

Newsletter

Issue 17

22nd January 2021

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

<http://www.stmaryscatholicprimaryipswich.com>



Tweet of the Week

"Each one of us Christians is a branch of the one vine that is Jesus; and all of us together are called to bear fruits of this common membership in Christ."

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



SAFEGUARDING

Please be reassured that although the school is closed to some children, we are still here to support you and your family. If you have any safeguarding concerns please email admin@st-marys-ipswich.suffolk.sch.uk and Mrs Berry will contact you directly.

Dear Parents and Carers,

Thank you very much for all the support you are giving to your children and us. We understand that these are very difficult times and each family situation is unique. Please know that whatever you are managing to do that is okay. You are doing your best and that is enough.

I would like to let you know that for us the live lessons and assemblies are our favourite time of the day because this is when we feel connected. That although we may not all be in school at the moment, we are still very much part of the St Mary's family.

Once again, I urge you to step away from electronics over the weekend and do something that re-charges you. There are some ideas for you to try on my bingo card on page 3 of this newsletter.

Kind Regards

Mrs Berry

Welcome back to Mrs Measham:

We would like to welcome back from maternity leave Mrs Measham, co-head of school

Online Safety Mr Cook:

<https://learning.nspcc.org.uk/news/2020/may/online-safety-during-coronavirus>



Year 1:

Year 1 are reading a book about the African Savannah. They have created some wonderful watercolour sunrise and sunset pictures and today added silhouettes of animals for a true savannah vibe.



Year2 important letter from Boris Johnson:



10 DOWNING STREET
LONDON SW1A 2AA

THE PRIME MINISTER

18 January 2021

Dear Year 2,

Thank you very much for your letters of 30 November to Tom Hunt MP, which I was grateful to have passed on to me.

Climate change is an issue of huge importance and one close to my heart. I am pleased that such a critical subject is getting attention in schools, as our nation's young people have an important part to play in our response. It is great to see your pupils taking an interest in this.

The plight of polar bears is tremendously sad and represents one of a number of compelling reasons to change our ways. The alterations in our behaviour that Year 2 highlighted – walking where possible, using less electricity and recycling – are good ways we can all contribute as individuals.

The UK has significantly cut greenhouse gas emissions over recent years, and the Government has an ambitious plan to go even further and reach 'net zero' emissions by 2050 – meaning we will have stopped contributing to climate change all together. I am resolute in my desire to meet this target and I am confident that, as we continue to make progress, the situation for polar bears and the planet as a whole will improve.

Thank you again for taking the time to write.

Boris Johnson
Boris Johnson

Face Masks:

Please could we remind all parents to please wear a face mask/covering when dropping off or collecting your child from school.

Thank you to all of our Critical Workers

The whole school community would like to thank all of our critical workers their on-going work during this pandemic.



Mrs Berry's Bingo:

Activities to help you unplug. We are all spending a lot of time sat at our electronic devices. Take a break and try one of these activities. I'd love to hear what you tried. Can you think of any other ideas?

<p>Draw a detailed picture of someone. It could be yourself from a mirror or a member of your family.</p>	 <p>PLAY A BOARD GAME.</p>	<p><i>Write a letter to an adult you haven't seen for a while.</i></p>	<p>Do some potato printing. By carefully cutting a design into the flat edge of a halved potato.</p> 
<p>Go for a bicycle ride.</p> 	<p>Design a machine to do something useful for you. Draw it carefully and label it neatly. Make it using recyclable materials.</p>	<p><i>Follow a recipe to make something savoury to eat.</i></p>	<p>Make a bird feeder. There are lots of ideas on the internet.</p>
<p>Follow a recipe to make something sweet.</p>	<p>Design a book cover for a book about you. Remember to write a blurb on the back and say who the author is.</p>	<p><i>Learn the words and tune to a song.</i></p> 	<p>GO FOR A WALK LOOKING AND LISTENING FOR BIRDS</p>
<p>Design your ideal bedroom.</p>	<p>Do a jigsaw puzzle.</p>	<p>Play a card game.</p> 	<p>Find out about something new and make a poster giving as much information as possible.</p>

St Mary's Catholic Primary School Advice for parents during lockdown:



The infographic features a central photograph of a family reading together. Surrounding this are six speech bubbles with the following text:

- Routine is essential - get up at the same time, get dressed, get ready for the day ahead.*
- Home doesn't have to be school - do what you can manage.*
- Structure your day with regular breaks. Exercise, outdoors, can be energising.*
- Schedule time, together, to relax. Plan something fun - arts and crafts, watch a film, go on a bike ride.*
- Wellbeing is the most important thing. You're doing a great job!*
- Connect with friends and family.*

In the bottom left corner, there is a logo for 'HELP AND SUPPORT' and a URL: <https://www.familylives.org.uk/advice/your-family/family-life/coping-practically-and-emotionally-during-the-covid-19-outbreak/>

St Mary's Catholic School SEND support at home our Top Ten Tips:

We understand that we are not able to provide face to face support at the moment for all of the pupils, but we can arrange a chat and check in on Google Classroom if you or your child wants to speak to us. Please email the office and this can be arranged for you.

