

Princess Fred's Matters



Thursday 23rd April '20

'For I know the plans I have for you,' declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.' Jeremiah 29:11

Dear Parents and Carers,

I hope this newsletter finds yourself, your family and friends mentally, physically and spiritually well. I would like to start by thanking our wonderful school community for your continued support and warm words of encouragement over this very challenging and life changing time. While I, and all members of staff, continue to miss our school community very much, we are also aware of the continuing need to play our part in this national effort to protect as much of our community as possible, and especially the most vulnerable. We understand our role in this effort but also appreciate the challenges that all our families are going through at this time and the variation of challenges you will be facing. Keep remembering, at this time, looking after our physical, spiritual and mental health is more important than academic progress. Enjoy your routines, enjoy reading the things that have been put off and enjoy a period of time together that we may never experience like this ever again.

As for this newsletter, it's an opportunity for teachers to say hello and reassure you all that we'll all be here for our school community when we return.

Mr Richards and the team at Princess Frederica

Dear Parents and Children,

We are all aware that these are challenging times for everyone and I know that we are incredibly grateful for the local heroes who work tirelessly to support us and hold our communities together. Each Thursday evening we've been out banging our saucepans (and blowing bugles this week!) to cheer on the NHS and all those working in less prominent roles to keep us safe, fed and well. I like to think that we are also cheering on our school and the wonderful staff still working imaginatively in ways that no-one could have anticipated with our children at the forefront of their minds. The board wishes to sincerely thank every single member of staff for their wonderful, tireless and continual efforts.

Marianne writes: Meanwhile at home, we have been teaching our (teenage) children the new found, apparently amazing skills of how to turn on a kettle, how to make a cup of tea and how to unload the dishwasher. We are variously now very well skilled in anything X box and can talk for many hours about Modern Warfare, Roblox and Minecraft. Finally, if anyone needs a recipe for rock hard hot cross buns, we can help!

Will writes: While exploring alternative educational opportunities, the kids have enjoyed digging a gigantic hole in the garden. Unfortunately the dog has also adopted this idea in all the wrong places! The kids have also enjoyed watching their parents doing the Joe Wicks workout and occasionally join in. It's an ongoing emotional rollercoaster - let's try to be kind to ourselves and each other.

With love to you all,

Will and Marianne (Co-Chairs of the Governing Board)

"A friend loves at all times, and a brother is born for a time of adversity." Proverbs 17:17

Dear parents and children,

I do hope that you are well and enjoying spending time with your family. I have enjoyed spending some extra time with my wife and the love of my life, my dog! I've even taught her to sit for a treat. It's also been fun to try some new recipes for dinner time (I can now make a lovely mushroom stroganoff!) and I have finally had a chance to read all time favourite books again, one being the 'The Secret History' (one for the adults) and some of my childhood favourites such as 'The City Cats' by Colin Dann (older children!). While new books are great, I forgot how much fun reading a book you've enjoyed in the past can be too. I've also sneaked in some Netflix too!

Take care everyone. Mr Richards



Dear parents and children,
 What strange times these are at the moment. I hope you are all managing to keep your spirits up and not get too bored. I have been trying to keep active with a pilates session on You Tube every morning. I have also been enjoying lots of cooking and baking as well as some gardening. Today I planted lots of herbs that I will be able to use in my cooking if they grow! My son (Ben) has moved back in with me and brought his PS4 so I have enjoyed reacquainting myself with Crash Bandicoot! Ben and I seem to be doing a lots of quizzes on Zoom which is fun and we are both reading a lot. So far I've read lots of adult books ('Sweet Sorrow' and 'Daisy and the Six' were two of my favourites) but I now have a pile of books shortlisted for the Children's Book Awards to start. Take care of yourselves - the school is a lonely place without you all.
 Ms Christopher



Safeguarding and Child Protection

IF YOU HAVE A CHILD PROTECTION OR SAFEGUARDING CONCERN, PLEASE REPORT IT TO THE SCHOOL

During these challenging times it is important to remember the school is here to support families with child protection and safeguarding concerns. If you are worried about something, you can report these directly to the school DSL (Designated Safeguarding Lead) which is Ms Griffin or the deputy DSL which is Mr Richards (HT) through the safeguarding@princessfrederica.com. This e-mail address inbox is monitored every day.

