

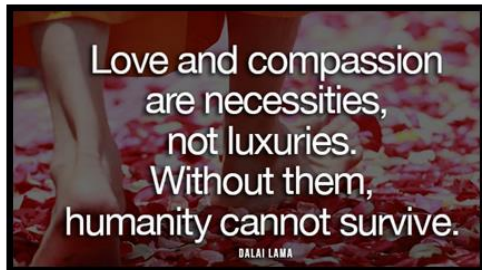


## Week Gone/Ahead – 4<sup>th</sup> March 2022

### Centre Academy London (CAL)

Dear Parents/Carers, Students & Staff.

This week I thought it fitting that we start with a quote from the Dalai Lama.



Understandably, the students at CAL have started expressing their concerns about the Ukrainian conflict. To address this, staff at CAL have sensitively discussed facts with the students. It is important we recognise and validate their feelings and not trivialise how they are feeling. I have attached a parent guide that may support you in

answering some of their questions at home. These are not my ideas but those expressed by a reliable source for school leaders. I hope you find it useful.

In addition to this, some staff are encouraging the children to be more proactive and fundraise for this humanitarian cause. We will post more details in the next few weeks but if I may, I would like to share what Alfie's Mum has done in **just one week!** to support those who are affected by this war.

*This week I came across a post on Instagram about a woman who was trying to start a collection for the people of Ukraine who are in a refugee camp in Moldova. One of the organisers is local to me so I offered assistance and on Monday night, my house became the main collection point for South London. Within hours I had 2 car loads of donations and by Tuesday I was inundated with people dropping off huge boxes of donations. On Wednesday alone, I took in 150 deliveries including 5 petrol generators and 6 camp beds. My house was so full that on Thursday morning a van collected half what I had boxed up and it is now heading to Kyiv. By lunch time on Thursday, I had received enough donations to replace what I had sent out that morning. This morning, a local Ukrainian man lent us his van to pack up the rest of the boxes and drive them to meet the 22 tonne lorry, which departed for Moldova soon after.*

*Nidhima Kohli, who started this appeal, has now turned her attention to big companies to try to get them to deliver things in bulk and has a warehouse in Southampton to collect the donations in. All achieved in one week! The people arriving in Moldova arrived with nothing, and so we have been collecting items such as toiletries, baby food, nappies, wipes, electrical items like heaters and torches, batteries, underwear, feminine hygiene products, raincoats, sleeping bags and most importantly medical items like gauze, antiseptic and pain medication. 85 babies and counting have been born in Kyiv and are being looked after in make shift maternity units, and so they desperately need new born clothes, nappies and other supplies. They are still accepting donations, as more trucks will head out there and if you want to help, please email me on **[louisestevens@hotmail.com](mailto:louisestevens@hotmail.com)** and I can share the details with you.*

*Whilst it is devastating that this fundraising has been necessary, it has been amazing to see how everyone has come together and been so generous to support our European neighbours. It has also been refreshing to see the power of social media work in a positive way to help those so desperately in need.*



. This poem that was read to the students in this week's assembly:

### Peace

Walk the path of peace, my friend,  
 Walk the path of peace.  
 No need to fight,  
 No need to shout,  
 Walk the path of peace.

When things feel wrong and not right, my friend,  
 When things feel wrong and not right.  
 Peacefully show, the way to go,  
 When things feel wrong and not right.

Let's walk the path of peace my friend,  
 Let's show what's right and not wrong.  
 In friendship, let's all walk hand in hand,  
 And peacefully we'll be strong.

Louise Stevens has inspired all of us to try and help. As Louise says, one single act can multiply into one powerful change to someone else's life.

### House tokens

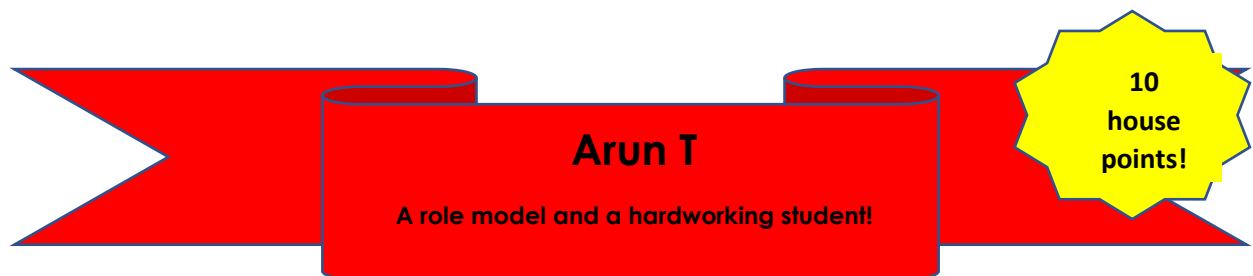
House	Upto last week	This week				
		SotW	Kindness	Tokens	Total for this week	Final
Falcon	139	30	-	27	57	196
Wandle	133	100	-	33	133	266
Effra	70	90	5	21	116	186

