



## How to nurture a child's mental health

## 8 WAYS TO PROMOTE GOOD MENTAL HEALTH & WELLBEING IN CHILDREN

- Model good mental health habits
- Make sure they get enough sleep
- Encourage children to exercise
- Give them creative outlets
- Provide a space of their own
- Talk about their troubles
- Help them to relax
- Have two routines - weekday & weekend

## 5 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

### ACTIVITY PLANNING

CREATE AN ACTIVITY DIARY WITH YOUR CHILD AND HELP THEM TO SCHEDULE IN SOME PLEASURABLE AND ACHIEVEMENT RELATED ACTIVITIES.

### BEING PRESENT

HELP YOUR CHILD TO BE PRESENT AND LIVE IN THE MOMENT. GO FOR A WALK AND SEE HOW MANY DIFFERENT THINGS YOU CAN BOTH TAKE IN WITH YOUR SENSES.

### WORRY TIME

SET ASIDE A TIME EACH DAY FOR YOUR CHILD TO WORRY. DISCUSS WITH YOUR CHILD HOW LONG THE WORRY TIME WILL BE FOR. IN THIS TIME YOUR CHILD CAN WRITE DOWN THEIR WORRIES, DISCUSS THEM WITH YOU OR PROBLEM SOLVE TO OVERCOME THEM.

### TALK ABOUT FEELINGS

WHY NOT CREATE A TIME EACH WEEK WHERE YOUR CHILD CAN SPEAK TO YOU ABOUT THEIR THOUGHTS AND FEELINGS.

### WELLBEING

SUPPORT YOUR CHILD TO LOOK AFTER THEIR WELLBEING. COOK HEALTHY MEALS WITH THEM, EXERCISE OR PLAY SPORT WITH THEM AND MAKE SURE THEY ARE GETTING ENOUGH SLEEP.

# **Camelot Children are Exceptional.. Everyday!**

## **Young Knights – Lockdown 2021 Week Five**

**What is a Knight?—the school's exceptional pupils who we 'knight' in recognition of their hard work and example in class.**

### **Week Five Knights**

**Nursery Classes —Anderson and Neveah**

**Reception Classes—Janelle, Ja'Miyah Lee, Rida and Fatima**

**Year 1 Classes—AY, Ayodele, Ashime and Yusra**

**Year 2 Classes— Aliyah, Jayden M, Sariyu and Wisdom**

**Year 3 Classes—Chelsea, Michelle, Israel and Nahom**

**Year 4 Classes—Hassan, Fatou, Ariba and Sally**

**Year 5 Classes—Mohammad, Sami, Abdulqudus and Haja**

**Year 6 Classes—Nickel, Daniel, Feyisara and Ikhlal**

**Exceptional Well Done to our Week Five Knights**

**Please note a child can be knighted every week if their work is most noteworthy. Multiple knighting likely.**

**After this lockdown we aim to fulfil the following offer to you all:**

**“A laptop for every child who is at Camelot School for the duration of their school life with us... a permanent loan!”**

This offer will be possible following our IT department uploading anti virus software packages that can be set to automatically renew year on year. This will prevent costs being associated with children keeping the laptop at home for the duration of their school life at Camelot. Wow! what an offer! The school will remain owners of the laptops and their use will still be managed by us in terms of safer internet use.

**This Camelot Offer is open to any child in our school or if you have family friends or children of neighbours not currently receiving this from their current school then they could join us and pick up this offer\***

**\* Not only would they receive an exceptional online provision but they will be invited to free holiday club provision (planned for Easter and Summer 2021), receive additional food deliveries if interested and now a school laptop for every child as a permanent loan to them as well as be offered an exceptional education everyday. Invite them to contact the School Office who can arrange an admissions transfer pack to be sent out.**

**Another exceptional Camelot offer!**



# Camelot 2021 Art Competition

A sample of some exceptional art work from Camelot children



The winners of our Art Competition will be announced in the special extra newsletter to be circulated later this week. The judges have been overwhelmed by entries, including many videos with songs included. Well done to all entering.



In the week commencing Monday 1st March 2021 although schools will remain in lockdown, at Camelot School we will looking for the support of our children and parents/carers to find ways to celebrate reading and the joys of books. On Thursday 4th March we will, of course, celebrate World Book Day with dressing up as a book character in the usual way... a lot of fun is planned in photos and assemblies!

