

For dedication to his home learning. Well done Turqut for working so hard every day in all aspects of learning. Your writing has progressed so much!

Judith Kerr Reception: Adam

For his dedication to home learning and the excellent work he is producing every day. Adam is growing in confidence all the time and making great progress. It's brilliant to see!

Ernest Shackleton Year 1: Kyra

She has been producing excellent work at home and engaging in google classroom every single day. Well Done Kyra, you're a super star!

Francis Drake Year 1: Alex

Alex has produced beautiful work this week, he has been counting in 2s and 5s and is forming his numbers really well. He is such a lovely boy and is a pleasure to teach.
Well done Alex!

Martin Luther King Year 5: Kayda

Kayda worked hard on Google Classroom learning about physical features of mountains. She even completed research. Well done Kayda!

Emmeline Pankhurst Year 5: Victoria

Victoria has been working very hard and putting a lot of effort into her work, especially her presentation. Victoria is a good example to the rest of the class, showing me she is ready, respectful and safe. When she is stuck, she waits patiently in class and never shouts out. Well done Victoria, keep up the brilliant behaviour!

Nelson Mandela Year 6: Melis

Melis is punctual each morning and greets politely, showing that she is ready to learn. She focuses in all lessons, trying her best to do well and persevering when she finds the learning challenging.

Winston Churchill Year 6: Hamza

Well done for completing all your online work on time. Hamza's work is always done to the best of his abilities and he never hesitates to ask questions if he's unsure of anything!

Florence Nightingale Year 2: Naeem

For working well on Google Classroom, completing all his work and trying his best. Naeem's English writing has been excellent and he has used his wonderful imagination in his writing. Well done Naeem!

Marie Curie Year 2: Tatyana

For working very well in phonics, Tatyana's joined up handwriting has been excellent and she has worked so hard in all lessons. She is always a super sitter and is very respectful, well done.

Isaac Newton Year 3: Amon

For improving your listening skills and following instructions. Roxy is very impressed with how much you have improved. Well done. Keep up the good listening and speaking. Great job!

Michael Faraday Year 3: Yonathan

For starting school with a fabulous, positive attitude. You have been working very hard and focusing on your learning. Keep up the fantastic work. Well done!

Charlotte Bronte Year 4: Rebeca

For thoughtful and detailed learning on google classroom. Well done Rebeca!

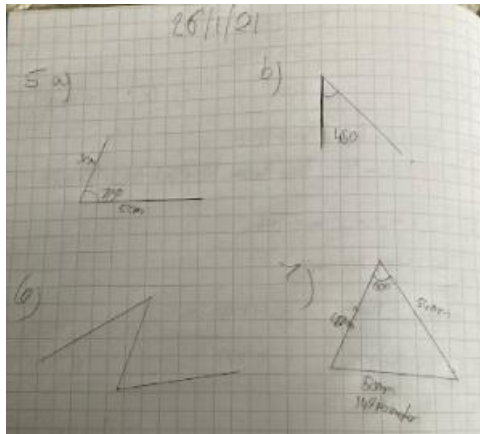
William Shakespeare Year 4: Hashim

For showing a good understanding of a text through careful and clear summarising. Well done Hashim!

Fantastic Work

Year 6

Sami has been working hard at home, completing all his Google Classroom tasks. He has demonstrated that he is able to measure angles and draw lines of a specified length.



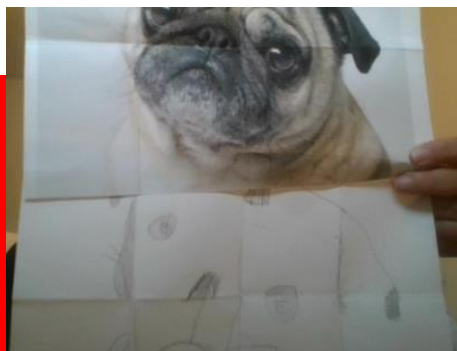
Year 5

Year 5 have been drawing portraits of heroes. Esila drew a portrait of a doctor.



Year 4

The children in Year are continuing to develop their realistic drawings. This week Ugar drew a pug!



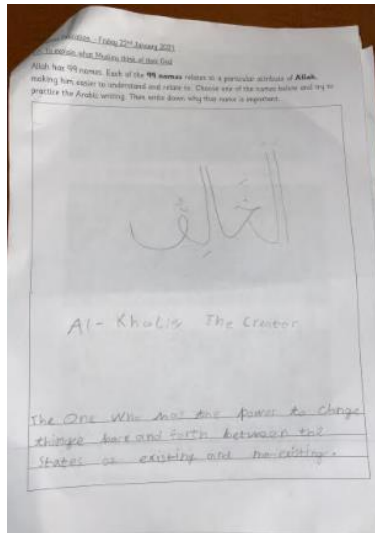
Year 3

Year 3 have been learning about how shadows are formed. Aaryan uploaded a video of himself creating shadow puppets.



Year 2

Look at Yusra's amazing writing in RE all about the 99 names of Allah.



Year 1

Nazifah has drawn a story map and retold a story by writing short sentences. Wow!



Reception

Etana has been looking out for fire hazards in her home!



Nursery

Ayla created a child using 2d shapes. She was even able to name the shapes she'd used.



2 YO

The children from Eric Carle have been exploring the snow and ice.



Important Messages

Google Classroom

It is very important that children are regularly completing work in all core subjects - reading, writing and maths. Some children are only completing activities in one or two subjects and are not participating in lessons on all three subjects. This means that when they come back to school they will have fallen behind in one of these very important subjects. Please ask your child to show you their reading, writing and maths activity each day so you know they are not just choosing to do the lessons they feel most confident in. The lesson they feel least confident in is probably the one they need to participate in most! Remember that they can contact a teacher if they do not know how to complete an activity rather than just avoiding that subject.

