

Summer Term Newsletter 4.5.20

Dear Parents,

We are living in unprecedented times. Thank you for all you are doing to support others during this challenging time.

Well done to all those that have managed to keep up with the scheduled home learning activities this past week. If your child is unwell or unable to complete the activities for any reason please message the teacher and let them know. This two way communication will help greatly. As I said in my previous letters, keep perspective, just try your best with the learning at home, keep your child/ren as busy as you can but ensure that you look after yourself, especially if you are working from home too.

May is the month of Mary and as a Catholic School we seek to honour our mother Mary throughout the month. Most children in school were given a rosary 2 years ago – see if you can find it and talk through with your child how to use the rosary as a way of praying. Children can sing or say the Hail Mary Prayer as they would do in school. Please watch and join in with the 'Hail Mary/Signing Video' on You tube:

<https://youtu.be/PglEF7mTf2E?list=RDPglEF7mTf2E>

THE Hail Mary

HAIL MARY, FULL OF GRACE, THE LORD IS
WITH THEE. BLESSED ART THOU AMONG
WOMEN, AND BLESSED IS THE FRUIT OF
THY WOMB. JESUS. HOLY MARY,
MOTHER OF GOD, PRAY FOR US SINNERS,
NOW AND AT THE HOUR OF OUR DEATH.
AMEN.



A Message from Cardinal Nichols

In a message to all the faithful, Cardinal Nichols said: 'As our churches have to remain closed, let's open our hearts even wider. As the Psalms say, "Grow higher ancient doors and let the King of Glory enter." These are the doors of our hearts. God knows well how to fill our lives. We must open our hearts in prayer and silent welcome.'

For those of us working with schools and parishes, he also added the following message: 'Today we are learning, step by step, the truth of the old axiom: God is not limited by his sacraments. The Holy Spirit overcomes our distances, prompts and enriches our prayer. Encourage this personal and shared prayer.' So, if you feel able to, don't finish a telephone call or an online chat without a moment of shared prayer! Please be assured of our continued prayers for you all.'

Safeguarding Updates

On-line safety is an on-going concern. Please check the privacy settings on devices that your children use. Please also check the age restrictions on apps such as Tik Tok, Instagram, Snap Chat, etc – none are suitable for primary aged children. These age restrictions are in place to protect your children.

Pupil Shout Outs

Well done to all pupils who received a Golden Award this week – it is great to see so many posted on our Twitter feed for everyone to enjoy. Please continue to check the Marvellous Me for awards and badges from the teachers.

Inspirational Captain Tom

Thank you to everyone who posted a birthday card to Captain Tom.Moore. What an inspiration this gentleman has been to us all nationally.

CTK Thanks the NHS

With close family working on the frontline within the NHS, and knowing several people who have benefitted from the skill, love and dedication of doctors and nurses, I wanted our school to contribute to the national vote of thanks. With this in mind I tasked Mr Smith and Mr Cooper with a challenge to express this on behalf of our community. They have been inspired by Captain Tom Moore and have set up the **#CtK100forNHS challenge**. Please do join in with this by reading their letter and uploading a short video. Thank you!

When will school reopen?

Schools will re-open when the scientific advice indicates it is safe to do so. We do know that we will have a least a couple of weeks to plan for reopening and that it is increasingly likely that different year groups will return in a staggered manner.

Transition

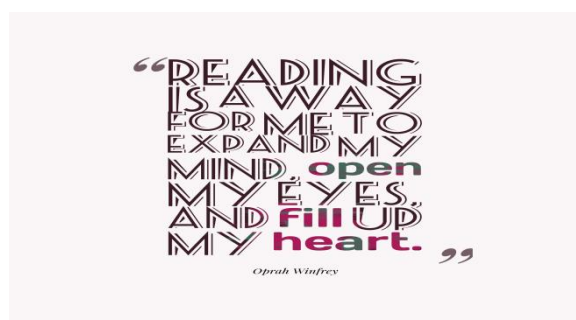
We are excited to have notification of our new intake into reception for September 2020; we will be in touch with our new families with details of a modified transition arrangement this month.

It is unlikely that any large gatherings of parents or pupils will be allowed for quite some time, so we are currently reviewing our transition events for all year groups and finding creative and innovative ways of involving everyone and maintaining a sense of community and belonging.

Making History – VE Day

Friday 8th May is a Bank Holiday in recognition of Victory in Europe when the fighting in World War 2 ended in Europe. Although we won't be able to celebrate with street parties as had been intended, we can celebrate and remember the sacrifice and victory in other ways – try making and decorating your house with bunting, have a tea party at home with the children and recall the stories of your grandparents who were alive at that time.

