



St Mary's C of E (Aided) Primary School



NEWSLETTER

“A Christ-centred school with a child-centred curriculum through wisdom and love”



Telephone: 01798 872007

WB 11th May 2020

Dear all,

We are now starting to ease out of lockdown and this is probably the most worrying time for many, as none of us want to be exposed to the virus, but people do want to get back to some sense of normality and some sort of interaction even from afar. The Government have now announced that schools might start working towards a plan to reopen schools from the 1st June for Early Years, Year 1 and Year 6, on either a part time or full time bases, no decision has been made on this yet. Our Governors and the leadership team are looking at this closely. Please remember this is dependent on the Government's five tests, and the unions agreeing to us returning to school.

Thank you for your understanding, as we are all work together to get the school open and functioning in the safest possible way.

Link to the parent document <https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/reopening-schools-and-other-educational-settings-from-1-june>

Thank you to Early Years, Year 1 and Year 6 parents who have returned your questionnaires and it appears that many of the parents would want their children to return to school from 1st June. We have had many questions as you can imagine. Some we can answer and some will be answered in the guidance above, and there are some questions that we just can't answer at this time.

Telephone calls – Staff are still checking in with you to see how things are going and offer support. Please respond to these and let us know what is happening for your child or children.

Water Challenge – Thank you to the staff for their help in putting together the water challenge video, this has been made so that the children can continue to see what the staff are up to, and hopefully it will put some smiles on their faces! If you haven't seen it then please click this link ... [Staff water challenge](#)

School field – Work on the school has commenced during this period of lockdown. In the top left hand corner of the field, we had some mounds that the children weren't able to use. Most of these have now been removed but two are remaining and a tunnel has been put through them and we are looking to put a slide on the other one. These will now be grassed ready for the children's return.



Diabetes UK - I am very pleased to inform you that St Mary's has been nominated for the Diabetes UK Good Diabetes Care in School Award. The award celebrates and showcases schools that deliver good care and support to children and teenagers with Type 1 diabetes. As part of the nomination, Diabetes UK is inviting parents and carers of pupils with Type 1 diabetes to complete a brief online parent survey at www.smartsurvey.co.uk/s/school-nomination

Please follow the link to the survey if you would like to show your support or to oppose this nomination. The survey should take no more than two minutes to complete. You can answer this survey anonymously if you want to. Please be advised that you have until 21st May 2020 to respond to this parent survey. Responses to this parent survey will be used by 'Diabetes UK' to assess our school's nomination for the award. You can find out more about the Good Diabetes Care in School Award at www.diabetes.org.uk/school-award.

Oak National Academy – A few parents have been asking about online lessons to try and engage their children. Below is the link for the website for 'Oak National Academy' and they are running online teaching that might help to keep your child engaged if they are reluctant. It is very easy to navigate. You choose the Year group, and then there is a link based on the learning objective. All the learning is in the National Curriculum for that year group, some could be repeated learning for your child or something new that can give them an introduction. <https://www.thenational.academy/online-classroom/>

Tennis – Virtual School Games – Well done to Mr Rogers, Max H (UK), Toby H (France), Noah E (Ire), Jessica L (SL), James H (Mex), Matthew H (Mex), Albert G (Jap), Erin J (Jap) who have all been participating in the Tennis last week. Keep it up St Mary's and if you want to get involved then do follow the link <https://www.activesussex.org/virtual/>



William Orrell – It is great to have an article by William and we know that many children have felt like this and so wanted to share it.

When I first heard that school was going to close, I thought it would be like a summer holiday. I soon turned out to be incredibly wrong. First of all, I didn't expect for there to be any work at all. I also thought that lockdown wouldn't prevent me from seeing my friends and family. I also thought that this whole thing would die down in a week or two. I was wrong on all of my assumptions. While there is the benefit of not having to wake up every morning early, and being able to leave my house occasionally, I do miss going to school and seeing my friends and learning with them.

