



Week 4.

For some reason, this week seems to have been hard work for everyone. Perhaps there was a happiness let down after the excitement of the snow at the weekend? For whatever reason, many of you have been telling us that this is harder work than it was before. We do have the slight glimmer of hope ahead that schools *might* be re-opening from 8th March- which would make us half way through this lock down! and the days are getting longer, which also helps, but we will be doing this for a while longer still.

One of the education writers I agree with on a regular basis is Laura McInerney. Yesterday she was asked about home learning:

Question on [@itvnews](#) at lunchtime about how parents should keep children motivated learn. Tbh, it's REALLY hard. This is (genuinely) why teachers train & practice A LOT to do what they do. Behaviour and motivation management is a skill, and v hard for them to do remotely.

The main tips from the classroom are:

- 1. Clear communicate expectations*
- 2. Reinforce with positive praise*
- 3. Make *not* following expectations worse than following them (either less easy or less pleasant).*

Simple. But not easy.

In practice:

- 1. Have rules for school time*
- 2. Be positive when followed*
- 3. Make it hard for them not to.*

Lock their phone in a box. Work in a room away from games consoles. No snacks until break/lunch time!

It's a MASSIVE ask of parents. But it is the honest answer.

Replies to her tweet also gave some other suggestions:

And put all the work in a box and hide it at the end of the day if you don't have a dedicated working area to close the door on. Keeping school and home separate is really really important for maintaining home/school boundaries.

** criticize the behaviour, not the child. * have a clear demarcation of learning time/home time and don't bring gripes about school work into home/family time and vice versa*

One parent wrote:





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*As a parent I honestly understand my parenting responsibilities, but also want my son's teachers' to understand I am **not** a trained teacher and also have to work full time. I am doing the best I can.*

We ABSOLUTELY know this and we think you're doing a great job. We have tried to make it easier for you by having the "live" lessons, story times and catch up sessions where some of the children are old enough to be able to take part on their own for 10 minutes so that you can actually go to the loo!! But if you're having a bad day, there is NOTHING wrong with deciding to go out as a family for a long walk; in fact, being outside during daylight is probably more important now than it was in the spring. Home learning is going to look different for every family and it needs to work for you. The most important thing is that your children are safe and looked after at the moment; as I said in the spring, we can work with the children when they come back to re-acclimatise them to the school routine, so if it's not working today (or the printer isn't working, or the WI-FI isn't working) don't beat yourselves up! (but do keep reading with them!!)

Also, I must give a shout out to all our Teaching Assistants who have stepped up to help children via Microsoft Teams. They have agreed to move *massively* out of their comfort zones to support the children and we are massively grateful!

The BIG Lockdown-Learning Survey

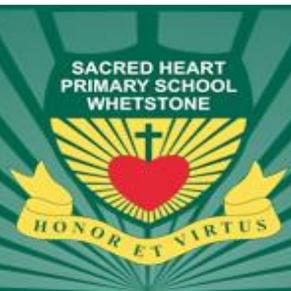
Our school has been selected to participate in a national study about how children are learning at home and the impact lockdown-learning is having on family life.

To help us do this, we would like you to download and use a free survey app called [Parent Ping](#). They will ask you a few questions each day and show you see how other parents are coping in lockdown.

*When you first sign in to the app it will ask you your school name (**Sacred Heart**) and for the first part of the postcode (**N20**) Please do this carefully so we can make sure all your answers are included!*

The benefits to you:

- *See how other parents answer the questions*
- *A chance to win a Chromebooks in the national weekly draw*
- *A chance to win a £30 Amazon voucher in our school's weekly draw*



The benefits to the school:

- *When at least 60 parents are answering the survey questions each day, we will be sent a set of results that compares what you think to what all parents in the country think. This will help us better understand your needs and challenges around home-learning.*

You don't have to join in if you don't want to, it's completely voluntary, but this is a great time to share your opinions, not just with us but with other parents and with the people who make decisions about education in England.

If you would like to know more about the project, please see <https://parentping.co.uk/the-big-lockdown-learning-parent-survey/>

School Lunches Lockdown Menu

Please continue to make payments for your children's meals online with Feeding Hungry Minds

Each morning we will be asking the children if they want the meat or vegetarian option so we can give this information to the kitchen.

Please see menu below:

The menu for Week Commencing **1 February:**

MON	TUES	WEDS	THURS	FRI
V – Macaroni Cheese V – Jacket Potato cheese/Beans	M –Pasta Bolognaise V- Cheese and tomato pasta	M –Lemon Roast Chicken V – Cheese and Tomato pinwheel	M- sausages mash and gravy V- Quorn Sausages	M- Fish and chips V – Jacket potato Cheese/Beans
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Ice Cream	Biscuit/Fruit	Jelly	Sponge Cake	Pancake and fruit compote
Fruit/Yoghurt	Cheese & crackers	Fruit/yoghurt	Cheese & crackers/fruit	Fruit/Yoghurt



Parents Association

KID FIT!

FIT CLUB in Whetstone, who have always been great supporters of Sacred Heart, have kindly invited our children to their free online fitness classes. These are taking place every Monday at 3.30pm and are for children aged 4-12. Here are the details:

KIDFIT - Free online class from FITCLUB Whetstone to keep the kids moving and smiling through lockdown! This totally FREE online class is a 30 minute, full body FUN workout: Cardio fun! No equipment needed! Mini competitions! We have teamed up with the brilliant @eliaflexpt and @vip_homeworkouts to bring you this fantastic FREE class. Elia is DBS checked and a father of 2 who will keep your kids smiling as he puts them through their paces! ANYONE aged 4-12 is welcome, so spread the word to friends and parents who may also benefit from us taking the kids off their hands for 30 mins! We politely ask that all cameras are on so that we can ensure the children's' safety and know who is behind each screen. We can't wait to see you all! FOR NEXT WEEK ONLY, KIDFIT WILL RUN ON TUESDAY (2ND FEB 2021) IT WILL BE BACK TO MONDAYS THEREAFTER.

Zoom code for KidFit (same code each week). Feel free to share with other parents. All welcome!

Meeting ID: 892 7762 9344
Passcode: 187428

For more updates follow us on Instagram @fitclub_studios. Website
- www.fitclubstudios.co.uk

Newsletter



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