



NEWSLETTER

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

Telephone: 01798 872007

WB 24th August 2020

Dear all,

We hope that you having a lovely summer holiday. We are aware that the term doesn't start until Monday 7th September but we want to keep you fully informed and give time for, you as parents, to ask questions. This newsletter talks about the reopening of the school and the expectations of staff, parents and the children so that we can work together to make this as successful as possible.

Vision statement – This has been put together by the Governors, staff and children and is about what we want to aspire to for the school and the children in our care. We want to make you fully aware of our aspirations.

'We are a Christ-centred school with a child-centred curriculum' where wisdom and love guide and influence learning and teaching for our whole community. We treasure each child and enable them to flourish, using their God-given potential, establishing a secure foundation for them to thrive in a rapidly changing world.'

Our school risk assessment – Our school risk assessment is now on the website (front page) and gives some advice around the risk management of the school, classrooms, arrival and departure and what the children need to come with. We will be doing everything possible to minimise the risk of COVID 19 to the children and staff. This involves temperature checks, hand sanitising and hand washing at different points of the day, having different playtimes and lunchtimes, keeping staff and pupils in zones and minimising parental contact at the beginning and end of the day from the staff and from each other. If you have any questions about the risk assessment, then please do not hesitate to contact us.

INSET Days – We have **INSET days on Thursday 3rd September and Friday 4th September**. On Thursday the teachers will be focussing on teaching and learning, new curriculum, plugging the gaps from COVID 19 and supporting the mental health and wellbeing of our pupils. On Friday the whole school staff are attending Safeguarding and Child Protection training and then we have Purple Mash (Computing) coming in the afternoon to look at the new curriculum and providing professional development from the teachers.

What to bring into school – Please ensure that your child has everything in one rucksack. They will need a **water bottle, their PE kit (in PE bag to go on their peg and it will come home on a Friday), hand cream (if needed) and some fruit for break time. If they are having packed lunch, they will need their packed lunch as well.** Please **do not** send them with pencil cases or other bits such as toys. There will not be any Show and Tell session this half term so please do not send anything in. You can take a photo and email the teacher if your child is desperate to show an award or certificate. The children will have their own desk in class and a tray with all the resources that they will need – this will be cleaned regularly and not shared.

Safeguarding – All the staff will participate in the annual WSCC Safeguarding training on one of our INSET days. The Designated safeguard Leads are Mrs Copus, Mr Rogers, Miss Turner, Miss Wilkins and Mrs Benson. If you feel that a child is at risk of harm then please do talk to us about your worries and concerns. The children will undertake their conversations around safeguarding this week with their pupil booklets about how to keep themselves safe.

Worship – We will be welcoming back Fr Paul and Mr Holloway who will be taking worship in class bubbles.

Chartwells – Please click on the link [Chartwells Menu Sept 2020](#) to see the menus on our return to school. If your child has a dietary requirement then please contact Chartwells on westsussexspecialdiets@compass-group.co.uk

School uniform – All children must be in full school uniform with school shoes (no trainers) from the beginning of September. Full PE kit must also be provided. Most of the PE sessions will be outside to minimise risk so please provide a warm jumper as the weather starts to get colder. Please click on the link for [School Uniform Rules](#). **If your child wears earrings, they may only wear studs, during PE lessons, earrings must be removed** and the child **must** be able to remove them themselves. We are unable to assist with removal, and we are not allowed to tape over earrings. We are asking that school uniform is washed regularly as a precautionary measure and PE kit will come home on a Friday to be washed over the weekend.

Mental Health and Wellbeing – This has become one of the main foci of the Governments ‘return to school’ since saying that schools were going to reopen. We are spending some of our INSET days looking at what is going to help our pupils especially those returning after such a long time. There are questionnaires at the end of the newsletter, A is for younger children and B is for older children. Please email these back to the class email address or bring in a printed copy.

Clubs in the Autumn Term – Some parents have been asking about clubs, music lessons and outside providers. Once the school is finally open and we feel that the systems we have in place are working and we have no COVID19 outbreaks then we will look at slowly opening up to other providers. We have to reopen sensibly and slowly and ensure the safety of the children and staff.

