

Dear Parents/Carers,

There are two weeks left until the end of Spring 1 which seems to have rushed by. The school holiday is just for one week and we will finish at normal time on Friday 11th February and all children need to be back at 8.45am on Monday 21st February. Please note, NO additional days or holiday absences will be authorised and the school will continue to use Newham Attendance Management Services to issue fines as per the policy.

Thank you to all parents who are continuing to use the Studybugs App to report any absences.

Regards, Ms Helm: Head Teacher

Site Supervisor Vacancies

There are 2 site supervisor jobs available within the TTLT; one at North Beckton and one at Ranelagh Primary School. More information can be found by following this link:

<https://www.jobsgopublic.com/vacancies/249063> or on our school website.



Parenting Smart

We all want the best for our children, but parenting can be really tough sometimes. We've all been there.

Place2Be's Parenting Smart is a new site for parents and carers of 4-11 year olds, offering practical advice on supporting your child and managing behaviour.

All of our content is created by Place2Be's parenting experts. It's based on evidence and their experiences working with children, young people and their families.

Designed with busy parents in mind, the site has short videos and articles on topics from meltdowns to bullying, from sleeping difficulties to encouraging self-confidence.



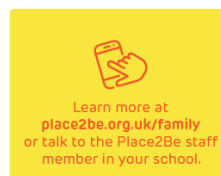
Exclusive to Place2Be schools

Parenting Smart – Online Course

Parents and Carers of 4-11 year olds can now access our free online course providing you with extra tools to deal with everyday parenting challenges.

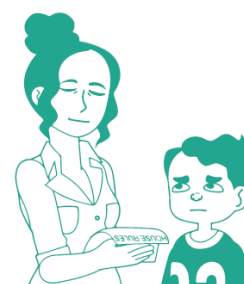
The course aims to help you strengthen your relationship with your child and respond helpfully to challenging behaviour. You can also join discussions with other parents in your group from across the UK.

Designed to fit around busy family lives, the 7-week course can be broken down into short 15-minute sections and you can access it from your mobile phone, tablet or any other device.



All of the content is based on the latest evidence and experience from Place2Be's Parenting Team, in partnership with South London and Maudsley-NHS Foundation Trust.

- ✓ Free
- ✓ No fixed times
- ✓ Accessible from any device
- ✓ Hear from other parents around the UK
- ✓ Place2Be professional on hand to support learning



VOTE FOR US!

We have been successful in being selected for the customer vote in Tesco's to get some extra money to support our Edible Playground. PLEASE ask for your 'token' when shopping in Tesco and add it to the correct box near the checkouts.

VOTE FOR US
TESCO
Community Grants



Our 'Thought for Next Week'

Next week, in our assemblies, we will be thinking about:

"Keeping your cool; Anger is a boomerang."

What makes us angry at school—what strategies can we use when this happens?

What music calms us down? What exercises can we do to help us calm down?

Tips to help children stay calm

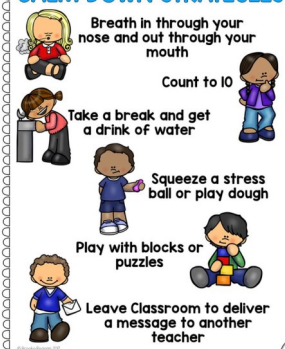
1. Quiet time
2. Breathing exercises
3. Draw their feelings
4. Movement & fresh air
5. Eating well
6. Staying hydrated
7. Getting quality sleep
8. Keeping a routine



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CALM DOWN STRATEGIES



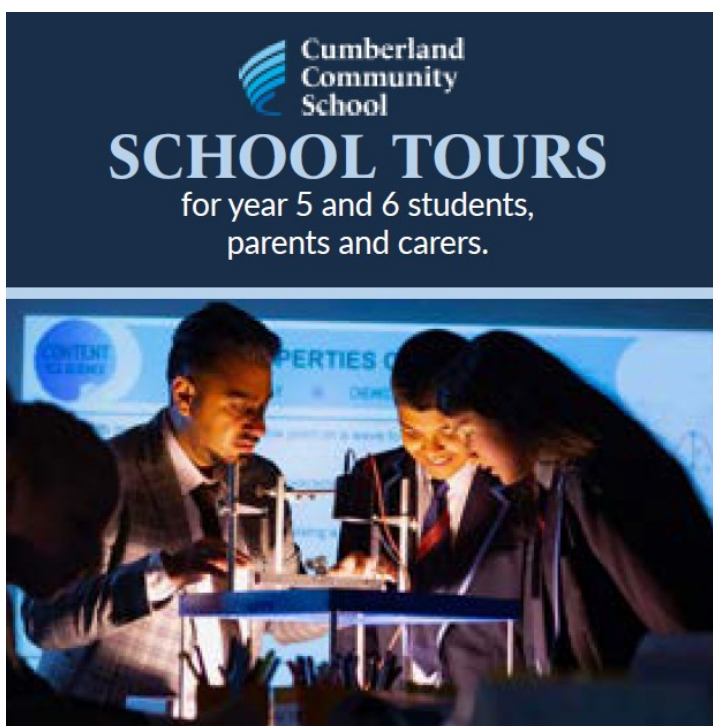
Our lunchtime providers, Juniper, are keen to find out why some children prefer to bring packed lunches rather than have a free hot school meal. Please could you help them understand your views on this by completing their questionnaire below.

<https://www.surveymonkey.co.uk/r/northbecktonpackedlunchsurvey>



COVID UPDATES

There have been a number of positive cases within our school community since we returned to school and therefore please can I ask that all parents continue to be very vigilant around checking your child for symptoms and using LFTs if you are unsure. If your child has to self-isolate, but is well enough to learn, we have work in place on our Google Classroom and via live zoom lessons so please ensure your child is accessing those. That way, we will be minimising the impact any self-isolation has on your child's learning.



You are warmly invited to the Cumberland Community School. Meet our staff and students to learn about the exciting vision we have for your child's future.

Personalised tours, by our leadership team, available throughout the year.

By appointment only, please contact the school for more information.

Cumberland Community School, Oban Close, Newham, London E13 8SJ
Tel.02074740231 email.transitions@cumberlandcst.org www.cumberlandcst.org
@CumberlandE13