

Weekly Parent/Guardian Newsletter

Week A

14 May 2021



Dear Parent/Guardian,

Welcome to this week's newsletter, some important information from previous weeks is repeated this week for your convenience, but there is also new content to be read and enjoyed. It is Mental Health Awareness Week so we have included some important information which may offer you/friends or family some support.

COVID-19 Testing Guidance

I would like to clarify the guidance for COVID-19 testing. Please see details below:

Asymptomatic COVID-19 Testing

- Students with consent should be testing using the home LFD test kits twice a week (on a Sunday and a Wednesday evening/Thursday morning) and reporting the results to both the NHS and to the school using [this link](#):
- Students in years 7-10 have now been supplied with enough tests to last until half term. Years 11-13 have been given 6 tests and will be given a further set of 7 during the week beginning 10th May.
- Home tests supplied by the school should only be used by the student. Regular rapid testing is now also available for parents, their households and support or childcare bubbles. The government is encouraging all families to participate in twice weekly testing to help stop the spread. Additional LFD test kits can be ordered using [this link](#)

Symptomatic COVID-19 Testing

- Home testing using the LFD tests **does not replace testing for those with symptoms**.
- If your son/daughter (or anyone in your household) experience symptoms of COVID-19 your household must self-isolate immediately, book a PCR test and follow national guidelines. You will need to inform the school if this is the case.
- Once you have the result of the test please inform us as soon as possible. If the result is negative you can then stop self-isolating and your son/daughter can return to school if they are well enough. If the result is positive your household will need to continue to self-isolate for 10 days from the onset of symptoms and follow national guidelines.

If you have any queries regarding testing please contact Carolyn Hobbs, Office Manager.



Free school meals

Your child might be able to get free school meals if you get any of the following:

- Universal Credit - your household income must be less than £7,400 a year (after tax and not including any benefits you get)
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on paid for 4 weeks after you stop qualifying for Working Tax Credit.



Some schools in Kent manage their own Free Schools Meals application process. For more information, go to:

kent.gov.uk/freeschoolmeals



Good morning everyone,

SPOTS (Supporting People on the Spectrum) are starting up their coffee mornings again and you can find further details below –

A support & information sharing group for families, carers and friends of children & adults with autism (and associated learning difficulties)

Come and join us for a ‘chat’ and a ‘cuppa’

WHERE & WHEN (Term time ONLY)

Green Banks Centre for Disabled Children

Westfield Road,

Margate,

CT9 5PA

TIME

9.30am to 11.30am

2021

7th June, 5th July, (No meeting in August), 13th September, 4th October, 1st November, 6th December

2022

10th January, 7th February, 7th March, (No meeting in April), 9th May, 6th June, 4th July

TEMPORARY COVID-19 RULES:

GREEN BANKS have requested that until further notice, only 10 people will be allowed to meet per session. Therefore, anyone wishing to attend SPOTS meetings must book a place via SMS or WhatsApp to 07717064944 (this will work on a first come / first served basis until GREEN BANKS advise us otherwise).

- SPOTS will meet in the ‘large meeting room’ and social distancing (as per Govt. guidelines of the day) will be adhered to.
- GREEN BANKS has requested that everyone attending must please bring their own refreshments. Hot water cannot be provided until further notice.
- Face coverings/masks must be worn when entering, exiting & walking around the building. Hand sanitiser will be available.
- SPOTS meeting/s may be cancelled at a moment’s notice (Govt. guideline dependent).
- As per GREEN BANKS rules, children are NOT permitted until further notice & the Soft Play & Sensory Rooms WILL NOT be available.

Telephone numbers - 07717 064944 or 07938 952138

Email - spotspectrum@gmail.com

Wendy Boorman BSc (Hons) Psych
Family Support Information Advisor (Children)

Please help raise funds for us, simply by shopping with Amazon Smile <https://smile.amazon.co.uk/> and selecting 'The Kent Autistic Trust' from the charity drop down list!!

Please see below for details of a trial virtual Chill and Chat Parent Group being run through Early Help in Thanet.