Duncombe Parents' Workshop to help manage anxiety

So many of us are struggling with anxiety more than ever at the moment. Islington's School Wellbeing Service will be holding two online workshops for Duncombe parents and carers. Each workshop will be held on zoom and will last for one hour. The first is on Wednesday 3rd February from 4pm-5pm, which will cover the causes of anxiety, particularly related to covid. The second session is on Wednesday 10th February from 4pm-5pm, and will look at strategies and practical tips to help us manage these anxieties. You can join with your camera on or off, and engage as much or little as you like. All parents and carers are very welcome.

The zoom links are below and more details will be emailed out separately.

Wednesday 3rd February 4pm & Wednesday 10th February 4pm

Meeting ID: 893 4824 6039

Passcode: czS6Xp

<https://us02web.zoom.us/j/89348246039?pwd=NnV4ZkxoVS96ZWl1VFY5NVAwY1hBZz09>

How to talk to children about their worries

Children may be feeling more anxious and seeking more reassurance than usual at this time. It is good to reassure children but there is another way you can respond that can help children feel understood, as well as help them to learn to think for themselves and feel more in control. It also helps you to see things and understand their worries from their point of view.

Be curious - ask questions rather than giving them answers

- What are you feeling worried about?
- What is frightening you?
- What do you think will happen?
- What is the worst that might happen?
- What is it about (this situation) that is making you worried?

You might have to ask a few of these questions to get to the heart of the worry.

Once they have told you, you can summarise, normalise and empathise: "It sounds like you are really worried about X, lots of people are worried about that at the moment and it is okay to feel that way. I remember when I got anxious about X, it's hard isn't it."

For younger children you can use toys, dolls or cartoons to talk about worries. Older children might find it easier to talk whilst you are in the car, having dinner or playing a computer game together.

Well-being tip of the week:

Attitude for Gratitude

Research has shown that training the brain to focus on positive thoughts and emotions by practicing gratitude can increase mental strength and feelings of happiness and reduce anxiety and worry.

At the beginning or end of each day, reflect on three things that you are grateful for.

Nothing is too big or small.

It could be your morning coffee, something that made you smile, the people in your life who you appreciate, your pet showing you love, or a kind act that you saw someone do.

Health Promotion sessions for Islington families

The Islington School Health Team are running health promotion sessions on **Mondays** and **Thursdays** at **16:00** via Zoom for parents to attend.

We have altered the times due to parents/carers home schooling children and not being able to access sessions.

New session times are: Mondays - 4pm and Thursdays - 4pm

Mondays- Maintaining a Healthy Diet during Lockdown:

- 1st Feb, 2021 16:00
- 8th Feb, 2021 16:00

Join Zoom Meeting:

<https://zoom.us/j/95179626490?pwd=c3lURGZMK2JCeUZ0aUx2eDEvbDhzUT09>

Thursdays -Maintaining a Healthy Diet during Lockdown

- 4th Feb, 2021 16:00
- 11th Feb, 2021 16:00

Join Zoom Meeting:

<https://zoom.us/j/91754030957?pwd=U1ltL0sycWN4WEFzcUhGQ0JpcVRnQT09>

We hope that these sessions will provide a safe space for parents to have any questions answered and reassurance provided for any concerns/anxieties they may have, considering the times and season we are in. Topics of these sessions can change over the weeks at parents' request e.g. on bedwetting or emotional wellbeing.

Activity at Home

This week, we have another recipe to share which you can try at home as a family. Don't forget to send us a photo of your finished dish!

If you have a recipe you would like to share here another week, please email success@duncombeprimary.co.uk Help Duncombe stay connected in lockdown!

Veggie Burgers



Delicious burgers with spices and herbs. You can get your child to make them but you may want to cook them.

Ingredients

- 400g tin beans (cannellini, borlotti, red kidney, black beans) or 240g cooked beans from dry
- 1 slice of bread or handful of oats
- 1 tsp dried herbs
- 1 onion
- 2 cloves garlic
- 2 tbsp fresh coriander, parsley, spring onion or chives (optional)
- 2 tsp spice such as ground coriander, cumin, paprika powder
- ½ tsp chilli powder, flakes or ground pepper
- ½ tsp salt
- 2 tbsp plain flour
- 2 tbsp oil

Method

1. Drain the beans using a sieve over the sink, then place in a bowl.
2. Either grate the bread into bread crumbs and add to the bowl or the oats.
3. Peel and chop the onion and garlic finely. Cut up the fresh herbs if using. Add the onion, garlic and herbs to the bowl.
4. Add the herbs, spices, salt and pepper then blitz into a paste using a blender or mash with a fork or potato masher.
5. Put some flour in a bowl.
6. Lightly flour your hands and divide the mixture into six (or more) then form into flat burger shapes. As you shape each burger in the bowl with flour and turn it over so each side is coated in flour and place on a plate. Work your way through the mixture.
7. Put the plate with the burgers in the fridge for 5 minutes.
8. Heat the oil in the frying pan. Place the burgers in the frying pan until the base is covered. Shallow fry the burgers on each side for 3-4 minutes until lightly browned and cooked through. Take the cooked burgers out of the frying pan and place on a plate. If there are any burgers left to cook, place the remaining burgers in the frying pan and cook.
9. Eat immediately in a bap with some lettuce or let the burgers cool and place in a tub or wrap in foil to have later.