



Headteacher: Michelle Bahn  
 Brewery Road, Islington, London N7 9QJ Tel: 020 7607 4115 Fax: 020 7607 5395  
 Email: [admin@robertblair.islington.sch.uk](mailto:admin@robertblair.islington.sch.uk)  
[www.robertblairschool.com](http://www.robertblairschool.com)

26 February 2021

Dear Families

# Welcome Back!

We are all delighted about our return to school on March 8<sup>th</sup>. It was lovely to see so many children and families at this morning's celebration assembly where we were able to rejoice in this long-awaited news together.

Next week staff will be back on site where they will continue to work remotely whilst preparing for the children's return on Monday March 8. On line learning will continue next week with live lessons, task work, activities and projects. The school remains open to keyworker and vulnerable children. This means you may not see as much of the adults over the next week whilst they are busy resetting classrooms and organising for the children's return. They will let you know any changes to the lesson schedules and the times that they are available to support children and families with their learning.

The last year has been challenging for us all and many children and parents may be feeling anxious or worried as we begin our transition to back 'life as we knew it' with COVID. Please support your child by preparing them to be ready for a successful transition back to school. We have included information at the end of this letter to support you. Please take the time to click on the links provided and share this information with your child.

All children are expected to return to school on Monday March 8<sup>th</sup>. Please ensure your child is dressed in full school uniform and has their PE kit with them. The gate system will remain in operation for our phases with older children continuing to use the gate and times set for the youngest sibling. The shorter operational day, with home learning set will continue on a Friday.

Phase	Year Group	Gate	Start Time	End of day	Friday End of Day
Phase Two	Year 6	Brewery Road Gate	8.45am	3.30pm	1pm
	Year 5		8.50am	3.25pm	12.55pm
	Year 4		8.55am	3.20pm	12.50pm
Phase One	Year 3	Blundell Street Main Gate	8.45am	3.30pm	1pm
	Year 2		8.50am	3.25pm	12.55pm
	Year 1		8.55am	3.20pm	12.50pm
Foundation Phase	Reception	Blundell street Foundation Stage Gate	8.45am	3.30pm	12.50
	Nursery		8.55am	3.25pm	12.45pm
Childrens Centre		Blundell Street Children's Centre Gate			



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Islington  
Inspiring young  
people through  
culture



Islington  
Inspiring young people  
World of Work

We have had a number of queries regarding breakfast club and afterschool club provision. It is very important that we are able to settle all the children and adults back into a core school day safely before scaling up to an extended day. We aim to begin an extended day for keyworker and vulnerable children from 15 March. Space will however be limited to ensure we have appropriate and safe measures in place to confidently manage children and staff working across bubbles. If you wish to be considered for an extended day place coming out next week. You must complete this survey if you wish your child to be considered for a place in breakfast club or afterschool programmes, including the Friday afternoon. We plan to open the provision as soon as it is safe to do so and appreciate your support and understanding with this. The safeguarding of the whole school community is always our first priority

All children will continue to be provided with a school lunch. If you choose to send your child with their own lunch, which we do not encourage with the exception of dietary or health reasons, it must be a **healthy lunch and come in a single named container**. Please **do not include crisps, chocolate, sweets or any type of drink or drink container**. All children have been given a water bottle. It is their own labelled bottle which is not shared with anyone and can be refilled at any time in classrooms and at the water stations across the school. Children do not need to bring drinks or a water bottle to school.

Many of you may have already spoken with teachers and/or support staff. They will be able to answer any questions or queries or let you know who the best person to contact is should you need further information. More communication will follow more detailed information over the next week.

We are very much looking forward to welcoming you all back on Monday 8 March, meanwhile enjoy the weekend and take some time to look at the information below.

Best Wishes

A handwritten signature in blue ink, appearing to read 'M. Bahn', is displayed on a light yellow rectangular background.

Michelle Bahn  
Headteacher

# Welcome Back activities to support for you and your child.

Please take the time to share and discuss the following.

We are really looking forward to all the children returning to school and can't wait to welcome them back. We have put together some ideas to help you to prepare your child for their return to school and all the different emotions they (and you) will be experiencing. We hope you will find some of them useful.



This [video](#) from the Schools Wellbeing Service has five useful and practical tips for you to help your child feel confident to return to school after lockdown.

This [poster](#) has lots of practical ideas to help you prepare your child for the first day back at school.

Try a [written activity](#) about 'going back to school' which will help them to think about what they are looking forward to, what they are worried about and what they can do to help themselves feel better.

This [letting go and future plans activity](#) allows children to acknowledge what they have missed out on and how that has made them feel whilst also encouraging them to think about what they are looking forward to in the future.



The [daily mindfulness calendar](#) has ideas of mindful activities to help your child relax, including breathing and gratitude.

This [kindness calendar](#) has seven days of activity ideas for you to use with your child which can increase happiness. It also includes a blank template so you can create your own kindness calendar for your family.

You could use the calendar to count down the days before going back to school. Before bed cross off that day on the calendar and count the number of days left until school starts again. This will give your child time to prepare for the return.

[Ollee, the free online virtual friend](#) can help you support your child with any worries and concerns about topics including, family, friends, school, the world, their body and the internet. Ollee will ask a few questions to understand the problem and then give some supportive advice and ideas to help.



The [Bow-wowza website](#) has lots of [fun activities](#) to support your child through the change of going back to school. If they are anxious, you might like to create a [worry monster](#), or build up their resilience by trying out the [positive daily checklist](#) where they can tick off the positive activities they have done each day. Or create a [happy list](#) of all the



things that make them happy.



Movement can help your child deal with different emotions. Stormbreak has fun, active videos on **self-care**, **optimism**, **resilience** and **relationships**. Some of our favourite videos are mood shift, to help your child recognise their emotions, building hope and optimism, staying calm when you feel wobbly, and building connection with others. There are lots more to choose from too!

This article from Young Minds has general useful tips for parents about supporting your child going back to school after lockdown.



If your child is feeling anxious about the return, this article includes some breathing techniques and ways in which you can support them.

Parents Helpline: 0808 802 5544  
Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

 @YoungMindsUK

This video from the Schools Wellbeing Service looks at common worries your child might have about returning to school and how you can help.

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Twitter: @YoungMindsUK

# Preparing Your Child For the First Day Back in School

*As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.*

## Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



## Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – "it's completely fine to feel like that at the moment" or "I can really understand why you would feel like that"



## Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



## Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



## Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



## Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your 'goodbye' routine and create a 'hello' greeting for the end of the day for them to look forward to.