# Coming soon....



## WORLD BOOK DAY

4 MARCH 2021

Exciting activities and events across the whole week:  
Monday 1<sup>st</sup> to Friday 5<sup>th</sup> March!

Author Talks,  
Classes and  
Workshops

Daily  
Storytime  
and live  
story shares!

Dress up  
Competition!

Guess the Story  
Competition!

Audiobooks,  
book tokens  
and special  
book offers

Lots of fun to be had and prizes to be won all week!

# Safer Internet Day Tuesday 9th February

Today on Safer Internet Day the UK Safer Internet Centre is inviting everyone to play their part in making the internet a better place.

Celebrated globally and coordinated in the UK by the UK Safer Internet Centre, Safer Internet Day is a great opportunity to talk to your family and friends about the safe, responsible and positive use of technology, and to pledge how you will help to create a kinder and better online community.

Across the day, a range of exciting activities are taking place, from youth events and celebrity support, to our [#AnInternetWeTrust](#) social media campaign. While over 1,500 organisations across the UK are getting involved in supporting the day, with schools and youth groups using our [Education Materials](#) and [Safer Internet Day films](#) to engage children, young people, parents and carers.

Today, **Tuesday, 9 February 2021**, we celebrate the 18th edition of **Safer Internet Day** with actions taking place right across the globe. With a theme once again of **"Together for a better internet"**, this day calls upon all stakeholders to join together to make the internet a safer and better place for all, and especially for children and young people.

## Free Internet Update

Parents can get free data or broadband for their kids studying at home thanks to offers from Three, Vodafone, BT and EE. It comes as Boris Johnson announces that schools will not be opening immediately after the February half term - instead they will stay closed until at least March 8. Until then, Schools are only accessible for vulnerable children and the offspring of key workers, with all other lessons staying online. To help children from low-income families, who may not have data or broadband for homeschooling, telecoms firms have teamed up with the Department for Education (DfE) to make sure they don't fall behind. Both Three, BT Mobile and EE are offering free unlimited data upgrades for disadvantaged children.

### What are providers offering?

The DfE and leading mobile network providers are helping schools support disadvantaged children through the so-called "Get Help with Technology" programme.

The help is available to pupils in years 3 to 11 who rely on a mobile Internet connection when their face-to-face education is disrupted due to Covid-19. We've rounded up the support by some of the major providers below, but Sky Mobile, SMARTY, Tesco Mobile and Virgin Mobile have also signed up to increase data allowances.

**BT and EE**—EE, which is owned by BT, is giving out unlimited extra data per month to disadvantaged families. The support is available to eligible EE customers, who'll receive the data on top of their current monthly plan.

**Three** - Three UK will provide unlimited data upgrades to disadvantaged school children in England through their families. The unlimited data, available to Three customers on Pay as You Go or any contract, will be applied until the end of the school year in July.

**Virgin Media**—Virgin Media is offering 20GB in extra free data to families that are struggling.

**Vodafone**—Vodafone has previously offered 350,000 SIM cards with 30GB of data to schools and colleges for disadvantaged children.

**This is the next area of challenge for the school to support you all with accessing. At this time, we have been provided with little direct support we can offer and recommend all parents/carers making their own direct contact with one of the above providers. We note that all the fabulous offers of 'free internet' are linked to existing or new customers of the service so parents/carers will need to consider changing providers and agreeing to new contracts to access any free internet offered.**

# Learn to say 'I don't know': teachers' tips for parents weary of lockdown 2 schooling

With Zoom in the kitchen and even more work to do, frazzled families are finding the second lockdown tougher

## **My child can't manage all the work that is set - can we give up?**

Alexandra Stevens, a primary school teacher in a deprived area of Bournemouth, says that, in general, parents at her school are "struggling hugely" as lockdown goes on. "They feel they have to do all the work we set, but they don't. My desire is that the child has a go at each English and maths assignment every day. Some days the child will be tired and feeling low. If they were in school, we would give them a little break and then try them again. So should parents."

## **'Live lessons': my child doesn't want me to sit in and refuses to participate**

"It can be petrifying for a young person to answer a question in front of their peers for fear of them getting the answer wrong," says Beavis. "If you add the possibility of a parent, or worse still, a sibling, listening in to the lesson, this has the potential of making even the most confident of students clam up."

