



St Mary's Catholic Primary School School Bulletin

29th January 2021

SUBJECT	YEAR GROUPS RELEVANT TO	STAFF CONTACT
Thank you	All	Mrs Scanlon

I feel it is important this week to thank you once again for all that you are doing to support our children, the staff, the school and each other as a community.

As the National Lockdown continues, it certainly remains a difficult time for everyone and I am pleased to see that we are continuing to remain united together as a community, in our support of one another through this challenging time.

Many thanks to you all.

Parent Forum	All	Mrs Scanlon
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I am delighted to inform you that our first Parent Forum will be held online on **Teams on Thursday 4th February from 2pm to 2.30pm.**

Requests to attend the Parent Forum

If you wish to attend this meeting, you will need to make a request for an invitation via Parentmail. Shortly after this Bulletin has been sent out, a ticket item titled 'Parent Forum' will be available in your Parentmail account.

You will then receive an email notification that a new item is available for you to purchase; please note that there is NO charge in order to book a place for the Forum.

Please log into your Parentmail account and go to PAYMENTS section and then to the SHOP button at the bottom of the page. There you will see a ticket item detailed Parents Forum, click on this and click pay now (there is NO charge), then click complete and this will notify us that you have requested a place at this meeting.

The final booking time for an invitation is on **Wednesday 3rd February at 4pm.** Links to the meeting will then be sent out on Thursday morning, to those who have requested a place.

Questions

If you would like to ask a question during this meeting, please could you let the school office know in advance, as this will enable the meeting to keep to time and to run smoothly.

Please email your questions to office@stmarysrc.e-sussex.sch.uk by Wednesday 3rd February at 4pm.

Parent Survey Remote Learning Provision	All	Carol Scanlon
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To help us make sure we're providing the right support for you and your child, we would like to know your thoughts on our approach to remote learning. Therefore, we will be sending out an online parent/carer and pupil survey **next week**, in order to gather your valuable feedback on our school's approach to this provision.

Coping with Bereavement	All	Liz Hills
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Firstly, please can I take this opportunity to extend our thoughts and prayers to all those in our school community who have suffered bereavements over the course of the last year. It is always difficult to lose someone we love, but

during the pandemic, managing loss and bereavement has been made even more challenging as we have been unable to manage funeral arrangements and grieve in the ways familiar to us. The children in our community will also have struggled at these difficult family times and need our support to guide them through the grieving process. Below are links to some resources that may help both you and your children if you are grieving at this time. Please can I remind you that it is important you review any resources before sharing them with your own children to ensure you feel they are appropriate for their specific needs.

https://mailchi.mp/childbereavementuk.org/the_invisible_suitcase?e=3d724c4302

<https://www.cruse.org.uk/get-help/for-parents>

<https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>

Managing Mental Health	All	Liz Hills
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There is no doubt that the current national Covid19 restrictions are having a significant impact on people's mental health and wellbeing. Please can I take this opportunity to remind everyone that this time will pass and, as we saw after the first lockdown, those adults and children who will recover quickly are those whose mental health and wellbeing is in good condition.

If you need help and support with managing your own mental health and wellbeing please check out the following links:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

<https://www.eastsussex.gov.uk/socialcare/healthadvice/mental-health/directory/services/>

If you have concerns about your child/children's mental health and wellbeing please check out the following links:

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

<https://learning.nspcc.org.uk/news/2020/april/supporting-children-young-people-mental-health>

Remember there is lots of help and support available and sometimes the smallest changes can have the biggest and most positive effects. Keep a sense of perspective and your expectations realistic.

Sleep Strategies	All	Liz Hills
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Struggling with sleep? Sleep patterns in your home gone astray? Finding it difficult to get a good night's sleep? Lots of people are finding that their own and their children's sleep patterns have been disrupted by the current lockdown situation. If this is the case for you take a look at the really simple information at the link below. The information is aimed at teenagers but I would suggest that the basic information applies to us all.