My goodness those tokens are totting up and Effra, you have closed that gap significantly! Well done!

## Students of the Week

Jaylie	Art & Science	Alois	ICT	Ethan	Math
Myles	Art & PE	Zack	ICT	Julie	Science
Arun	English & ICT	Kurt	Science	Spencer	Science
Faris	PE	Thomas M	Humanities & English	Jake	Science
Jason	Humanities			William	ICT
Allfie	ICT			Freddie	ICT
				Dash	Maths
				Simone	Art

## Head of School Award



## New staff

Ms Halima Shaker

*My name is Halima Shaker, and I have an undergraduate degree in English Language, Communications, and International Relations. In addition to this, I've completed my PGDE in Teaching English in Secondary Schools through a TeachFirst scholarship program at the Institute of Education, UCL.*

*In order to supplement my academic knowledge, I've also independently completed courses such as TEFL (Teaching English as a Foreign Language), Managing Challenging Behaviour, Mentoring and Coaching, and I am a DSL (Designated Safeguarding Lead). Further to this, I've enrolled in Level 2 CPCAB - Certificate in Counselling to strengthen my approach in dealing with mental health.*

*Inspired by the founding fathers of education and philosophy such as Socrates, Aristotle and Plato, I am extremely passionate about education, working with children, and managing mental health. This drive primarily comes from my own experience as a young person in education whereby I experienced an ample amount of obstacles, trials, and tribulations. My experiences put me at the forefront of battling inequality within education, and I am determined to ensure each student I teach and know will thrive academically, socially and mentally.*

*Though I have 3 years of experience working as a Qualified Teacher, and 2 years prior experience working as a Teaching Assistant, I have an innate ability to develop and maintain strong rapport with young people, and I understand the value of this. Through my own experience, I've been able to detect the flaws in the education system and strive to alleviate them.*

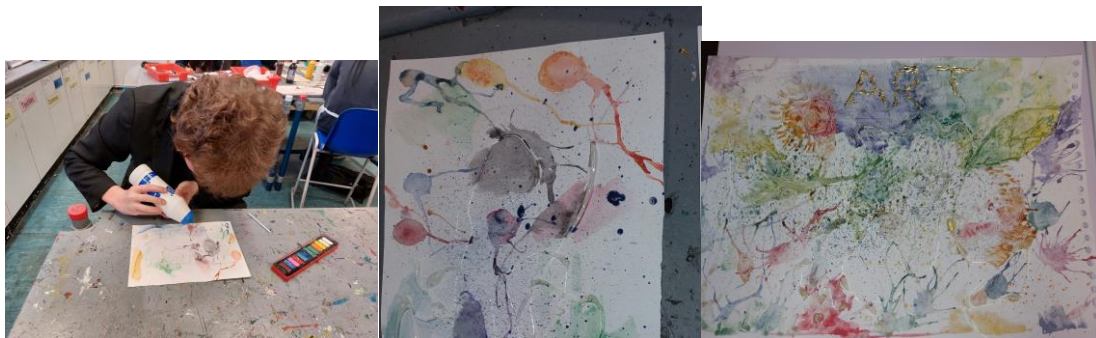
*Given that my mother and brother both suffer from mental health and possess some learning difficulties, my occupation is very personal to me. To conclude, I am a forward thinker, progressive leader, and an enthusiastic people person.*

## Clubs

Glue and watercolour resist art by Ms Raw & Jake:

