Newsletter

3rd April 2020

St. Mary's Catholic Primary School, Woodbridge Road, Ipswich, IP4 4EU http://www.stmaryscatholicprimaryipswich.com

Welcome to this week's newsletter.

Useful websites

https://www.youtube.com/watch?v=ZnANLAcp RZ4&feature=youtu.be - A short clip for parents on how to support children who may be feeling anxious.

<u>https://www.scouts.org.uk/the-great-indoors/</u> - lots of great activities to try at home.

https://www.youtube.com/user/CosmicKidsYoga - yoga for children

Tweet of the Week



There are some who are already thinking about after the epidemic, and all the problems that will arise regarding poverty, work, hunger. Let us <u>#PrayTogether</u> for all the people who are helping today, but who are also thinking about how to help all of us tomorrow.

School closed Bank Holiday Weekend: 10th and 13th April

You may like to try...

Joe Wickes Daily PE lessons - M-Fri 9.00 - 9.30 Geography with Steve Backshall Science and Maths with Konnie Huq and Carol Vorderman Literacy with David Walliams and JK Rowling Gardening and Nature with Maddie and Greg Dance with Oti Mabuse Music with Nick Cope and Myleen Klasse Keep Cooking and Carry On - Jamie Oliver History Hit Live with Dan Snow Science with Professor Brian Cox, Robin Ince and Guests

https://www.radiotimes.com/news/tv/2020-03-26/kids-entertainment-tv/

Dear Parents and Carers

I hope you are all continuing to keep well and remembering to be kind to each other in this difficult time. There are lots of ideas attached to this newsletter, remember these are options that you might like to try and not compulsory. My aim is to highlight useful resources, not to add to your stress levels!

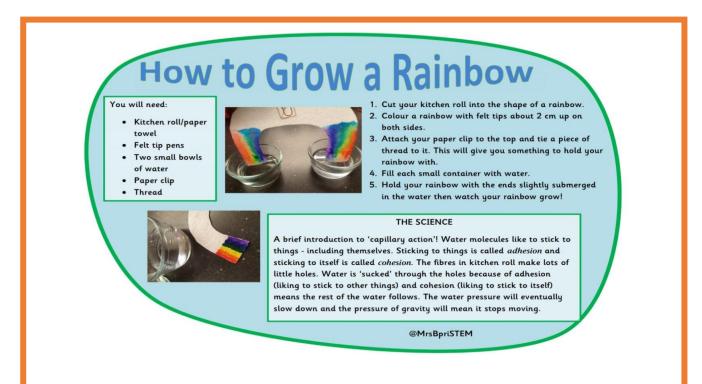
As the Easter Holidays begin on Monday your teachers will not be setting you work over the two-week break. If you would like ideas of what to do, try some of the suggestions on this newsletter or look at the subject pages on the website. Click on key information – curriculum and then scroll down and click on the subject icons. Subject leaders are adding useful links to these pages. Click on the PE page to see Mr Hurd training his dog Dave to play football!

Although the school is closed to most people, we are still here to support you. If you have any concerns or need help please get in touch via <u>admin@st-marys-</u> <u>ipswich.suffolk.sch.uk</u>. The school email is checked daily and we will endeavour to respond to you as soon as we can.

All the staff at St Mary's school are thinking about you and missing you very much, we are looking forward to being back at school together.

God bless and take care of each other.

Mrs Berry



Rainbows are popping up in windows to spread positivity and for people to spot as they walk by. Grow your own rainbow to hang in your window or add to your collection!





Top tips on looking after your wellbeing while at home

Try to stick to a routine

Make yourself a day or week planner. Get up at the same time every day and try to not have too many late nights. Schedule in time to work but also times to do some online stuff with friends.

Stay in touch with family and friends

Send letters, have a group chat or give people a call. There are also some great support groups to help with specific needs and worries. https://youngminds.org.uk/blog/

Try to eat regularly and healthily

This is always important but especially at the moment. Set yourself a five fruit and veg a day challenge. Use your schedule to set some physical activity every day. <u>https://www.nhs.uk/change4life</u>

Learn to cook new things

Now is a great time to develop your living skills. Even it if it is just making everyone a cup of tea. There are some great online videos and websites to help. https://www.jamieoliver.com/

Limit you use of social media

It's important to keep in touch with family, friends and the world but remember there is a lot of "Fake" stuff out there which can be scary and upsetting. If you are looking for news keep to a trusted source. <u>https://www.bbc.co.uk/newsround</u>

Find ways to help others

Now is the time for us to show that we care. Even if you can only do stuff with the people in your home it still makes a difference. https://mentalhealth.org.uk/coronavirus/random-acts-kindness

Learn something new and useful

Now is a great time to try something new, learn a new skill or just get better at something you have already tried. Even better if it is something useful like baking!

https://thegreatbritishbakeoff.co.uk/

Talk to people and let them know how you are feeling

This one is really important. Let people know if you are worried or you don't understand something. Talk to people at home, talk to trusted friends or other people who care for you. There are lots of people ready to help: Childline 0800 1111 https://www.childline.org.uk/ https://www.suffolk.gov.uk/children-families-and-learning/suffolk-children-and-young-peoples-emotionalwellbeing-hub/