<https://teensleephub.org.uk/>

Managing the Challenges of Home Schooling	Parents/Carers Home Schooling	Liz Hills
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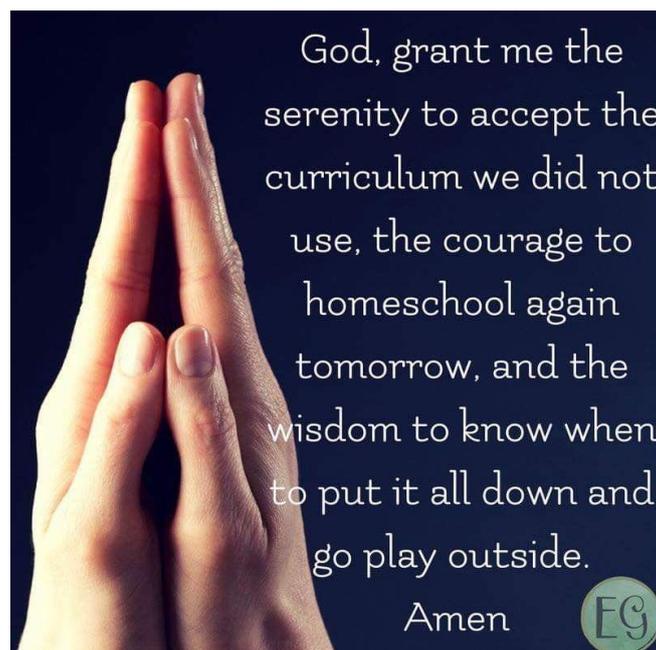
It is really hard in lockdown to see beyond our own personal situations and, whilst we all acknowledge that there are always people worse off than ourselves, it is hard not to focus and continually reflect on our own circumstances. Restricted 'face to face' interactions with others and limited contact with our support networks of family and friends means it is understandable for us to become more inward looking. Alternatively, we might use the wonders of the world wide web to provide us with glimpses into the world beyond our own homes, but we should remember that everything presented in the media is carefully controlled – from our politicians' speeches to our friends' social media posts. With some consideration, it is easy to see how lockdown can cause a loss of perspective for us all.

Perhaps this week, for those in our community who are managing the challenges of home schooling, some support is required in objective and realistic reflection, alongside some suggestions of practical strategies that could be employed simply to help reduce the stress. In my endeavours to provide some advice I came across a short article in Good Housekeeping that covers many issues discussed with colleagues and parents/carers over the last few weeks. I hope the following collection of quotes might entice you to read the article in full (it will take no more than five minutes) and that its straightforward, honest advice will help you to be realistic, find some perspective and support you in the incredible job you are all doing home schooling your wonderful children.

- *can feel like an impossible task*
- *you might have bad days, but know these are to be expected*
- *accept that home schooling is very likely to be stressful*
- *be kind to yourself, knowing that you are doing the best you can*
- *slip up and make mistakes*
- *focus instead on what you're doing that is good enough*
- *maybe they don't manage to finish the exercise, that's okay*
- *focus on the small wins*
- *School staff know the pressures there are at home so I would say just do as much as you can and if some days you don't get anything done, then, tomorrow's a different day.*
- *Pausing for a moment will help take the heat out of the situation and you're all less likely to snap at each other.*
- *they can do work in their pyjamas*
- *it's important to still make space for quality time*
- *bring kids into the conversation about how home schooling is going and what needs to change in order for everyone to be happier*

<https://www.goodhousekeeping.com/uk/lifestyle/a35163121/how-to-cope-with-home-schooling-stress/>

If you don't have time to read the article linked above, then I offer you this short and simple prayer.





SCHOOL GAMES

...THE WINTER GAMES

It's arrived ... the Specsavers Winter Games.

Are you ready?

Are you steady?

Let's all get involved.

Please take a few moments to read through the information about the Winter Games that has been sent out with this week's bulletin.

