



What parents need to know about early years providers, schools and colleges in the autumn term



Family Friends September newsletter normally focuses on return to school. We appreciate that this year's return feels very different and anxiety levels are for many, much higher than normal. Some may feel more ready than ever to return and will have been counting down the days to get back to seeing friends and teachers. Either way, it's been a long time for most since they have been in school and things may seem a bit different in the classroom. It is really important that children do return to their nurseries, schools and colleges. Not only for their educational progress but also for their wider development and wellbeing.

The government have made it mandatory for all children to return to school. This means it is your legal duty as a parent to send your child to school. If you and your child are feeling very uncomfortable with this the best option is to talk to your school. They may be willing to introduce a brief phased return or be able to help alleviate some of your anxieties. There are resources to support you with these conversations, including a leaflet on returning to school after a period of absence developed by families as part of NHS England's Ask Listen DO project at www.sendgateway.org.uk/whole-school-send/find-wss-resources.

New systems: You will probably find that your arrival and leaving of nursery and school has changed. Some will have staggered start times and new exits. These are all in place to help keep you and other pupils safe and it's really important to stick to these. Again if you are not sure about any of these changes, do speak to the school.

Face coverings in school: Nationwide, the government has not recommended face coverings are necessary in nurseries, childminders, schools and colleges. Secondary schools will have the choice to ask that pupils, staff and other visitors wear face coverings in areas outside of classrooms (such as corridors) where social distancing is difficult, so it would be a good idea to make sure your child does go to school with a mask.

This guidance can be found at www.gov.uk/coronavirus/education-and-childcare and includes information on school admissions, information on education, health and care (EHC) plans, wellbeing and online safety, and information about assessment and exams.

We wish all our families the very best with this return and we look forward to hearing how you have all got on. Early nights and having a good breakfast are really important to a good day of learning so if you would appreciate help with routines or breakfast ideas do speak to your volunteer or coordinator.

Monthly Newsletter - Sept & Oct 2020

Ideas For Activities...

Garden activities at St Raphael's Community Gardens

Free garden activities have been organised in St. Raphael's Community Garden, managed and run by Sufra NW London, for children and adults. They have various programmes such as 'Growing Club' for adults to learn about all elements of growing from soil quality to pest control and 'Chicken Club' for families which teaches participants how to look after and care for poultry. For further information contact Nirmean Sawi on 020 3441 1335 or email her on nar-mean@sufra-nwlondon.org.uk



Explore the outdoors—Wildfowl and Wetlands Trust

With this nice weather why not head outside and explore some wildlife? If you go to the park there are all sorts of animals to see, why not explore some of them with a spotting sheet made by the Wetland Wildlife Trust at:

www.wwt.org.uk/uploads/documents/2020-04-22/wwt-spotter-sheet-bug-hunt-1.pdf

If you can't explore the outdoors, the WWT has some resource to make some animals at home, including origami swan at:

www.wwt.org.uk/uploads/documents/2020-04-22/wwt-origami-swan-sheet-1.pdf



Buzzing Bees—Hammersmith Community Gardens Association

Many of you might be a bit afraid of bees, but they are really only interested in two things: nectar and pollen! HCGA have provided an activity work pack on their website where you can learn more about bees and why they are so important. Go to <https://hcgga.org.uk/> where they have lots of other great activities around urban gardening and wildlife .



Volunteers' noticeboard

Flourish Families Beyond the Lockdown is a new programme Family Friends is launching this autumn. It is designed to address the effects of lockdown on families. The programme aims to help families engage positively in the community, gain better health and overcome difficulties. Volunteers should have received an email about this which invites you to take part in this programme. If you have not done so already, please do reply to the email and we will send you more details.

Courgette & Ricotta Tart by BBC GoodFood

Ingredients

- ◆ 2 tbsp olive oil
- ◆ 2 courgettes, thinly sliced
- ◆ 250g tub ricotta
- ◆ 2 large eggs
- ◆ Small handful basil, chopped
- ◆ Pinch nutmeg
- ◆ 1 tbsp grated parmesan (or vegetarian alternative)
- ◆ 1 garlic clove, crushed
- ◆ 320g pack ready-rolled puff pastry
- ◆ Flour, for dusting

Method

Roll out a puff pastry base and have a vegetarian meal in minutes with sliced greens, basil and ricotta cheese toppings.

STEP 1 Heat oven to 200C/180C fan/gas 6. Heat half the olive oil in a frying pan. Cook the courgettes for 5 mins until golden around the edges, then remove from the pan and set aside. Mix the ricotta with the eggs, most of the basil, the nutmeg, Parmesan and garlic. Set aside.

STEP 2 Unroll the pastry on a lightly floured surface – roll it out lightly to give an even surface. Line a baking tray with baking parchment and lay the pastry on top.

STEP 3 Spread the pastry with the ricotta mix, leaving a border of 1cm around the edge, then press the courgette slices into the ricotta. Bring the pastry sides up over the edge of the filling and pinch so that none seeps out the sides.

STEP 4 Bake for 30 mins until the tart is puffed up and golden. Serve warm, scattered with the remaining basil.

Full details can be found on: www.bbcgoodfood.com/recipes/courgette-ricotta-tart



Please call or e-mail Graham (info@familyfriends.uk.com) with any suggestions/contributions