



Week Gone/Week Ahead - 1st May 2020 Centre Academy London

Dear Parents/Carers, Students and Staff

This has been our first full week back after the Easter Holiday and I know that this continues to be a challenging start to term. I hope that most of you have now been able to create some sort of structure to your days. If not, I have included some hints and tips for this on the final page.

I have been really pleased to speak to so many parents and students this week about what they are enjoying and what they are finding difficult. Please remember the School Office is open daily from 9:30am to 1:30pm, please call on 020 7738 2344 or email us on LondonSchool@centreacademy.co.uk.

Next week the Early May Bank Holiday is on Friday 8th May – so the School will be closed on that day.

Wishing you all a safe and healthy weekend.
Miss Maddison

Upcoming Dates

Should there be any changes to term dates we will inform you as soon as possible.

Friday 8th May 2020:
Bank Holiday

Monday 25th – 29th May 2020:
Half Term

Friday 3rd July 2020:
End of Term

Student of the Week certificates have been awarded to the following students.
Well done for your fantastic work this week.

Dimitrios - Humanities
Grace - Maths
Khyan - Maths
Khyan - English
Margherita - Social Skills

Saleh - Social Skills
Sam - Science
Simone - Art
Thomas M - Art
Thomas W - Science

The winner of the house point competition this week is:

Effra

Congratulations to them for winning and well done to all students for their hard work over the week.



Structuring Learning from Home – Top Tips

Keep to a timetable wherever possible

- Create and stick to a routine if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day!
- Involve your children in setting their timetable where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership.
- Check in with your children and try to keep to the timetable—but be flexible. If a task/activity is going well or they want more time, extend it when possible.
- If you have more than one child at home, consider combining their timetables. For example, they might exercise and do maths together – see what works for your household.
- Designate a working space if possible, and at the end of the working time have a clear cut-off to signal school time is over.
- Stick the timetable up on the wall so everyone knows what they should be doing and when, and tick activities off throughout the day.
- Distinguish between weekdays and weekends, to separate school life and home life.

Be realistic about what you can do

Make time for exercise and breaks throughout the day

Work out other activities that keep everyone engaged throughout the day

- Add some creative time or watch a dance video.
- Get your children to write postcards to family members or to pen pals/friends.
- Ask family to listen to your children read on FaceTime (or ask family to read to them).
- Give them chores to do so they feel more responsible for the daily routine at home.
- Ask them to help you cook and bake and clear up afterwards (Life Skills).
- Accept that they'll probably watch more TV/spend time on their phone – that's ok but you might want to set/agree some screen time limits. Screen time before or in bed is not helpful as it actively impairs the ability to sleep and get proper rest.
- We have lots more ideas of other places to go online for activities – please speak to your child's mentor for ideas!