Keeping safe while online

Without doubt, children will be spending more time at home online. It is therefore important that you are satisfied that this is being carried out in a healthy way. Some things to remember include the importance of your children taking regular breaks while on a screen and working to ensure they are not spending too long isolated on their own, especially when on the internet. Please keep up conversations with them about what they are doing and work they are completing and remind them about the rules for safe internet use that they have learnt at school (SMART). There is further advice about staying safe online on the school website under Key Information: Curriculum: Online Safety. <http://www.princessfrederica.brent.sch.uk/computing.html>

Addendum to the Child Protection and Safeguarding Policy

Under policies on the school website, you will find an Addendum to the Child Protection and Safeguarding Policy. The main Child Protection and Safeguarding Policy still applies but this additional policy contains further information about COVID-19 planning and safeguarding. It also has a number of different contact phone numbers for different agencies within Brent and national contacts.



Ms Julia Griffin
DSL



Mr Peter Southgate
Link Governor for Safeguarding



Mr Anthony Richards
Deputy DSL and HT



Child protection and safeguarding policy and procedures In line with Keeping Children Safe in Education September 2019	
Addendum in Response to Covid-19	
Governing Board with Responsibility	Full Governing Board
Reviewed/Revised	April 2020
Date of Next Review	May 2020
Agreed by Governors	17 July 2020
Additional Notes	The policy will be reviewed and updated by either the school or the Governing Board.
Princess Frederica CE VA Primary School recognises its responsibility for child protection and safeguarding.	

Dear parents and children

I have been cooking rather a lot over the past few weeks and have been learning to cook some of my favourite restaurant dishes at home. I am getting better but seem to be using every saucepan and pan and creating a lot of washing. To make up for all the cooking and eating I have been aiming for 10,000 steps everyday around the house and on my walk. My family have also been learning some dance routines which we have been sharing during Face- time Friday.

Stay safe and have fun with your family.

Ms Banks

Brinjal (Aubergine) Curry Sri Lankan Style with lentil dhal and poppadums'



Ms Bellini

Dear parents and children,

For me it has been very important to keep in contact with my loved ones and friends, I've taught my parents how to video call (including using some very funny filters!) and I have been talking on the phone to my friends. It is so important that we remain in touch with the people we love, and I hope that you have been able to do this too. I have been enjoying clapping for the NHS on Thursdays at 8pm and I have made a friend who I wave at from my balcony every week.

During the Easter holidays, my husband and I built a giant 3D jigsaw of Hogwarts castle. It ended up taking most of the Easter holidays to complete! I have also been spending quite a bit of time finessing my gluten free baking. I can now make a decent lemon drizzle cake and banana bread, but I am still working on the brownies!

You may notice a change in the literacy and maths work that the Nursery children will be completing this half term. As we move through the summer term, I am now preparing them for their journeys into Reception, so at first the work may be different and more challenging than they are used to. Just remember that the most important thing is that they try their best!

I really hope that you are all healthy and well,

Ms. Bellini



Ms Mulry

Dear parents and children,

I hope you are well and have been making the most of the beautiful sunshine. I have been enjoying my daily walks by the river as well as getting active every morning doing PE with Joe Wicks! I've been doing lots of cooking and baking, and especially loved making these delicious cookies. It has been great to have the time to get creative and I've loved getting back into painting, drawing and even knitting! As well as having lots of fun, I've been busy planning lots of exciting activities for this half term. I can't wait for us all to learn about extraordinary eggs and the creatures that hatch from them, including chicks and even dinosaurs! I hope you're all as excited as I am.

