



# WIMBLEDON CHASE PRIMARY SCHOOL

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**Acting Headteacher:** Keith Ellis B.Ed. (Hons.), M.A. (Education)

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29 January 2021

Dear Parents,

I am sure that you all enjoyed last Sunday's snow; the school looked very lovely.



## Place2Be's Children's Mental Health Week - Express Yourself

Next week is Children's Mental Health week and we have a range of activities organised to promote positive mental health around the theme of *Express Yourself*.

## Mr DeHaarte's live streamed workouts!

Joe Wicks look out as our very own Mr DeHaarte will be live streaming a daily workout next week at the following times:

12.00 -12.15 Phase 3 - Years 3-6

12.20 - 12.35 Phase 2 – Years 1-3

12.40 - 12.55 Phase 1 – Nursery and Reception

Daily links will be posted in your child's Google Classroom; all you need to do is click on the link and take part. Mr DeHaarte will not be able to see who is taking part so you do not need to have your video or microphone turned on [please note that we will not be supervising the children in these sessions, so please feel free to join in with your child as well]. Detailed instructions on how to join these sessions are at the bottom of this letter.

We also have some **optional activities** for the children to express themselves with each day to promote children's wellbeing including a link to a live assembly from Place2Be and the Oak Academy at 9am on Monday morning (click on link in box below).

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For children who have live lessons at 9.15am, the assembly will be recorded and can be viewed later in the day.

<b>Monday</b>	<a href="#">9am: Live Place2Be assembly</a> Make a model out of junk material or LEGO etc.
<b>Tuesday</b>	Chat to a friend
<b>Wednesday</b>	Go for a senses walk and take a picture
<b>Thursday</b>	Draw a picture whilst listening to calm music
<b>Friday</b>	Fancy Dress Friday - Come to your live sessions in fancy dress or different clothes or even a hat!

Teachers will also be focusing on well-being throughout the week with the children. If you would like to [submit a photo](#) of any of the above activities that we could share in a gallery on the school website, then please do through your child's Google Classroom. Teachers will instruct the class how to do this in their live sessions.

#### **Parent and Teacher Discussions**

We will be holding Parent and Teacher Discussions the week after half term on **Tuesday 23rd February [3.30pm-7.00pm] and Friday 26th February [8.30am - 4.00pm]**.

These will be held virtually again and we will send out information next week on how to book appointments. For parents of children with Individual Education and Support Plans (IESP) there will be time allocated within these meetings for those discussions. The *parenteveningsystem* video link that we used last term has had some upgrades so that parents will be able to join the meetings from different locations.

The format of the meetings will be slightly different to parent consultations in normal times. The main focus will be an opportunity for you and the teachers to discuss how your child is managing with remote learning or critical worker provision, how their well-being can be supported as well as their learning progress. On Friday 26th February, remote learning will be set but there will be no live sessions that day.

We will also ask children to complete a survey of how they are doing with their remote learning before half term.

#### **Remote Learning**

We have added some new information on [engagement and feedback](#) on the school website. You may have noticed that the guidance on remote learning is now on the Virtual School page as well as in Useful Information.

With the introduction of live lessons in the afternoon we will be reducing the regularity that teachers will make wellbeing phone calls to the children. Teachers will try to make sure all children have been contacted again before half term.

#### **Twitter**

Please do follow us on our school Twitter account as we will be sharing some of the children's achievements as the term progresses. You can find us on [@ChaseWimbledon](#) or through the link on the school website. Our account is protected so please request access and we will get back to you as soon as we can. If your Twitter name is unusual [and we might not recognise you] please also email the office to say that you would like access.

Finally, please can I remind you to wear a face mask at all times when on the school site and to also continue to follow the one way route at drop off and pick up.

Have a good weekend.

Best wishes



Mr K Ellis  
**Acting Headteacher**

### **Well-being links**

<https://www.bbc.co.uk/bitesize/articles/znsmyxc>

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

<https://www.annafreud.org/parents-and-carers-old/self-care-for-parents-and-carers/>

<https://www.wimbledonchaseschool.co.uk/our-learning/mindfulness/>

## Mr D's Workouts - joining instructions

Mr D will be holding the daily live stream work outs next week at the following times.

- 12.00 -12.15 Phase 3 - Years 3-6
- 12.20 - 12.35 Phase 2 – Years 1-3
- 12.40 - 12.55 Phase 1 – Nursery and Reception

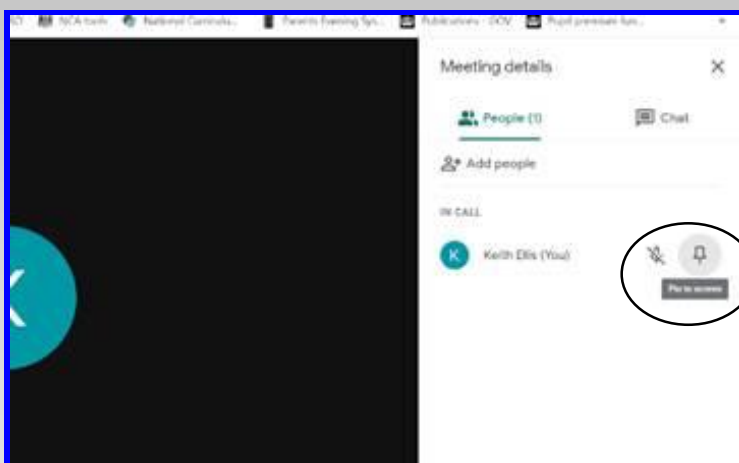
The link for each session will be posted daily in the Stream in your child's Google Classroom.

The link will be different from the live morning lessons or the afternoon teacher catch ups.

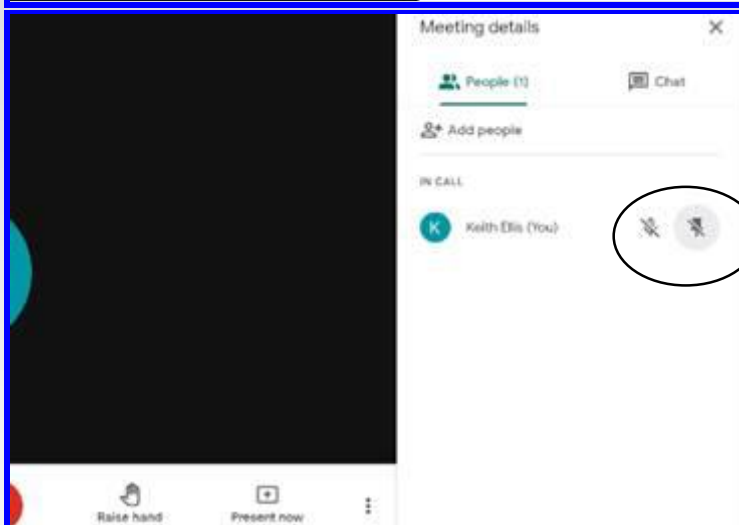
There are 250 places for each session [first come first served!]

When entering the session please do the following.

- 1] mute your microphone
- 2] switch off your camera
- 3] 'pin' Mr D's screen so that you can follow the workout without other participants interrupting [see images below]



Find pin



Pinned!

- 4] Children should be supervised at home
- 5] Please be patient with us - we hope it works! We will try to solve any teething issues each day!