



Miss
you all!!



Friday 3rd April 2020

Dear Ambler families,

Welcome to this newsletter being sent out during the UK shutdown of all schools in the UK - I hope you are all **keeping safe** during this very difficult time of social distancing and following the government guidelines of staying at home and only going out for necessities. I can't even begin to tell you how proud I am of my staff, the children and parents, our Ambler community, dealing with the change of how we live our lives – everyone's circumstances are different and everyone is doing the best that they can. From these difficult times must come something good; an appreciation of everything we have, friends, families and our community.

I want to share with you some of the changes that we are making to deal with the current situation:

Learning at Home

Our amazing Ambler teachers have done a great job setting up google classrooms. All children have log-ins. We thought it would be best for the children to have a routine to their day so everyday teachers post a reading, writing and maths task for the children to complete.

We have received lots of feedback from parents and children and have tried to adapt and improve as time goes by. We understand that every family's situation is different and whilst we encourage you to support your child to engage with the home learning, just do what is right for your family.

Additional activities are also posted by class teachers – virtual art gallery tours, researching historical periods, science activities, singing, computing and so much more. These are **an extra option** for things the children can do at home.

No work will be posted over the Easter holiday period.



During these very difficult times, we are aware that learning at home is a challenge – parents are having to juggle their own jobs, while looking after children and on top of that, be teachers! It is an almost impossible task!

We understand that some families will experience real difficulties accessing on-line resources and work that the teachers have set – please do not stress.



Things you can do:

- Encourage your child to read everyday
- Discuss what they have read (use prompts in reading records)
- Practice high frequency word spellings
- Practice times tables
- Find time for creative activities and exercise where possible
- Have fun with your families!

Communicating with the School

Every family will have different needs but if you have **any concerns or are struggling in any way** with the current situation, please do contact the **school office by email or phone**. We will try our best to help and support you, or to signpost you to other services who can.

The Children's Centre office is closed at the moment but you can reach staff in school on –

Tel: 0207 226 4708

Email: office@ambler.islington.sch.uk

On a positive note, please share some of the wonderful home learning that is happening with the school – take a picture and send it via twitter!

After the Easter holidays, we have decided that it would be lovely if the teachers phoned home to speak to the children (and parents) and say hello and send words of encouragement. These calls will be made over the period of a few weeks.

Important information from the children's centre

A reminder to our Children's Centre families, that during the time that the centre remains closed there are **no charges or fees due**. We hope that this helps a little during this uncertain time.

This also extends to key workers, there is **no charge** for our childcare service at the moment.



Other Sources of Support

Struggling with coronavirus?
Call 020 7527 8222 or email weareislington@islington.gov.uk for help
#WeAreIslington

WE ARE ISLINGTON

Bright Start Islington
Every child | Every family

With you every step of the way

Pregnant or have a child under five? We offer a great range of activities and services for children and families.

Bright Start Family Support Surgeries - Monday-Friday between 9am-12noon

If you have a question, need some information, advice or guidance our family engagement workers are still here to talk over the phone. If lines are busy, leave a message or text and we will get back to you when we can. If you want to speak to someone outside of these hours please send us an email.

Day	Bright Start East brightstarteast@islington.gov.uk	Bright Start South brightstartsouth@islington.gov.uk	Bright Start West brightstartwest@islington.gov.uk
Monday	Liz Dolan 078269 04630	Jamad Abdi 07769 163309	Scilla Pydiah 07826 904811
Tuesday	Emma Sually 07850 938735	Jamad Abdi 07769 163309	Fatema Khanom 07712 698753
Wednesday	Yasmin Ali 07769 163314	Jessica White 07525 906612	Teresa Connolly 07522 215064
Thursday	Liz Dolan 078269 04630	Jessica White 07525 906612	Sadia Farah 07584 370721
Friday	Emma Sually 07850 938735	Marj Gunter 07525 906603	Scilla Pydiah 07826 904811

Mental health and wellbeing



At Ambler we take mental health and wellbeing seriously – our morning exercise sets us up for the day and after lunch, our gentle breathing exercises help us to calm down and be ready for learning. So, while you are at home it's important that you build in some regular exercise – I know that the Joe Wicks daily exercise has been very popular with children and teachers alike! Here are some useful links that may help:

Useful weblinks:

- <https://www.nhs.uk/change4life/activities/indoor-activities>
- <https://www.nhs.uk/change4life/recipes>
- <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>
- <https://www.youtube.com/user/justdanceGB>
- <https://www.bbc.co.uk/teach/supermovers>
- <https://www.youtube.com/user/thebodycoach1>
- <https://www.youtube.com/user/CosmicKidsYoga>

This is the end of the Spring Term and the start of the Easter holidays, though not as we know it! We hope the last few weeks have gone as well as can be expected under the circumstances. Please know that we are thinking of each and every one of you and miss you.