Take care and keep smiling,

Miss Mulry



Ms O'Sullivan

Dear parents and children
I hope you have been enjoying some extra time together and doing lots of fun things during the Easter break. I have enjoyed spending some extra time with my partner and calling family both in Ireland and New Zealand. During this time I have enjoyed getting back into a past love - baking! In the past I loved baking and forgot how much fun it can be to mix and change up different recipes. I also find it to be both therapeutic and relaxing (well, when it all goes to plan that is!!). I have made seeded soda bread and cheese, thyme and black pepper soda bread - that went down a treat! I have also enjoyed re-reading some old books I had, I love how a book can suck you into its 'world'. I also managed to watch the new Lion King movie, which I absolutely loved!
I hope you all continue to keep well and safe. Take care everyone.
Ms O'Sullivan



Miss Coode

Dear parents and children,
I hope you are all safe and well and enjoying the extra time at home. I have been trying to spend my time as productively as I can but I have been sucked into binge watching a couple of Netflix series. I have also been doing lots of baking. I have made chocolate cake, cookies and a delicious coffee and walnut cake. To balance out all the baking I've been doing exercise classes in my living room and enjoying my daily walk in the sunshine. I have also been playing board games and reading to keep myself occupied. Looking forward to seeing you all again soon hopefully.
Ms Coode



Miss Moore

Hello everyone,
I hope you all had a wonderful, if rather out of the ordinary, Easter. Welcome back to the Summer Term - though not as we know it.
I am missing everyone at Princess Fred's terribly and can't wait to see the wonderful 1 Canada, Miss Wani and everybody else as soon as we are able to return.
Apart from taking care of various chores, I have been keeping myself busy over the last few weeks and have loved spending more time with my cats, Charlie & Millie.
I am making good use of my daily exercise allowance by getting up with the birds, when only a few people are around, and walking for miles and miles. My favourite walks are along the canal, beside the river or anywhere near water. It's a wonderful time of year to see ducklings, goslings and cygnets and all of nature bursting into life. There still doesn't seem to be enough time to read all the books stacked up on my bedside table but I have thoroughly enjoyed delving into a selection and particularly recommend Roald Dahl's My Year for children and adults alike; it is a wonderful stroll through the months of the year written by one of our greatest authors.

With very best wishes to you all,
Miss Moore (and Charlie and Millie) xxxx



Ms Bastick

Dear parents and children
I hope you are all well and keeping safe and have enjoyed your Easter break with your family. I have been kept busy spending time with my two beautiful children. We have been baking, making things out of boxes and containers and getting out for our hours exercise everyday. I have also been busy getting ready for Freddie's 6th birthday and baking a Star Wars cake, as he loves everything about it. I hope you are looking forward to getting back to your home learning, we have some exciting topics to look at including learning about Our Local Area Kensal Green!
Take care of yourselves and each other.
Miss Bastick



Mr Kai

Hello everyone,
I hope you and your family have all been safe and sound over these past few weeks. Even though it's definitely been an unusual time period, I'm sure that you have been busy with new exciting activities! I can't wait to see you all again and hear about all your adventures.

This month, I have been learning some interesting new words to help me with my new favourite board game – Scrabble! You wouldn't believe how excited I was when I finally made my first 7-letter word bingo. I was completely over the moon! Knowing my -ed suffix definitely helped me achieve that so I hope you've all been practising spellings too! While I've been missing going dancing with my partner, we did manage to organise an online art session where we drew some landscapes of our choice. I'll let you guess which one is mine and which is hers.

Over the next few weeks, we'll be covering fractions so be sure to practice your division. I hope you all stay well. Mr Kai :)



Mr Duker

Dear children and parents,
I hope you're all keeping safe and well and most importantly enjoying quality time together. I have so far had a pretty quiet but enjoyable time at home catching up on some of my favourite TV programmes such as Friends, The Chase and Only Fools and Horses. I've also been spending some quality time making music, which is my 2nd passion, in my mini studio. Although it's been tempting at times to be a couch potato, I've also been trying to keeping my fitness levels up by partaking in Joe Wick's daily workout sessions and I'm sure many of you are joining in too!
As we've resumed home learning, we look forward to learning more about our local area Kensal Green and also delving into some exciting maths activities on fractions.
Continue to keep safe and we'll see you all soon.
Much love and God's blessings,
Mr Duker