It is especially annoying as I am a year six, meaning I will definitely miss out on things like my SATS; which will be useful at secondary school, and residential which I have been looking forward to since Christmas. It will also be likely that I will miss out on things like the year six production and the end of year assembly.

Overall, I think lockdown has not been particularly good. By William Orrell.

National Book Tokens - Our school needs you! Help us win £5,000 of National Book Tokens for the school library - and get £100 for yourself! Enter the competition online, it only takes a minute: <http://www.nationalbooktokens.com/schools>

Parental support - Fegans have sent us the link for a free animated parenting course to help any parent who feels that they may be struggling. <https://www.fegans.org.uk/parenting-in-a-pandemic/>

Coronavirus Time Capsule – What would you put in your capsule? This is a great time to think about what you would put in your time capsule to do with coronavirus. Diary, posters, bits of your learning?

Helpful resources for anxiety – We are noticing many children and adults who have felt very anxious around coronavirus. It is normal to feel anxious when you feel you have a lack of control over something. If you need some resources to help with anxiety do have a look at this. <https://www.elsa-support.co.uk/downloads/>

Anxiety workbook for children [Anxiety Workbook Primary.pdf](#)

Music on the Menu – Please click on the link below from West Sussex Music. There are some links to music connected with VE day to put you in the mood on Friday. [Music on the menu 8](#)

Financial help during and WSCC learning during lockdown - [Lockdown resources - April 2020](#)

Free School Meals for those that are eligible – The system seems to be more reliable now and we feel that children and families are getting their vouchers. If there are any problems please do email office@stmarysprimarypulborough.co.uk and they will be able to offer advice.

If you feel your household circumstances have changed and wish to consider applying for the ‘Pupil Premium Grant’ please use this link where you will find all the information and how to apply.

<https://www.westsussex.gov.uk/education-children-and-families/schools-and-colleges/free-school-meals/>

Foodbank – At this difficult time, we are aware that parents may not be able to afford food and this worries us enormously. If you are concerned/worried about food in your household then email head@stmarysprimarypulborough.co.uk and we will be able to put you in contact with the food bank providers – we can’t supply food ourselves but we can connect you with the people that can help.

At this difficult time, please follow Government advice and stay safe. We are thinking of you all, and we are looking forward to getting back to school when the time is right.

If there is anything that you would like me to discuss in the newsletters over the next few weeks, have some feedback, or you would like a photo of something your child/children has been doing to go in, then please email me at head@stmarysprimarypulborough.co.uk and I can add things in or address issues.

Mrs S Copus
Headteacher

Responding to the coronavirus: resources for mental health and wellbeing

Supporting schools and colleges booklet - the Anna Freud Centre

This free booklet provides advice and guidance for school staff about how to help children and young people manage their mental health and wellbeing during times of disruption to their learning.

[Go to resource](#)

Supporting schools video - the Anna Freud Centre

This video provides guidance to those working in schools and colleges about how they can help their pupils manage their mental health and wellbeing during any disruption caused by the coronavirus.

[Go to resource](#)

Supporting parents and carers video - the Anna Freud Centre

This video provides guidance to parents and carers about how they can support themselves and their children during any disruption caused by the coronavirus.

[Go to resource](#)

Self-care strategies - the Anna Freud Centre

A selection of self-care strategies that have been developed by young people to help manage their own wellbeing. During a time when access to regular appointments may be disrupted or anxiety might be heightened, it might be helpful to try one or some of these strategies.

[Go to resource](#)

Helpful information to answer children questions about coronavirus - Place2Be

[Go to resource](#)

Talking to your child about the coronavirus - YoungMinds

[Go to resource](#)

Coronavirus and your wellbeing - Mind

[Go to resource](#)

Worries about the world - Childline advice page

This page includes information on what concerns a child might currently have, for example about the coronavirus, and some things to try to address these worries.