*** Please note this is for THANET families only ***

This will take place on Wednesday 26th May 1.30pm - 2.00pm
If interested in joining please call Six Bells on 03000 411666

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Please see our Privacy statement: [Data Privacy Statement](#)

The KAT Family Support Service relies on grants and donations for all of our funding. To donate please go to:

www.justgiving.com/campaigns/charity/kentautistictrust/familysupportappeal

Please raise funds with <http://www.easyfundraising.org.uk> and enter Kent autistic trust family support as your chosen charity (doesn't cost you a penny)

Kent Autistic Trust, 14 High Street, Brompton, Gillingham, Kent ME7 5AE, United Kingdom. Tel: +044 (0)1634 405168, Fax: +044 (0)1634 811282. Email: office@kentautistic.com Registered in England No.2404983 Registered Charity No.801965

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100% of our registered services have been rated 'Good' or 'Outstanding by the Care Quality Commission. 2018 winner, Autism Professional Awards. Kent Charity Awards Finalist 2018

Duke of Edinburgh News!



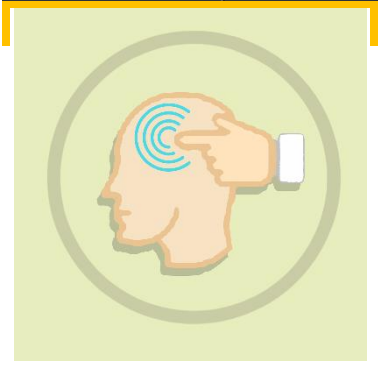
A number of Year 13 students were presented with their Duke Of Edinburgh Silver Award certificates at their final assembly on 11th May.. Due to Covi-19 restrictions and especially lockdown, many planned activities were hampered, nevertheless our students persevered by finding alternative activities for their Volunteering, Skills and Physical sections of their award..This is testament to their resilience and commitment, much needed traits in these challenging times.

I am certain that these students have made a difference to other people's lives and to their communities, that they will be fitter and healthier and have made memories to last a lifetime.

Congratulations from the DOfE team at Dane Court!

Online Safety advice -

Mental health awareness week - No link found with technology and negative mental wellbeing



A recent 2021 study published by the Clinical Psychological Science has found that there is no evidence that associations between adolescents' digital technology engagement and mental health problems have increased

Over 430,000 10 to 15 year olds were part of the study which compared TV, social-media and device use with feelings of behavioural problems, depression and suicidal tendencies

The study found a small drop in association between depression and social-media use and TV viewing, from 1991 to 2019.

Key comments from the study co-author Prof Andrew Przybylski are as followed;

"We couldn't tell the difference between social-media impact and mental health in 2010 and 2019,"

"We're not saying that fewer happy people use more social media.

"We're saying that the connection is not getting stronger."

For further reading a direct link to the study can be found below;

<https://journals.sagepub.com/doi/full/10.1177/2167702621994549>

Love Languages!

Top tips for learning vocabulary

1. Make a list of new vocabulary and revisit it at regular intervals. This process of repetition will help transfer knowledge to your long-term memory.
2. Learn cognates. There are the easiest of words to learn, as they have a similar sound, meaning and spelling as their English counterparts.
3. Create a picture in your mind to fit every word, which you can conjure up whenever you need to recall the meaning, helping to make it easier to understand.
4. Find songs that are easy to sing along to and contain at least a few new words. This puts new vocabulary into context - plus it's a fun way to learn!
5. Read familiar stories in the target language. Try reading translations of fairy tales or well known children's stories to help you build your vocabulary.
6. Use new vocabulary in a sentence. Putting a new word into context when you write your own sentence makes it easier to remember the definition.



We need your help! For a chance to win £5000 worth of new books for the school Library!



Please help to fill the library with new books by filling in the competition form for a chance to win £5000 of book tokens!

Here is the link:



https://www.nationalbooktokens.com/schools?utm_source=nbt&utm_medium=email&utm_content=win-5000&utm_campaign=schools-campaign-2020

Many thanks,

Mrs Finlay

Boot Fairs!!

This year's events are as follows:

Saturday 10 July 2021
Saturday 12 June 2021
Saturday 11 September 2021
No August Boot Fairs

Look forward to seeing some of you there!
The Parents' Association