Ms Griffin

Hello to everyone, especially 3A children.
I hope you've enjoyed a rest from home learning and are ready to tackle some more fractions. We're also finding out about South America this half term. In the holidays, I've been spring cleaning my flat and enjoying early morning walks in nearby London parks. I've also been enjoying services from my church online. I'm looking forward to seeing some of your work on Purple Mash. I will be checking Mathematics and Accelerated Reader too.
Miss Griffin



Mr Sowa

Dear parents and children,
I hope you are all well and enjoying spending quality time with your family. I've enjoyed spending time with my wife and children. We all get up early in the morning to set tasks for school each day. I've so far had a pretty quiet but enjoyable time at home catching up on some of my favourite television programmes such as Friends, The Chase and Tipping Point. We've also been watching Disney movies together and keeping fit in our gym. Sunday, the 19th April was my birthday and my children really spoilt me with presents. I got new hands-free ear buds, a new shirt and tie for work and a Hugo Boss cap.

I remember a while back some of you were asking me when we were going to learn about time and money. Guess what? We are going to start this term in practice book 4C.

I look forward to challenging your knowledge and understanding of money and influencing how you measure and spend your time.

Take care, stay home, stay safe and may God bless you all.

Mr Sowa



Ms Foster

Dear parents and children,
I hope you are all well and have enjoyed a break from school work over the holidays. I have been kept very busy entertaining my two boys. We have been baking, painting, playing and destroying the sofa with a lot of jumping!

Elliot helped me make pizza dough last week and he enjoyed adding the toppings himself. I have been looking ahead at your foundation topics for this term. We are going to move onto 'North America' and earthquakes in geography. Hopefully you will enjoy some of the activities we will set for you on Purple Mash. If you're feeling adventurous you can even try getting hold of some jelly to simulate the effects of an earthquake (more on this in the next few weeks!)

Look after yourselves,
Miss Foster



Ms Staron

Hello everyone and a particular shout out to 3 Canberra!

Although this has been an incredibly trying and difficult time for all of us, I hope you are keeping fit (I have found just dance incredibly helpful with this!) and managing to do some of the things that you love and might not normally have time for.

Being in self-isolation has meant that I haven't been able to go out walking as much as I would normally like to but the walks that I have been on have provided many beautiful blossom photo opportunities! I am very much looking forward to seeing your work on Purplemash and hope you have been working hard on your writing and your maths! Stay safe and take care.

Miss Staron



Ms Greenaway

Dear parents and children ,
I hope you are all happy and healthy. I have been keeping myself busy, enjoying spending time with my family - my three big children and two cats are keeping me entertained. I have been doing lots of gardening, planting seeds for this year's vegetable crops and for flowers to pick. I have been particularly enjoying growing micro-greens which are fast growing salads on my window sill, they grow in a week and are very tasty. Sunflower shoots are my favourite! I've been reading too, a book for secondary school children called 'The Hate You Give' by Angie Thomas and for adults an Anne Tyler novel called 'Clock Dance'. Both books are about girls growing up in America , but with very different experiences. I've started knitting a jumper too, photos of that one next week!

This week's science topic is your teeth! I expect you all to be able to tell me what the different teeth in your mouth are called when we get back- enjoy the fun Purple Mash task, stay well and see you later

alligators.
Ms
Greenaway



Mr McCann

Dear parents and children,
I hope you are all well, enjoying spending time with your family and keeping safe. I have unsurprisingly been using this time off to enjoy lots of reading including finishing off the Y5/Y6 Kenzalia Book club book 'Evernight' and reading 'Orphans of the Tide'. I'd highly recommend both for our older children. I have even read some great books for adults including: 'The Silent Patient' and 'The Family Upstairs'. I have also enjoyed spending lots of time cooking and baking including making a variety of cakes and desserts and even trying to experiment with Asian cooking which is something I haven't done previously. Along with the cooking I have also taken the opportunity to host quiz nights via the app Zoom for friends and families and I can certainly say 5 Lisbon listen better than them all! For home learning this half term Y5 will be exploring the Victorians in history, continuing with materials in science and in maths you will be finishing off work with fractions and moving on to decimals and percentages.