[Go to resource](#)

Mood journal - Childline

Children can sign up to Childline's "locker" and track their daily mood in the mood journal. This might be a helpful way for children to balance their mood during a period of uncertainty.

[Go to resource](#)

Calm zone - Childline

A toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption.

[Go to resource](#)

Understanding anxiety illustration - Priory Group

[Go to resource](#)

Coronavirus comic strip - NPR

A comic strip to help children understand what the coronavirus is and respond to some common questions and worries they may have.

[Go to resource](#)

Tips for if you're worried about the coronavirus - Newsround video

[Go to resource](#)

How to cope when you can't go to school because of the coronavirus - Newsround video

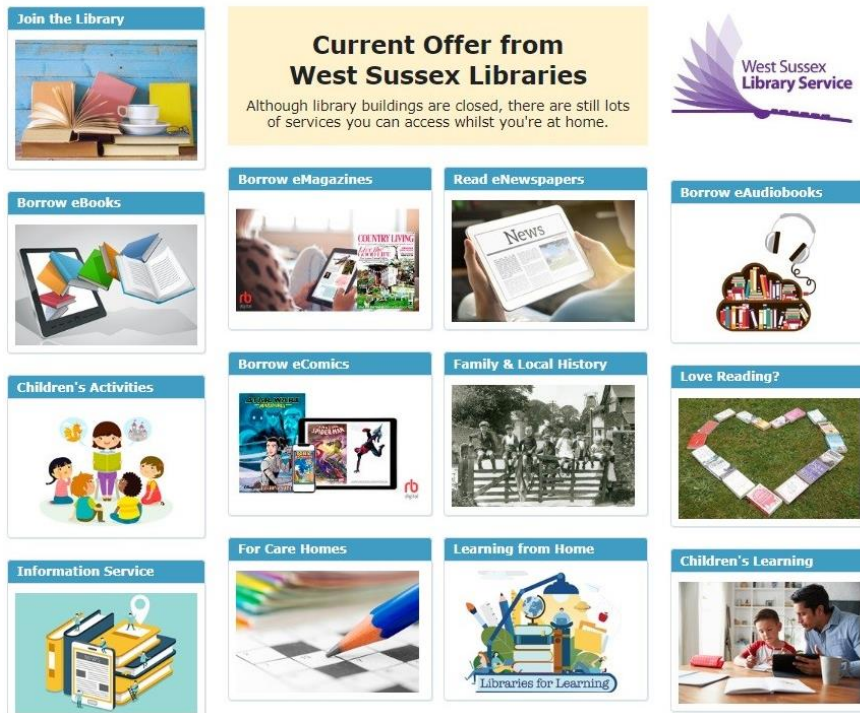
[Go to resource](#)

Helplines

SHOUT - text 'Shout' to 85258 for 24/7 crisis text support

Childline - under 19s can call 0800 1111 for free, confidential support

Education Support - school staff can call 08000 562 561 or text 07909 341229 for 24/7 help and advice



Have you looked recently to see what West Sussex County Council Library Service has to offer?

While West Sussex library buildings are closed we have developed an [alternative library offer](#) which can be accessed for free and which includes loads of information on [activities for children](#) as well as [learning from home](#) and [e-books](#) to borrow.

You can find some great suggestions for websites for things to do in your free time as well as to support learning. There's lots of brilliant online resources from authors, illustrators and publishers – learn how to draw like Ed Vere or Nick Sharratt, listen to Cressida Cowell read from 'How to be a Pirate' or download activity sheets to do at home – all collected together in one place.

Libraries also have [e-books](#) for children, teenagers and adults, which can be downloaded free of charge and we're adding more titles every day. All you need is a library card.

Don't have a library card yet? You can [join online](#) for free and it's really easy to do.

There's lots on offer for all the family – from [local history](#), including photos of West Sussex in the past, [newspapers](#) and [magazines](#) – all online and all free.