He recommends letting children do their live lessons by themselves, instead of sitting next to them or overseeing their contribution. "One of our jobs as a teacher is to make sure that students feel comfortable to make mistakes," he says. The best way to support your child is to give them space, away from you, to throw themselves into their lessons.

## **The longer it goes on, the less motivation my child has**

"Be understanding that lots of children won't be finding this period easy and they probably aren't being difficult on purpose," says Webber. To keep motivation up, "try to keep encouragement and incentivisation as your key strategies, rather than threats and punishments". For example, rather than saying, "if you don't get this done, I'm going to take your PlayStation away", say: "let's get this work done and then you'll be able to go on your PlayStation for an hour", he says. "The message is similar, but the tone is totally different. It's less emotionally charged."

## **I'm struggling to stay patient and we're having arguments**

Teachers recommend you look at the problem from the child's perspective. "When we find something easy, it can be difficult to understand how anyone could possibly find it a challenge - that's when impatience can quickly kick in," says Beavis.

Bear in mind the work does not have to be perfect, says Webber. "It's fine if there are mistakes. In fact, it's better because then teachers can see where they need to help your child."

Whatever you do, do not turn home learning into a battleground, he says. Instead of putting pressure on children, offer them support and encouragement, providing incentives, rewards and praise. "This should still involve you having clear expectations but that isn't the same as applying pressure."

**A message to  
our exceptional  
parents/carers  
at this time →**



**GIVE YOURSELF  
A ROUND OF  
*Applause***

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## **INVITATION TO PARENTS**

**Looking for work or training in 2021**

**but don't know where to start?**

**Speak with our friendly Families Matter team for hints and tips**

- Find out about Alternative websites & available training
- NHS Health Care Jobs and training
- Useful home learning websites for parents and children

**Wednesday 3<sup>rd</sup> March 2021**

**11.00am - 12.00 noon**



**If interested call us today!**

**Interested or want to find out more?**

**Please call or text Leigh on 07722138990 or email  
leigh@southwarkworks.org.uk**

**SOUTHWARK  
WORKS**



## Holiday Meal Vouchers extended for February Half Term

Exceptional news from Southwark Council that vouchers will be extended for the forthcoming February Half Term with a council payment. Plans for Easter 2021 include further announcements for meal vouchers as well as CHAMPS Easter 2021 subject to Lockdown restrictions.

CHAMPS Easter 2021 plans to invite every child from Year 3 to Year 6 to free holiday club provision for the Easter Holiday Weeks in April 2021. Children in Years 1 and 2 will have places offered where available.

Additional plans for post Lockdown Camelot this academic year include:

- ♦ free after school clubs return for all pupils
- ♦ free Friday social club including football, dancing and films
- ♦ free monthly birthday parties for children with their birthday in a month
- ♦ free food at the school Summer Fair.. bit like a free a summer party!
- ♦ CHAMPS Summer 2021—return of Southwark's only school holiday club

\* At a time of online learning only, why not invite the children of your family friends and neighbours to join Camelot. Not only would they receive an exceptional online provision but they will be invited to free holiday club provision, receive additional food deliveries if interested as well as be offered an exceptional education everyday. Invite them to contact the School Office who can arrange an admissions transfer pack to be sent out.

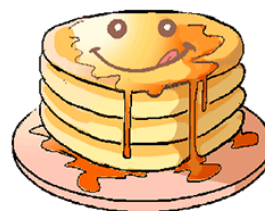
### Another exceptional Camelot offer!

## Special February Events Ahead



**Friday 12th February:**  
Why not see in the Chinese Year of the Ox by celebrating Chinese New Year at home?

Trying lots of lovely foods is one way of celebrating.



*Shrove Tuesday*

**Tuesday 16th February**  
A real favourite at this time of year. Pancakes are easy to make and fun to flip. Any filling can go into a pancake with some people choosing fish fingers or cheese!

### Why are Pancakes eaten on Shrove Tuesday?

- **Lent** is a time when Christians give things up. Pancake day is the last chance before Easter to use up the fatty foods that can't be eaten in Lent. Therefore, we eat pancakes because they contain fat, butter and eggs.



**Sunday 14th February**  
**Valentines Day is a day for telling someone you love them... and Mr Robinson would like to champion for Dads to hear this message as well as mums.. and even a homemade card as well!**