

Newsletter

27th March 2020

St. Mary's Catholic Primary School, Woodbridge Road, Ipswich, IP4 4EU

<http://www.stmaryscatholicprimaryipswich.com>

Welcome to this week's newsletter.



Useful websites

A Carol Gray social story about corona virus.
at <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR23zxNlbEumpw4oKIM7Xy3VlKnA25b8Gi53N6YiFleKB9Vx0LQypSPYzzg>

There's also a new story available on the ELSA support site:
download at <https://www.elsa-support.co.uk/coronavirus-story-for-children/>

Tweet of the Week



If you find it hard to pray, don't give up. Be still; make space for God to come in; let Him look at you, and He will fill you with His peace.

[Pope Francis \(@Pontifex\)](#)

Some of our favourite songs to make you get up and dance!

Happy by Pharell Williams – Mrs Veitch

Reach by S Club 7 – Mrs Goodwin

We like to Boogie by TRex – Mrs Berry

Helter Skelter by U2 – Mrs McGhee Wallace

Hey ya! By Outkast – Mr Cook

Can't Stop the Feeling by Justin Timberlake – Mrs Frost

Don't Stop Belivin' by Journey – Mrs DN

I Want to Break Free by Queen – Mrs Ling

Don't Stop me now by Queen – Mrs Ridall

More to come next week...

Dear Parents and Carers,

I hope you and your families are keeping well. All the staff at St Mary's school are thinking about you and missing your children.

I am writing to you to offer some reassurance during this difficult time where many people are feeling stressed, overwhelmed and under pressure by current events. Please let me reassure you that the work being sent home for your child is an option and cannot replace school.

A few points to note:

- 1) This is not home-schooling. This is an unprecedented emergency situation impacting on the whole world.
- 2) You are, and always have been, your child's primary educator. If you decide that your child isn't going to engage with anything sent home and is going to spend the entire period playing in the dirt, or baking, or watching TV, then that is your choice. That is your right. There is nothing to stress or feel guilty about.
- 3) Schools had no notice, no preparation time. We cannot continue to plan lessons as normal and just send them home – that's just not possible.
- 4) It is not possible to facilitate distance learning with a primary aged child and for you to work from home at the same time. If you're trying to do that, I urge you to stop. You can certainly have activities where your child learns, but your focus is your job.

My ideal for the children in our school?

- Reading every day
- Some time spent writing. For example, they may like to keep a diary or draw a comic?
- Practical hands on maths. Be that cooking, cleaning, outside or some maths games.
- Physical exercise everyday
- Art and music where possible throughout the week.
- An independent project is great for keeping brains ticking over. Encourage them to research using a book or online and putting it together to present to your family.
- Encourage lots of imaginative free play, the more independent the better.

You are doing enough. You are loving your children and supporting them through a difficult time. Look after yourself. Minimising stress is vital in a time like this for mental health. Don't let this be something that stresses you.

I am thinking of you all and looking forward to when we are back at school together again.

God bless and take good care of yourselves.

Kind regards

Mrs Berry