Here are some strategies that you can use at home to support your child if they feel stressed or anxious or are just not coping at any point during lockdown, some of these may not work and that is okay.

1) Keep your child in a routine, it is really important to get them up and get them ready each morning as they would for school. Structure and routine are good and mentally it gets us ready for the day ahead. If you require visual timetable cards to support this please get in touch.



2) If your child is feeling stressed with school work online then you can give them a break, it is okay to take a break from learning and it is okay to not complete the work all in one go.



3) Break up the work into smaller chunks and if you can use a visual cue or now and next board to show them what they have to do. You can create your own or we can help you make one.



4) If they need it, use a timer to give them a clear start and finish time for each activity or lesson. You can use online timers, such as the one here - <https://www.online-stopwatch.com>



5) Make sure that they get some downtime and they get some time to relax.

6) If your child gets angry, then give them some space and allow them to go somewhere that they feel safe, possibly their bedroom and let them do something that they like, something that will calm them down.



7) Do not push them to talk about why they are angry or upset until they are ready to talk. If you push it too quickly then they may have to start the process of self-regulation again.

8) Provide them with calming/sensory equipment. It can be as simple as a ball of blue-tack, fidget spinner or just a cosy blanket. If you don't think you have anything get in touch and we can help with this.



9) If your child needs an overlay in school then they can download the Colorveil programme to support them whilst they are doing their online learning and it is free - <https://www.aurelitec.com/colorveil/windows>

10) Do not struggle alone please ask for help.

For any further information on the above please ask to speak to Mrs Ridall

10 WAYS PARENTS CAN SUPPORT THEIR CHILDREN TO BUILD POSITIVE MENTAL HEALTH HABITS

01



Encourage your child to openly talk about their feelings and thoughts

02



When your child is worrying help them to effectively problem solve

03



Support them to connect and build positive relationships with others

04



Encourage them to look after their physical health (Sleep, food, exercise)

05



Help them to stay focused on the present moment using mindfulness

06



Highlight the importance of looking after both physical and mental health

07



Be a mental health role model. Demonstrate positive behaviours

08



Praise, encourage, motivate and regular support your child to build their self esteem

09



Work together to learn some coping skills such as deep breathing

10



As your child grows up encourage and support autonomy



@BELIEVEPHQ



Activities

<https://blog.pobble.com/100-non-screen-activities-for-kids>

Non-screen activities you can do at home

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

25 Ideas!

1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list! <i>Learning from home is fun!</i>	2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them. <i>Thanks!</i>	3 Get building! You could build a Lego model, a tower of playing cards or something else! 	4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?	5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?
6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?	7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book! 	8 Use an old sock to create a puppet. Can you put on a puppet show for someone? 	9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?	10 Design and make a homemade board game and play it with your family. 
11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task? 	12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.	13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at. 	14 Design and make an obstacle course at home or in the garden. How fast can you complete it? 	15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description. 
16 Keep moving! Make up a dance routine to your favourite song. 	17 Write a play script. Can you act it out to other people? 	18 Read out loud to someone. Remember to read with expression. 	19 Write a song or rap about your favourite subject. 	20 Get sketching! Find a photograph or picture of a person, place or object and sketch it. 
21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.	22 Draw a map of your local area and highlight interesting landmarks. 	23 Write a postcard to your teacher. Can you tell them what you like most about their class?	24 Draw a view. Look out of your window and draw what you see. 	25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

Pobble.com – More writing. More progress.

<https://www.suffolk.gov.uk/children-families-and-learning/wellbeing-for-education-return/family-wellbeing/>



Dates for your Diary:

Term dates for 2021

Spring Term 2021

Tuesday 5th January – Friday 26th March

Half term: 15th – 19th February

Staff Training day: 4th January

Summer Term 2021

Monday 12th April – Friday 16th July

Bank holiday: 3rd May

Half term: 31st May – 4th June

Staff Training days: 19th & 20th July (disaggregated)