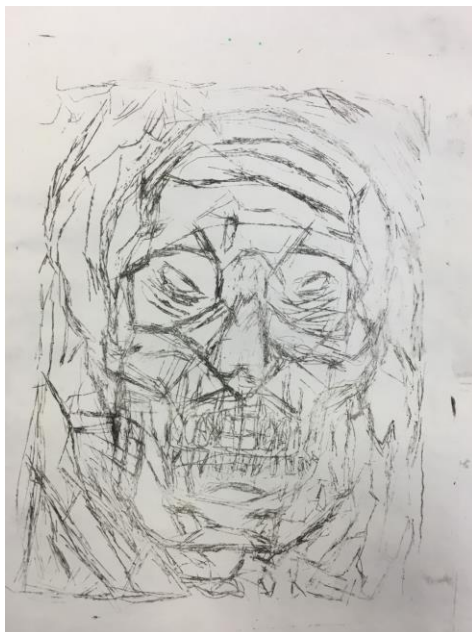
*"Drawing an initial design with the glue gun, we then experimented with colours and application of the paint, a wash, spattering and blowing patterns with a straw."*

*To spice things up we then experimented with adding salt and alcohol gel which create interesting patterns with their reactions."*



## Gallery

Miss Schwartz emailed me a lino etching that Arun T has completed. We have recently invested in a lino cutting machine and I think that this is very effective.



I have to admit I found the image quite startling and scary but it looks so good framed! The watermark adds to the slightly sinister and decaying mood.



## Mr Jeffrey has his own gallery!

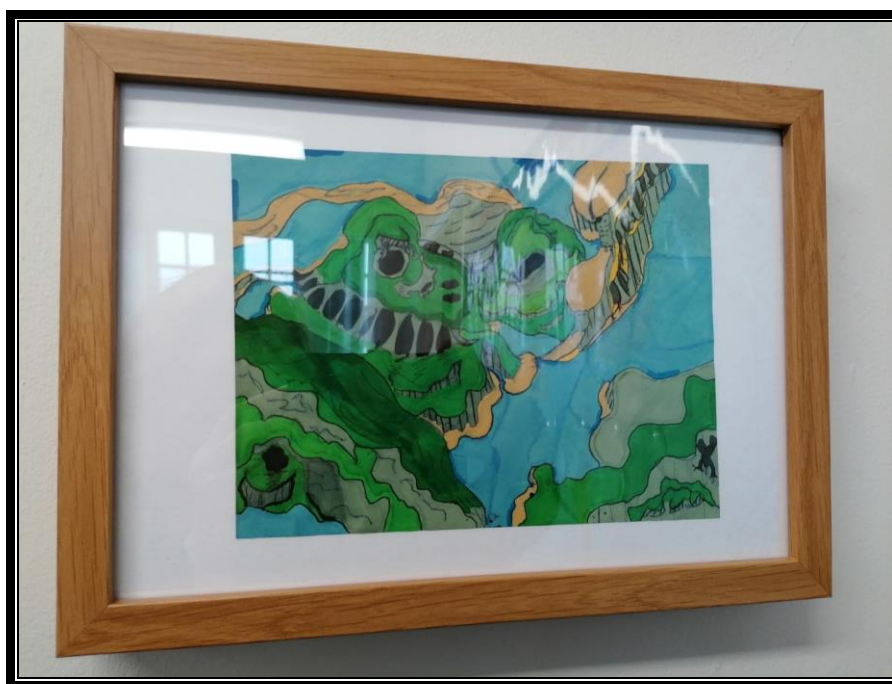
I believe that Zephaniah have been looking at satirical cartoonists in Art and I know Mr Jeffrey encourages the students to read newspapers in the morning. This is what they have produced.



Kurt saw this cartoon in the *Telegraph* and felt compelled to reproduce it. It is Vladimir Putin and Boris Johnson.

Zak created this image himself to sum up his feelings about Putin.

As discussed earlier, the staff do not voice any political views or opinions to the students but from the evidence offered, the students have their own views on the conflict.



To finish on a more positive note, this an original abstract created by Zak. Apologies for the quality of my camera work, but Zak's colours are well chosen and the image is very dynamic. Lovely work Zak.

## Upcoming events

**11.3.22** British Museum visit

**Please scroll down for term dates for next year.**

## Parent feedback



Please continue to email us at:

[Londonschool@centreacademy.co.uk](mailto:Londonschool@centreacademy.co.uk).

Have a good weekend,

Kas Lee-Douglas  
Head of School

# Russia's invasion of Ukraine: information and support pack

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Dear parents and carers,

Many of us are anxious about the news unfolding about the conflict between Russia and Ukraine. Even if you're not directly affected, watching these events can be upsetting. Your child may not be watching the news, but they may still hear about these events in other ways, and this may cause anxiety for them too.

