



Istead Rise Primary Home Learning Bulletin



Executive Headteacher: Mrs J Olivier

Telephone: 01474 833177

Twitter: @IsteadRisePS

Head of School: Mr S Payne

Email: irpoffice@swale.at

Facebook: Facebook

Deputy Headteacher: Mrs M Clark

Website: www.isteadrise.org.uk

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Dear Parents and Carers,

Home Learning Update

Following on from my letter last week regarding the proposed changes to home learning, I wanted to provide a short update. Teachers and children have had the chance to trial two live learning sessions this week. We have received an overwhelmingly positive response to these sessions and thank those parents who have taken the time to share these positive experiences with us. We know that children have enjoyed seeing their friends and their teacher and our teachers certainly enjoyed the chance to see their classes 'face-to-face'! As with any new system, it is crucial that we continue to evaluate and refine systems to ensure they offer the maximum benefit to your children's learning and we will always keep you updated on any developments.

CGP Books and Phonics Cards

A huge thank you to those parents who came to school to collect resources for their children to support home learning next week. Any parents who have not yet collected their children's books need to contact the school office to make arrangements to do so, otherwise those children will not be able to fully access their learning. Teachers will direct children as to which pages to complete and when. Please remember that use of these workbooks will form part of your child's learning and will be blended with other activities. A complete overview of your child's weekly learning schedule will be published early Monday morning and can be accessed via Google Classroom.

Pupil Engagement with Learning

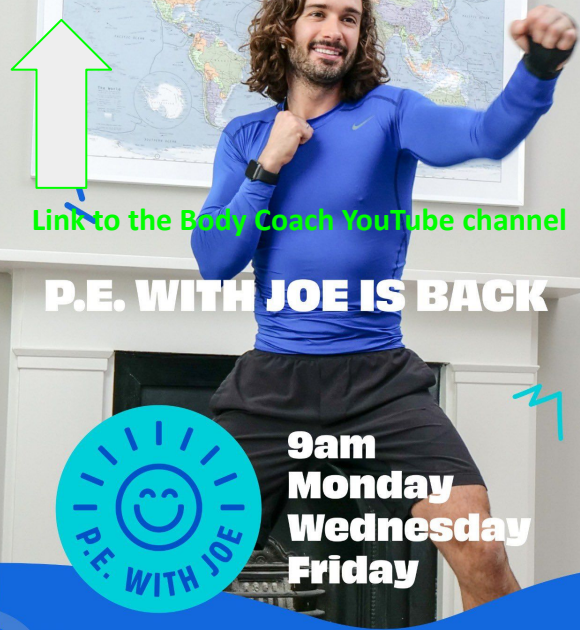
We are delighted with how well the vast majority of our pupils are getting on with their remote learning, demonstrating great resilience and maturity in this difficult period. However, I implore all parents to ensure that their children are continuing to complete their learning at home and ask that if you have any difficulties or problems with this, to get in touch with us, so that we can help protect every child from falling behind their peers or suffering long-term disruption to their education.

We wish everyone in our Istead Rise community a great weekend and look forward to seeing all pupils, either in school, or in our Google Classrooms, next week!

Steve Payne
Head of School



PE With Joe



[Link to the Body Coach YouTube channel](#)

P.E. WITH JOE IS BACK

**9am
Monday
Wednesday
Friday**

Live on The Body Coach TV



Gravesham Borough Council

(including COVID-19 advice line)

Phone: 01474 337070

Web: www.gravesham.gov.uk

Gravesham Food Bank

Riverside Community Centre, Dickens Road, Gravesend,
DA12 2JY

Phone: 01474 559555

Email: info@graveshamfoodbank.org.uk

Web: <https://gravesham.foodbank.org.uk/>

Citizens Advice

Phone: 0800 1448 444

Web: www.citizensadvice.org.uk

Kent Together

Kent County Council 24-hour Helpline

Phone: 03000 419292

Kent Resilience Hub

Supporting 10-16 year olds through COVID-19
and the pressures of everyday life.

Web: www.kentresiliencehub.org.uk

Text: 07520 618850

E-Safety

As part of our on-going commitment to helping children stay safe online, we would like to share some useful guides with you which are particularly relevant at this time.

You can find the guides at the bottom of our E-safety Information page on our website via the following link [Esafety Information](#)

Some children may have received a new electronic device for Christmas. The first guide gives top tips on how to help your child enjoy their device responsibly and safely.

The second guide gives guidance for parents to help ensure their child feels comfortable and familiar with the concept of remote, online learning.

There is also a guide for parents detailing the Omegle website. This website has been around for many years now, but it is experiencing a resurgence in popularity due to its inclusion on some TikTok videos.



COVID-19 Mutual Aid UK

Volunteer lead initiative where groups of people get together to support one another.

Twitter: @GravesendAid

Facebook: www.facebook.com/GravesendAid

Choices

Independent domestic abuse charity Dartford and Gravesend

Phone: 0800 917 9948

Hostel Referrals: 01474 352552

Web: www.choicesdaservice.org.uk

Kent Victim Support

Phone: 0808 168 9276

Email: kent.vart@victimsupport.org.uk

Web: www.victimsupport.org.uk

Rethink

Sahayak Asian Mental Health Helpline

Gravesend service, speak in Gujarati, Punjabi, Hindi, Urdu & English

Phone: 0808 800 2073

Young Minds

Mental health support for young people

Phone: (Parent Helpline) 0808 802 5544

Web: www.youngminds.org.uk

Young Minds **URGENT** help text YM to 85258

Kent Live Well Services

Porchlight Community Service Link

- Housing, debt and benefits, including online support
- Support with wellbeing at this difficult time
- Liaising with key agencies on your behalf
- Linking to community help and food parcels
- Can provide you with a mobile phone if you do not have access to one

Phone: 0800 567 7699

Email: info@livewellkent.org.uk

Web: <https://livewellkent.org.uk/in-your-area/dartford-gravesham-swanley>

Kent Young Carers

Phone: 0300 111 1110

Email: info@kentyoungcarers.org.uk

Twitter: @KentYoungCarers

North Kent Mind

Mental Health Support (age 17+)

Phone: 01322 291380

Email: admin@northkentmind.co.uk

Web: www.northkentmind.co.uk

TIPS FOR SUCCESSFUL AT-HOME LEARNING



Chunk learning time - Have small blocks of learning time with breaks in between.

Keep it positive - Keep things positive and always end learning sessions on a high note.

GREAT JOB!



Take frequent breaks - Breaks should be long enough to rest and reset, but not so long that the learning mindset is lost.

Do what works for you - Be flexible and work together to find the things that are effective for your family.



First this, then that - Make a deal with your kids to do something they may not enjoy as much and then they will get something enjoyable. Always hold up your end of the bargain!

Don't worry! - Even the best laid out plans don't work out sometimes and that's OK!



Coronavirus Advice

This link will take you to the GOV.UK website where you will find the latest guidance with regards to what you can or cannot do during lockdown.

[GOV UK Coronavirus Advice](#)