Staffing for this academic year -

Class	Teachers and Teaching Assistants for September
UK - EYFS	Mrs Callender and Mrs Norgate
Austria – EYFS/Y1	Mrs Huntley Hart and Mrs HC
Thailand – Y1	Mrs Hubble and Mrs Adams
France – Y1/2	Miss Sleat and Mrs Ansell
India – Y2	Miss Wilkins/Miss Gorecka and Mrs Tiller
New Zealand - Y3	Ms Frances and Mrs Shepherd
Ireland – Y3	Mrs Benson and Mrs Underwood
USA – Y4	Miss Lyons/Mrs Martin-Wells and Mr Yates
Sierra Leone – Y4	Mrs Rashleigh and Mrs Parsons
Mexico – Y5	Miss Callender and Mrs Metaliaj
China – Y5	Mr Coomber, Mrs Barnes and Mrs Treadwell
South Africa – Y6	Miss Turner and Mrs Bryan
Japan – Y6	Mr Rogers, Mrs Sherlock Fuidge (AM) and Mrs Lee (PM)

Teaching Assistants – Our teaching assistants are employed to support the needs of the pupils and so maybe moved around depending on the need. We are also aware that we have to keep the movement of our staff to a minimum so staff will be staying within zones. Our teaching assistants will also cover classes if the teacher is off, as we have to reduce contact from external agencies such as supply teachers.

Mrs Lee will be working as a Learning Mentor in the mornings and Ms Harrison will be helping with pastoral support, special educational needs and speech and language plans for children.

PPA (Planning, Preparation and Assessment cover) staff – In September, Miss Dunstall will be supporting PPA in EYFS and Year 1/2. Mrs Burbidge will be teaching in KS2 and taking a role in the delivery of PE. Mrs Vanieris will be teaching Spanish whilst Miss Bell is still on maternity leave. Mrs Shuter will be working across the school at times to allow senior leaders to work on school improvement issues but predominately in Year 3 and Year 6.

Office – Mrs Lees is the School Business Manager and she oversees the front office team which consists of Mrs Gabriel School Secretary, Mrs Andrews School Bursar, Mrs Russell Receptionist and Mrs Hancock Administrator Assistant. Ms Elliott is our Premises Manager.

Governing Body – The Governing Body of the school is very important. They are C Cook (Clerk), R Sleat (Teacher) D Shepherd, A Clark, J Edge, S Ansell, C Bagnall, C Cargill, S Doy, C Butler, L Batchelor, Fr Paul Seamen, D Jenkins, R Cordy. They can be contacted through the school office at any time and will be running some ‘Governors Check-ins’ over the Autumn Term.

Zoom and transition arrangements – At the end of last term the children received a transition booklet and the teachers offered Zoom meetings We are aware that many of the children will be anxious about returning to school so the class teachers will be doing a Zoom on Friday 4th September in the afternoon. An invite will come out on Thursday 3rd. This Zoom will only be ten minutes long but will tell the children what will be happening on Monday and how much the teachers are looking forward to seeing them. This should help with anxiety and some of your child’s worries. If your child does have a question then please email the teachers on the class email address and the teachers will respond directly to these.

Nut Free School – We are a **nut free school** and this applies to all food that enters our school building and is applicable from Early Years all the way through to Year 6.

Attendance requirements – It is a requirement that all children attend school full time in September. We will be monitoring attendance very closely and will be contacting parents whose children are not attending on a day to day basis. It is important that the children get back into the routine of attending every day. Please work with us on this and inform us if you have worries or concerns so that we can get a plan in place.

Capturing lockdown moments – We are keen to know what your experiences have been during lockdown. We are not here to judge what has happened with home schooling but we want to be able to help and support your child and talk about their experiences good or bad. Please complete the attached questionnaire and email it back to your new class teacher. The more that we know the more we can engage in conversation and help where we can. There are two questionnaires attached to the end of the Newsletter Version A for younger children and version B for slightly older children, they can complete either one, whichever they are happy doing.