Read, Read, Read!



Please encourage your children to read every day. They could read to you, they can read independently and you can read out loud to them too. Reading is never wasted time – it is the secret ingredient of future success.

Let us pray together:

May is the month of Mary. It is a special time to honour Mary with our whole hearts and to recognise the role she plays as the mother of Jesus, the son of God. Traditionally during this month we say the 'Hail Mary' prayer daily, we have a May procession bringing in flowers to decorate our statue of Mary in school and we pray the rosary.



Here are some Tips for honouring our mother Mary during Lockdown:

1. Put up an image or statue of Mary.
2. Read bible passages about the life of Mary: the annunciation, the birth of Jesus, the presentation of Jesus in the temple, and Mary at the foot of the Cross.
3. Pray the Rosary.
4. An act of Mercy: write or send a card to an elderly person you know who is living alone or is in a care home.

We ask Mary to pray for us and we use her as a source of inspiration, a model of kindness and compassion in our lives.

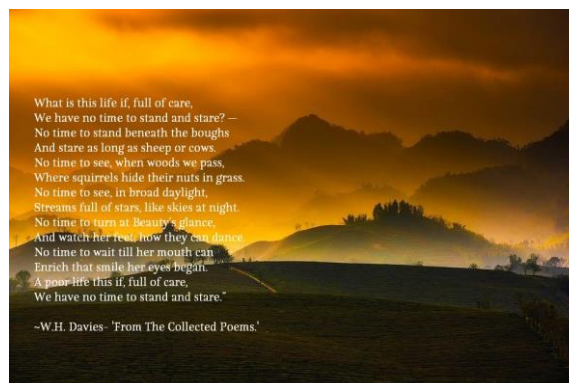
We give thanks for:

- Mary, our heavenly mother and the inspiration she gives all mothers.
- The continued efforts of keyworkers in our local community helping to battle against the Corona virus.
- All the brave and courageous people who put their needs before others, who look out for others and show how much they care.
- Our teachers, who are working hard to find new and inventive ways to engage our children.
- The continued good health of many of those within our community.
- Our priests who continue to say mass daily and pray for the needs of our community.

Please pray for:

- All those who are seriously ill or have died as a result of the Corona virus
- All those with other illness who are anxious about their treatment.
- Our leaders, that they end the lockdown at the right time, not too early, but when it is safe to do so.
- Peace and calmness in our homes, especially those of our school community.

AMEN



Finally,

Thank you for your patience with staff as they get used to new ways of working. We had very little time to adjust or train for virtual learning and some aspects of technology have been a steep learning curve for staff and many parents at home. I have received much positive feedback about the structure and provision of learning posted by the teachers and I am very proud of the dedication of all members of our community to support the children through this daunting time.

We will all come out of this having mastered new skills in virtual teaching and learning, and will be confident and prepared for challenges in the future.

Let's continue to be hopeful and pray that we all come through this soon. Take care of yourselves and remain hopeful

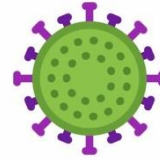
Best wishes,

Clare Fickel

Headteacher

Appendix 1

Advice for Younger Children



A new virus is called the **Coronavirus** is making people unwell.

It can give you a headache, a cough and make you feel very, very hot.



Most people who get it will get better. But, the Coronavirus travels very quickly from one person to another and some older people, or people who are unwell already, will find it more difficult to get better.



Because the Coronavirus spreads so quickly, we need to be careful that we stop it from travelling to these people.



The ways in which we can stop this are to

1. Wash your hands – before you eat, before you leave home, when you get back home. Your parents and carers will also need to take hand gel with them when you leave the house as you may need to use this



STAY 2 METRES



APART

2. Stay about 2 meters away from people who you do not live with



3. If you sneeze, sneeze into your elbow, not your hand

4. If you feel unwell stay at home with your family who will look after you and make you better



There is lots of information about the Coronavirus on the television and on the internet and lots of adults are talking about it.



The Government have decided that we need to stay away from each other for a while so that we can stop the Coronavirus from travelling around so quickly and so most children have stopped going to school and some adults have stopped going to work.



When we go out we need to stay away from other people as much as we can.

You will need to stay at home as much as possible and won't get so visit your friends and other family for a while, but you can still speak to them on the phone or online.