During this difficult time, I wanted to reach out to let you know what we are doing in school to support your child, and offer you guidance on how you can support them too.

We have given all of our school staff tips on how to talk to children about the events in an age-appropriate and sensitive way. We've included some of the tips in this pack to help you handle any conversations you might have at home with your child. Some of our children have expressed a wish to help those affected by the Ukrainian crisis and over the next few weeks, we will encourage the students to be proactive in a fundraising campaign.

We know that stressful events such as those happening in Ukraine can make emotions run high, and that can lead us all to say or do hurtful things. To promote our school values of respect, dignity and equality among children, we reset these expectations with them and reinforce our ethos of respect and tolerance for all. We have also included in this pack some guidance around how you can help tackle hurtful comments, in case it is useful to you.

If you have any questions, concerns about how your child is coping or you need any other support from the school, please let us know by contacting myself directly [klee-douglas@centreacademy.co.uk](mailto:klee-douglas@centreacademy.co.uk) or contact the school office on : [LondonSchool@centreacademy.co.uk](mailto:LondonSchool@centreacademy.co.uk). We are always here to help you.

We hope you find this information helpful.

Kind regards,

Kas Lee-Douglas

Head of School

# How to talk to your child about what's happening

No matter how calmly you manage the current environment, children are likely to be anxious. They will pick up bits of information from their friends, from the news and from listening to adults talking around them – but they can misunderstand what they're hearing. It's important to talk to them about what's happening.

## Start by finding out what your child knows already

Use open-ended questions to give them the chance to tell you what they think. See page 7 of the resource ['worrying about war'](#) for examples of questions to ask (you'll find the resource at the bottom of the page.)

## Tackle the news head-on and talk about it openly and calmly

Use real words and don't shy away from the truth. Be prepared to explain and define keywords they might be hearing to help them make sense of what's going on. For example, words like invasion, missiles, sanctions, refugees etc. Use age-appropriate material such as this [Newsround resource](#), which includes definitions or student newspapers like First News. [Award-winning weekly newspaper for children | First News | Try for FREE](#)

## Stick to the facts

But don't discuss everything you hear. For example, be careful about talking about speculation around nuclear warfare. Reassure them that the chance of 'World War III' breaking out is highly unlikely.

## Educate them about reliable sources of information

Explain how some stories on social media may be based on rumours or inaccurate information.

Use reliable news sources like Newsround, which is age-appropriate. Watch and discuss with your child this [Newsround video on spotting fake news about the crisis in Ukraine](#).

## Encourage your child to ask questions and share their feelings

Remember, it's OK not to have all the answers. Tell them that you'll let them know when you know more. This will be an ongoing discussion.

Allow for repetition, you might have to answer the same thing again. Younger children in particular tend to repeat themselves when they're feeling uncertain or worried.

Reassure them that they're not the only ones feeling this way and encourage them to share their feelings with you or their teacher.

## Be a role model

Recognise and manage your own worries first. If you notice you're feeling anxious, take some time to calm down before you decide to talk about the events with your child.

Be open about sharing your feelings with your child – e.g. I'm also finding the news a bit worrying, so I'm doing X (baking cakes, going on long walks, swimming etc.), which helps me to relax.

Encourage them to think about what they can do to relax.

## Reassure them and let them know it's normal to be concerned

Explain that we're not at war with Russia and that they don't need to worry about it happening in their neighbourhood. Reassure them they're safe and that the UK is taking steps to help the people of Ukraine.

Encourage them to take breaks from listening to or reading the news – overexposure isn't helpful.

## Do something positive with your child

Organise an aid package to send to Ukraine. For example, research local groups that are organising aid packages and contribute to these with your child.

Alternatively, [take a look at this article](#), which includes different ways you can help.



## Further resources on how to talk to children about the war in Ukraine

- [How to cope with traumatic news – an illustrated guide](#)
- [Tips for parents and caregivers on media coverage of traumatic events](#)
- [Talking about Ukraine with our children](#)

## If your child struggles with higher levels of anxiety

Some children are naturally more anxious, such as those with existing phobias or obsessive-compulsive disorders. The current situation can make those anxieties worse. If you have relatives in the armed forces or in the regions (Ukraine, Russia, eastern/central Europe), your child might be susceptible to higher levels of anxiety.