I will certainly remember this period especially

because I celebrated my 28th birthday on the 16th April. So for anyone else who has celebrated theirs during lock down, we deserve to have lots of celebrations once this is all over!

Take care everyone and I really hope I get to see you all soon.

Mr McCann



Ms Gayer

Dear parents and children,
I hope you are finding ways to enjoy this time at home and with your family. Have you learnt any new skills that you didn't have before? I'm looking forward to hearing all about your time at home once we are back at school, And what about me? You might be wondering who that is in my picture. I've been spending lots of time with my housemates' dog Mungo - I've managed to teach him to do a handshake too!

What a great opportunity this has been to read. Have you all managed to spend some time reading? My favourite book that I've read so far is 'All the Things that could go Wrong'. After starting it as our class book I couldn't resist finishing it!

We have some good topics to cover in home learning over the next couple of weeks. In maths you will be

continuing with fractions, for topic you will be exploring the Victorians and for English you will have a writing task for a different picture each day. Looking forward to seeing you all again when we return to school. Take care,
Ms Gayer



Ms Yerlisu

My dear students,

I do hope that you are all well and keeping yourselves engaged. So far, I have enjoyed cooking my favourite dishes and I have even tried a few new recipes. I have promised myself to improve my baking skills but I haven't been very successful yet! I have more time to run outdoors. I run at least 3 times a week now. I set my target to reach 10 km each time. I have realised how captivating the feeling of spring is and how exquisite the flowers and plants are around my neighbourhood. You all know my passion for cats and dogs. We have a new member to our family. A British bulldog! His name is Joker and he is only 3 months old. He grows so fast. He is so cute! I have also found a great interest in British history. I watch documentaries on Netflix!

I dearly miss you all.

Miss Yerlisu



Mr Larke

Dear 6 Russia,

I hope you are all keeping well and have been able to make the most of the beautiful weather. I have been enjoying getting outside for my daily exercise in the park and by the river. Being separated from loved ones at this time, I thought it would be a good opportunity to explore my family history a bit further. To my amazement, I discovered a sweet shop my great great grandfather ran in 1900 is just a five minute stroll from my current home! I also found out that my great grandmother worked as a barmaid in a local pub in 1908! Continuing with my name-sake theme, I really enjoyed reading *The Skylark's War* by Hilary McKay and recommend you read if you're looking for something new. It's set during World War 1 and follows the lives of three young people growing up during this time. Very beautiful and very moving.

I have also been busy planning lots of activities for the upcoming half term. We will be undertaking some activities on France in geography, electricity in science and the binary system in computing.

Make sure you continue to look after yourselves and those around you. I hope to see you soon.

Mr Larke



Mr Tang

Hello everyone.

It's been an interesting time. I've been homeschooling my three children and playing music together as a family. (To see us, check out my Youtube channel. Do a search for John Tang vocal warmup. Click on the picture of me, go to my channel, and you'll be able to see all of the videos I have put on for you). I've been keeping fit by jumping on the trampoline and chasing my children around the house. I've been doing a lot of reading, praying and watching kids movies on Amazon Prime. Kids movies are great these days! I'm missing all of you, and I can't wait to see you again.

That said, if you want to see me again, just check out my latest vocal warmup online.

Mr Tang



Mr Chantler

Hello Everyone,

Hope you're all safe and well and making the best of this time we find ourselves in at the moment. I hope that you are carrying on with a smile and enjoying the different and exciting ways of learning from home.

At home I'm enjoying my walk every other day along the canal to Paddington and back, to stretch my legs and get some much needed exercise. I have also been listening to my music, watching some of my favourite cricket and football matches from seasons gone by on YouTube and completing my many games that have been collecting dust over the years on my Xbox.

Stay safe, have fun and hopefully see you all soon.

Mr Chantler.



School Prayer

Father God,

We thank you for loving and making each one of us,
Help us to respect and care for each other and our environment.

Help us to work hard and play fairly

That our school may be a place of joy, peace and hope and a light in this community

We ask this in the name of Jesus Christ

Amen