

Dear Parent/Carer,

We have now completed 2 weeks of teaching live lessons online and this has been a huge learning for both staff and children. We all know that nothing beats children attending school and interacting and engaging with their friends and teachers. For now this is the new way of learning.

If there is anything we can do to help whilst your child is accessing home learning please let me know. At present we are finding more and more children accessing live teaching online which is really good.

Please take care and I hope you have an amazing weekend.

Mr Chetty

### Online attendance

The teachers are recording attendance when children log in so please ensure your child/children are joining in for their daily learning session. If you are experiencing any problems with login in, please call the school office and we will try to help you as much as we can.

Our school website also has a step by step guide to Google classroom and you will find the timetables and class codes for online meetings for each year group there.

### Joke of the Week

What did zero say to eight?

Nice belt!

### Food donations

Holy Trinity Harrow Green church at 4 Holloway Road, E11 4LD (next to Redwood nursery) is distributing food parcels for anyone who is experiencing difficulty at these uncertain times. You can collect from them on Tuesday mornings from 11am - 12 noon. Similarly, St John's Church, Church Lane, E11 1HH, is giving food parcels on Saturdays from 10am - 11.30am. They would also welcome any donations of non-perishable, in-date food, plus toiletries and household cleaning products.

### E-newsletter to parents

**Coronavirus: How to keep children healthy, happy, learning and entertained at home.**

Here is your free e-copy of Family First magazine, packed full of information to help keep children happy, learning and entertained at home during lockdown – we hope it helps in some way.

Please click on the link below:

[https://issuu.com/sevenstarmedia/docs/ff\\_issue\\_7\\_digital211220](https://issuu.com/sevenstarmedia/docs/ff_issue_7_digital211220)



# National Sugar Awareness Week

January 18 – 22, 2021

Dear Parents/Guardians,

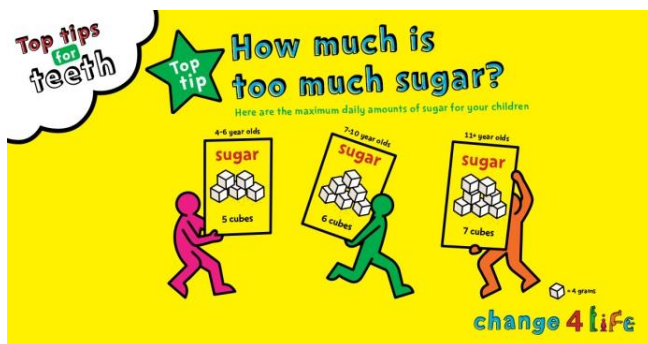
Kent Community Oral Health Team is Promoting National Sugar Awareness Week!

How can too much sugar affect children's Dental and General Health?

Too much sugar in the diet can lead to **painful tooth decay**. Every 10 minutes a child in England has a tooth removed in hospital. Too much sugar is bad for children's health too as it can lead to the **build-up of harmful fat** on the inside that we can't see. This fat can cause **weight gain** and serious diseases like **type 2 diabetes**. Which people are getting younger than before, and **heart disease** and some **cancers**. Click on the following links to find out more:

<https://sugarawareness.com/>

<https://www.nhs.uk/change4life/food-facts/sugar>



<https://www.sustainweb.org/news/jan21-go-fizz-free-health-climate/>

For specific advice on how to prevent dental decay check link or QR code below:

<https://www.kentcht.nhs.uk/service/dental-services/oral-health-promotion-resources/>