School refusal – we are aware that some children are going to be very excited about coming back to school but we also know that some children will be highly anxious. There is a video on our website that shows the children coming into school and what the classrooms look like – please watch with your child and reassure. We can not physically handle children to get them into school. If your child is school refusing then we ask that you contact us and we will be able to put supports in place to help and make it easier. Please phone the school and ask for Miss Wilkins, Miss Gorecka or Mrs Copus. It is really important that we work together to get the children engaged in learning and ensure that they are attending.

Emergency measures – we have many things in place but we do need to prepare for an outbreak. If your child becomes ill, please inform us straight away so that we can put measures in place. The Government guidance about an outbreak is clear.

All schools must follow this process and ensure all staff and parents are aware of it.

If anyone in the school becomes unwell with a new and persistent cough or a high temperature, or has a loss of, or change in, their normal sense of taste or smell (anosmia), they must be sent home and advised to follow ‘stay at home: guidance for households with possible or confirmed coronavirus (COVID-19) infection’, which sets out that they should self-isolate for at least 10 days and should arrange to have a test to see if they have coronavirus (COVID-19).

If they have tested positive whilst not experiencing symptoms but develop symptoms during the isolation period, they should restart the 10 day isolation period from the day they develop symptoms.

Other members of their household (including any siblings) should self-isolate for 14 days from when the symptomatic person first had symptoms.

If a child is awaiting collection from school, they will be moved to a room where they can be isolated behind a closed door, depending on the age and needs of the child, with appropriate adult supervision. A window will be opened for ventilation.

If we have an outbreak in a bubble (class) then we will shut the bubble until confirmation of the results of a test or if we have a few outbreaks we may have to close the school – please be aware of this. We will not be sharing the names or details of people with coronavirus (COVID-19).

*If your child is coming to school with a face covering then the Government guidance is clear – you will need to provide a bag for the face covering to go into or they can put it in one of the lidded bins within school. If we find a mask laying around the school, it will be put in the bin. If your child is wearing a mask, then **pupils will be instructed not to touch the front of their face covering during use or when removing it.** They must wash their hands immediately on arrival (as is the case for all pupils), dispose of temporary face coverings in a covered bin or place reusable face coverings in a plastic bag they can take home with them, and then wash their hands again before heading to their classroom.*

Teaching and Learning - The Government have been clear about the expectations around teaching and learning and the curriculum for schools.

Informed by these principles, the DfE asks that schools and other settings meet the following key expectations for their school curriculum for academic year 2020 to 2021:

- *Teach an ambitious and broad curriculum in all subjects from the start of the autumn term, but make use of existing flexibilities to create time to cover the most important missed content: prioritisation within subjects of the most important components for progression is likely to be more effective than removing subjects, which pupils may struggle to pick up again later. In particular, schools may consider how all subjects can contribute to the filling of gaps in core knowledge, for example through an emphasis on reading*
- *Aim to return to the school's normal curriculum in all subjects by summer term 2021: Substantial modification to the curriculum may be needed at the start of the year, so teaching time should be prioritised to address significant gaps in pupils' knowledge with the aim of returning to the school's normal curriculum content by no later than summer term 2021.*
- *Plan on the basis of the educational needs of pupils: Curriculum planning should be informed by an assessment of pupils' starting points and addressing the gaps in their knowledge and skills, in particular making effective use of regular formative assessment (for example, quizzes, observing pupils in class, talking to pupils to assess understanding, scrutiny of pupils' work).*

We should also have plans in case of a second lockdown.

- *Develop remote education so that it is integrated into school curriculum planning: Remote education may need to be an essential component in the delivery of the school curriculum for some pupils, alongside classroom teaching, or in the case of a local lockdown.*

Social distancing – We will be encouraging the children to social distance, we have staggered entry and exits, break times and lunchtimes so there is more space to social distance. There are markings outside the classrooms to encourage this and at lunchtime we have stand on spots to collect lunch. When we bring the children out they will social distance in their lines and we ask that parents do the same as they stand on the playground.

Start and finish times – All parents will need to accompany their child to the gate in the morning for a temperature check. One parent to pick up and collect please to reduce the amount of adults at the gate. Please wear a mask to reduce the risk further.

We can not offer any before or after school provision at this time. No cars to drop off in the school drive please.