Juliet Benis and the Ambler staff

Letter from our Governors

Dear Ambler Parents and Carers,

Congratulations on finishing almost 2 weeks of lockdown! You and your children have coped amazingly with Covid-19. Thank you for being the brilliant people you are – Ambler is an incredibly special place and we are so proud to be governors of such a lovely school and Children's Centre. We want to say a particular DREAMS thank you to Friends of Ambler who have managed to source new Chrome Books for those parents in need, and who have responded to new circumstances with their particular verve and enthusiasm.

But most of all, we want to say thank you to the staff who are owning ALL the DREAMS qualities, supporting students, parents and carers. The Senior Leadership Team and Headteacher are organised, dynamic and forward thinking. They responded to the crisis immediately, they're positive and carry on, despite illness, despite using new ways of working and despite having their own families to care for.

With the Easter holidays approaching, we thought it might be useful to send details of local groups who can support families at this time:

Food:

The Olio app shows where people are donating food for families in need and where people can donate food / other Olio website also has useful links: <https://olioex.com/other-support/>

Made In Hackney: <https://madeinhackney.org/> provides meals to people in Hackney

A local food bank distributes at St Joan of Arc; 60 Highbury Park on Saturdays from 1pm to 2pm. You can also request a delivery if housebound, isolating and in a vulnerable group. They can call 07516690197 for a delivery.

There are food banks open every day in the borough and Islington Council has details of these.

There are also local support groups listed on the Hackney Gazette website here:

<https://www.hackneygazette.co.uk/news/health/there-with-you-essential-list-of-groups-networks-and-organisations-during-the-coronavirus-outbreak-1-6576398>

Elizabeth House may also be able to help – please contact the school for further details.

Finance / advice:

There's an Islington resident support scheme. Families struggling financially can apply: <https://www.islington.gov.uk/advice/resident-support-scheme>

Citizens Advice is very helpful for those who need support: <https://islingtoncab.org/>

There's also the Islington law Centre: <http://www.islingtonlaw.org.uk/legal-services/> which provides free legal advice for issues including housing and debt.

Other support groups in Islington are here:

https://directory.islington.gov.uk/kb5/islington/directory/results.page?localofferchannelnew=6_1

People really struggling could also email their local MPs - corbynj@parliament.uk is Jeremy Corbyn.

Diane Abbot is in Hackney: <https://www.hackney-labour.org.uk/brownswood-ward/>

Islington Councillors here: <https://democracy.islington.gov.uk/mgUserInfo.aspx?UID=51>

Hackney Councillors are: <https://www.hackney-labour.org.uk/brownswood-ward/>

Free Online Activities:

The National Theatre is streaming productions every Thursday FREE on Youtube:

<https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjqw>

Museums are offering virtual tours: <https://www.timeout.com/london/news/you-can-do-virtual-tours-of-almost-every-major-london-museum-and-gallery-032520>

The British Council is supporting learning at home: <https://learnenglishkids.britishcouncil.org/>

The Royal Institution has science suggestions: https://www.rigb.org/?gclid=EAlaIQobChMIz7G1-9jF6AIVhbHtCh3mLwgOEAAAYASAAEgJkA_D_BwE

Free engineering from James Dyson: https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html?gclid=EAlaIQobChMIvojmqmNzF6AIVhbHtCh3mLwgOEAAAYASAAEgKlqvD_BwE

You can watch or re-watch Joe Wicks: <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

Free books from Audible: <https://www.audible.co.uk>

David Walliams' free audiobooks: <https://www.worldofdavidwalliams.com/elevenses/>

BBC Bitesize for practically everything: <https://www.bbc.co.uk/bitesize/levels/z3g4d2p> (KS1) and

<https://www.bbc.co.uk/bitesize/levels/zbr9wmn> (KS2)

Union Square Play in the US is providing free online classes in all sorts of activities from Yoga to Baking. You have to provide an email to access the on-demand library but after that it's all free:

<https://unionsquareplay.com/3141592653589793238462643383279>

Common Sense Media advocates these: <https://www.common sense media.org/blog/free-online-events-activities-kids-at-home-coronavirus>

Islington library has e-books: <https://www.islington.gov.uk/libraries-arts-and-heritage/libraries/online-resources-journals-and-magazines/ebooks-and-eaudio>

We wish you all a very happy Easter and look forward to 'seeing' you all in the new term.

**With very warmest regards,
Ambler Governors**