The Games start on Monday 1st February and all you need to do is get involved.

The attached information explains clearly how you can take part in the challenges designed to capture your imagination and keep you physically active. Children can take part from home, or within school, and no special equipment is required. By taking part you can represent the school by contributing to the school's average score.

This is a great way to keep fit, have fun and will support you and your child/children's mental health and wellbeing.

If anyone needs support to take part because of issues relating to accessing the resources remotely, please let Liz Hills know.

Don't hold back - get involved!

Support from the Food Bank

All

Liz Hills

Please do not hesitate to contact a member of the school's Senior Leadership Team in confidence should you need support providing food for your family at this difficult time. The school can now make direct referrals to a local food bank on your behalf which means you do not need to discuss your personal situation with anyone other than Mrs Scanlon or myself. If you need our help please email us directly.

head@stmarysrc.e-sussex.sch.uk

lhills@stmarysrc.e-sussex.sch.uk

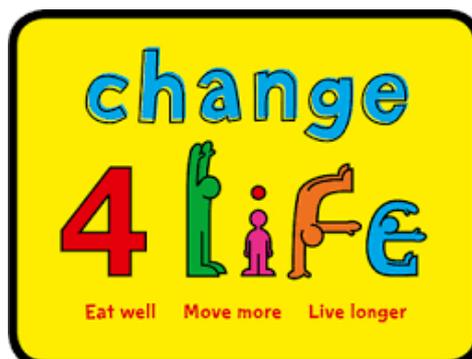
Lockdown Lunches

Parents/Carers Home Schooling

Liz Hills

For those of you trying to manage an extra meal each day for your child/children at home, please check out the following link from the Change4Life Team whom have put together some healthy, but cheap, recipes and meal suggestions for children's lunches. If you can get your children involved in preparing/cooking their own lunches – BRILLIANT! This fits perfectly as a St Mary's learning activity - teaching children important life skills.

<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>



Menu Changes	In School Provision	Office
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Menu choices week beginning 1st February 2021

Day	Main Option	Special Diets – Allergy menu Only
Monday	Vegetable Supreme Pizza	Tomato Pasta
Tuesday	Sausage and mash with Gravy	Turkey Burger and Mash
Wednesday	Roast Chicken	Roast Chicken
Thursday	Pasta Bolognese	GF Pasta Bolognese
Friday	Fishfingers and Chips	GF Fishfingers and Chips

Jacket Potato options and Tomato Pasta also available each day.

FSM Bake-Off	ALL	Friends of St Mary's
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Don't forget to take part in the Friends of St Mary's Rainbow theme bake-off. Post your entries on the FSM Facebook page. We've had some brilliant entries so far, keep them coming. Every participant will receive a certificate and a St Mary's pencil. Closing date is Monday 1st February. Have fun!



INSET Day	All	Office
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Please note that there is an INSET day planned for Friday 12th February 2021.

School will be closed to ALL pupils including vulnerable pupils and children of critical workers on Friday 12th February and for the following half term week.

There will be no remote learning on the 12th February due to the INSET day.

Therefore, the last day of the term is **Thursday 11th February**.

Term 4 begins on Monday 22nd February and school will reopen for vulnerable pupils and children of critical workers only. Remote Learning Provision will recommence on this day for our pupils learning at home.

We will await further announcements from the Government over the coming weeks as to when the school may be allowed to open fully to all pupils and we will keep you fully informed at our earliest opportunity.

Bowles Activity for NHS worker's children	Years 4,5 & 6	Office
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Bowles (www.bowles.rocks) is running half term activities for NHS workers' children in Year 4, 5 & 6 to try to help out a bit with childcare in the holidays.

All of the information is here - <https://bookwhen.com/bowles> including the opportunity to make a booking for your child, if you meet the eligible criteria.

You will also find updates on their Facebook page - <https://www.facebook.com/Bowlesrocks>

Attached document – The Winter Games 2021