- Get them to do activities such as counting, ordering and sorting tasks, which can help them calm down
- Encourage them to use relaxation techniques such as controlled breathing
- Help them stick to routines they know
- Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions
- If you're worried about your child's anxiety, **YoungMinds** is a charity dedicated to children's mental health. They have a [parents' helpline](#) for confidential, expert advice. You can reach them at 0808 802 5544

## Helplines and websites for children and young people

If your child would like to speak with someone confidentially, there are helplines and websites specifically for them.

ORGANISATION	CONTACT INFORMATION
<b>Shout</b> Free, confidential support via text, available 24/7	Text SHOUT to 85258 in the UK to text with a <a href="#">trained crisis volunteer</a> who'll provide active listening and collaborative problem-solving
<b>The Mix</b> Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem	<ul style="list-style-type: none"><li>• Call 0808 808 4994 for free (11am to 11pm daily)</li><li>• Access the <a href="#">online community</a></li><li>• Email <a href="#">The Mix</a></li></ul>
<b>ChildLine</b> Confidential telephone counselling service for any child with a problem	<ul style="list-style-type: none"><li>• Call 0800 1111 any time for free</li><li>• Have an <a href="#">online chat with a counsellor</a> (9am to midnight daily)</li><li>• Check out the <a href="#">message boards</a></li></ul>

## Help us tackle racism and bullying related to the events

Our school values respect, dignity and equality among children. We want to maintain these values during this difficult time.

If you hear your child saying or doing hurtful things linked to the events happening in Ukraine, such as generalising that all Russians are bad and want a war, you can use the following examples to help dispel such misconceptions:

- Explain that the decision to invade Ukraine was made by the Russian government and its leader, Vladimir Putin, not the Russian people. People don't always agree with the things their governments do
- Explain that the vast majority of people that live in Russia:
  - Want peace with Ukraine, they don't want war
  - Enjoy living in their country, much like you and I

- Talk about the Russian people who have protested in Russia against the war. Explain how many of them have been arrested and risked their lives doing this because their country doesn't allow its people the freedom to protest peacefully if it goes against government decisions. This is in contrast to the British values we have in our country
- Remind them it's not OK to say 'I don't like Russia/Russians' but instead encourage your child to think about this in terms of 'I don't like what the Russian army is doing'



## CA LONDON ACADEMIC YEAR 2022/2023

*Whilst every attempt has been made to publish dates accurately, the school reserves the right to change these dates should it be necessary to do so*

### AUTUMN TERM 2022

Inset day: Thursday 1<sup>st</sup> September 2022  
Friday 2<sup>nd</sup> September 2022

First day: Monday 5<sup>th</sup> September 2022  
Last day: Friday 21<sup>st</sup> October **School finishes at 3pm**  
**Half term: Monday 24<sup>th</sup> October to Friday 28<sup>th</sup> October 2022**  
Last day of term: Friday 9<sup>th</sup> December 2021 **School finishes at 3pm**

### SPRING TERM 2023

Inset day: Wednesday 4<sup>th</sup> January 2023

First day: Thursday 5<sup>th</sup> January 2023  
Last day: Friday 10<sup>th</sup> February 2023 **School finishes at 12pm** (Teachers Inset 1-3pm)  
**Half term: Monday 13<sup>th</sup> February to Friday 17<sup>th</sup> February 2023**  
Last day of term: Friday 24<sup>th</sup> March 2023 **School finishes at 3pm**

### SUMMER TERM 2023

Inset day: Friday 14<sup>th</sup> April 2023

First day: Monday 17<sup>th</sup> April 2023  
Last day: Friday 26<sup>th</sup> May 2023 **School finishes at 12pm** (Teachers Inset 1-3pm)  
**Half term: Monday 29<sup>th</sup> May to Friday 2nd June 2023**  
Inset day: Friday 30<sup>th</sup> of June -2023 (Graduation)  
Last day of term: Friday 7<sup>th</sup> July 2023 (Sports Day) **School finishes at 1pm**

#### Christmas Bank Holidays:

Sunday 25<sup>th</sup> December/Monday 26<sup>th</sup> December 2022. Substitute day Tuesday 27<sup>th</sup> December 2022  
Sunday 1<sup>st</sup> January 2023. Substitute Day: Tuesday 3rd January 2023

#### Easter Bank Holidays:

Good Friday 7<sup>th</sup> April 2023  
Easter Monday 10<sup>th</sup> April 2023

#### May Bank Holidays:

Monday 1<sup>st</sup> May 2023  
Monday 29<sup>th</sup> May 2023

6 staff INSET days