Appendix 2

Advice for Parents

Covid-19 and how to support your children's emotional health

Keep a routine and structure – keeping things as consistent as possible is reassuring for children as much as for adults. Try to encourage your children to help you to put a timetable for the day together. BUT don't worry if it doesn't always go to plan. If things become stressful allow things to change, trying to get back to the routine later on in the day. Encourage a healthy diet, make sure children and young people continue to go to bed at a regular time and that they get up at a regular time.

Don't make school work the priority at all times (sorry schools!) – trying to support your children to work for the duration of the school day at home is unnatural and will be difficult so do the best you can, offering them regular breaks and time away from study. If you can, try to support children and young people to study in one area of the home, meaning that they can leave this behind when it is time for a break or it's the end of the "school day".

Give children and young people reassurance. This is a very strange and difficult time for us all and children need to know that it is normal to be anxious about what is happening at times. Reassure them about the situation and make time to listen to their worries and concerns. Don't talk about the situation constantly or let children and young people have access to news about it all the time as this will only make you all more anxious. They don't need to know everything, but need to know enough so not to worry too much, no matter how old they are.

Things will get stressful! Know that this is normal! Ask for help from others. If you are lucky enough to have support within the home from other adults or older children then agree with them when you will all have time out from each other and how. Use friends and family for emotional support online or via the phone. There are a significant number of organisations offering help and support to parents during this time.

Have some fun and exercise! – Find ways of doing something fun together during the day to break up the seriousness of the situation, and the routine of work. Baking, puzzles, board and card games. Find some exercise and activity that you can do together – a daily family walk or bike ride, Joe Wicks PE lesson online at 9am every morning, online yoga, kicking a football around the garden, playing catch.

Keep in touch with schools – schools will be finding ways of keeping communication with you and your child/young person. Make sure you know who it is you need to contact with any questions and how you can get hold of them.

Help your children to keep in touch with their friends virtually! It's really important that children are able to keep in contact with their friends and wider family. This will improve their mood and help them to feel less isolated. Use Skype, Face time, phone, Zoom or, if old enough, social media sites like Instagram (13+ with parental permission only). Young people will find it particularly difficult to stay away from their friends. Let them know you know that it's frustrating for them and listen to their worries and feelings about it.

Helpful Resources/Organisations

Mind.org.uk – search “coronavirus” for strategies and support for mental health during this time

www.good-thinking.uk - a for adults looking for resources to support their mental health and wellbeing

Youngminds.org.uk – information and advice on how to talk to your child about the coronavirus

Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>

Resources shared by BCP:

<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>

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Bereavement Support

Many useful resources are available online at www.mosaicfamilysupport.org.

Appendix 3

Mental Health support - including suicide and self harm

Useful contacts

Kooth on line support service for young people <https://www.kooth.com/>

XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

For more information about XenZone, please visit [XENZONE.COM](https://www.xenzone.com). If you're a parent looking for more information about Kooth, please email PARENTS@XENZONE.COM

Papyrus - Prevention of young suicide

HOPELINEUK on 0800 068 4141, text 07860 039967 or email pat@papyrus-uk.org

<https://papyrus-uk.org/exam-season/>

We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

Child Line

<https://www.childline.org.uk/about/about-childline/> 08001111

Childline is a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime.

Young Minds

<https://youngminds.org.uk/about-us/>

leading charity fighting for children and young people's mental health

CAMHS – Children and Adolescent mental health services

01202 584600

<https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/>

CAMHS are the NHS services that assesses and treat young people with emotional, behavioural or mental health difficulties.

CAMHS support covers depression, problems with food, self-harm, abuse, violence or anger, bipolar, schizophrenia and anxiety, to name a few.

Advice for parents

Family Lives

Parenting and family support from **Family Lives** (formerly Parentline Plus) through our website, helpline 0808 800 2222.

Family Lives offers a confidential and free* helpline service for families in England and Wales (previously known as Parentline). Please call us on **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life. Our helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday. For callers from Scotland, Children 1st run Parentline Scotland and you may wish to contact them on 08000 28 22 33 Monday to Friday from 9am - 9pm.

<https://www.familylives.org.uk/>

Appendix 4

Handwashing advice

It is essential that everyone washes their hands more often, using soap and water for at least 20 seconds. Hand washing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin less hospitable to the virus. Hand sanitiser can be effective if soap is not available or the situation makes using soap less feasible (i.e. when outside) but using hand sanitiser provides none of the virus-destroying friction that rubbing your hands together and rinsing with water provides.

The latest guidance and video on hand washing can be found at:

- <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

The e-Bug project is led by Public Health England and has a dedicated webpage for learning resources on hand washing and respiratory hygiene.