Drop off	Pick up	Classes
8.30am	2.45pm	Thailand, France and India classes
8.40am	2.55pm	New Zealand, Ireland, USA and Sierra Leone classes
8.50am	3.05pm	China, Mexico, Japan and South Africa classes
9.00am	3.15pm	UK and Austria classes - Once in full time

If your child forgets something – we will ask you to go to the side gate, buzz the office and they will ask you to leave it at the gate where they will retrieve it and take it to your child's classroom.

Dealing with enquiries and issues – **If you have a concern then please follow these routes below to get your query dealt with:**

Child's learning – class teacher then the Deputy Headteacher and then the Headteacher (if not resolved). All email addresses are listed below. uk@stmarysprimarypulborough.co.uk, Austria@stmarysprimarypulborough.co.uk, Thailand@, France@, india@, NZ@, Ireland@, USA@, SL@, Mexico@, China@. SA@ and Japan@

Absence or attendance – Mrs Gabriel at secretary@stmarysprimarypulborough.co.uk

Special Educational Needs – Miss Wilkins (SENDCo) or Ms Harrison – for concerns over progress or queries over Individual Learning Plans. Contact the office on 01798872007 and ask to speak to one of them.

Diary dates or information about school events – School office on 01798872007 or email office@stmarysprimarypulborough.co.uk

Parentpay or issues with finances – Mrs Andrews or bursar@stmarysprimarypulborough.co.uk or Mrs Lees (if not resolved)

Track and Trace – The Government are encouraging everyone to be part of the Track and Trace system. This is the Government guidance.

Schools must ensure they understand the NHS Test and Trace process and how to contact their local [Public Health England health protection team](#). Schools must ensure that staff members and parents/carers understand that they will need to be ready and willing to:

- [book a test](#) if they or their child are displaying symptoms. Staff and pupils must not come into the school if they have symptoms, and must be sent home to self-isolate if they develop them in school. All children can be tested, including children under 5, but children aged 11 and under will need to be helped by their parents/carers if using a home testing kit
- provide details of anyone they or their child have been in close contact with if they were to test positive for coronavirus (COVID-19) or if asked by NHS Test and Trace
- [self-isolate](#) if they have been in close contact with someone who tests positive for coronavirus (COVID-19), or if anyone in their household develops symptoms of coronavirus (COVID-19)

Anyone who displays symptoms of coronavirus (COVID-19) can and should get a test. Tests can be booked online through the NHS [testing and tracing for coronavirus website](#), or ordered by telephone via NHS 119 for those without access to the internet. Essential workers, which includes anyone involved in education or childcare, have priority access to testing.

Policies – As part of the COVID pandemic we have had to review some of our policies specifically to ensure we are taking COVID 19 into consideration. Over the next few weeks, we will update our Intimate Care Policy, Behaviour Policy, Safeguarding and Child Protection Policy and Special Educational Needs and Disability Policy. Please see the website if you would like to see these policies and the changes that we have had to make.

Complaints – We try and rectify all complaints quickly and effectively with good communication but if you feel that you need to speak to our Governing Body then please refer to the Complaints Policy on our website.

Diary dates – We have put together some diary dates based on what we know can go ahead. They are **subject to change** so please be patient with us.

We are keen to answer parent's questions and address all the issues that are worrying you. Please email me at head@stmarysprimarypulborough.co.uk and I can then answer these in our question and answer section.

Mrs S Copus
Headteacher

Life has been very different recently, and it might have even felt pretty weird. You have probably been staying safe at home, instead of going to school. Your school is now getting ready to invite you and your friends back to school. These questions will help you think about how you feel about coming back to school, so the adults can help you feel happy and safe.

Please answer these questions as honestly as you can. There are no right or wrong answers, we are just interested in your views!



Section 1: About me



We would first like to find out a little more about you

My name is: _____

What things and people are important to you? This could be your teachers. friends. toys. pets. family. Write or draw in the boxes



At school these things are important to me:



At home these things are important to me:



Section 2: Staying at home

We would like to find out a little more about your experience at home since the schools closed to most children and young people.

What things have you enjoyed doing at home when you could not go to school?



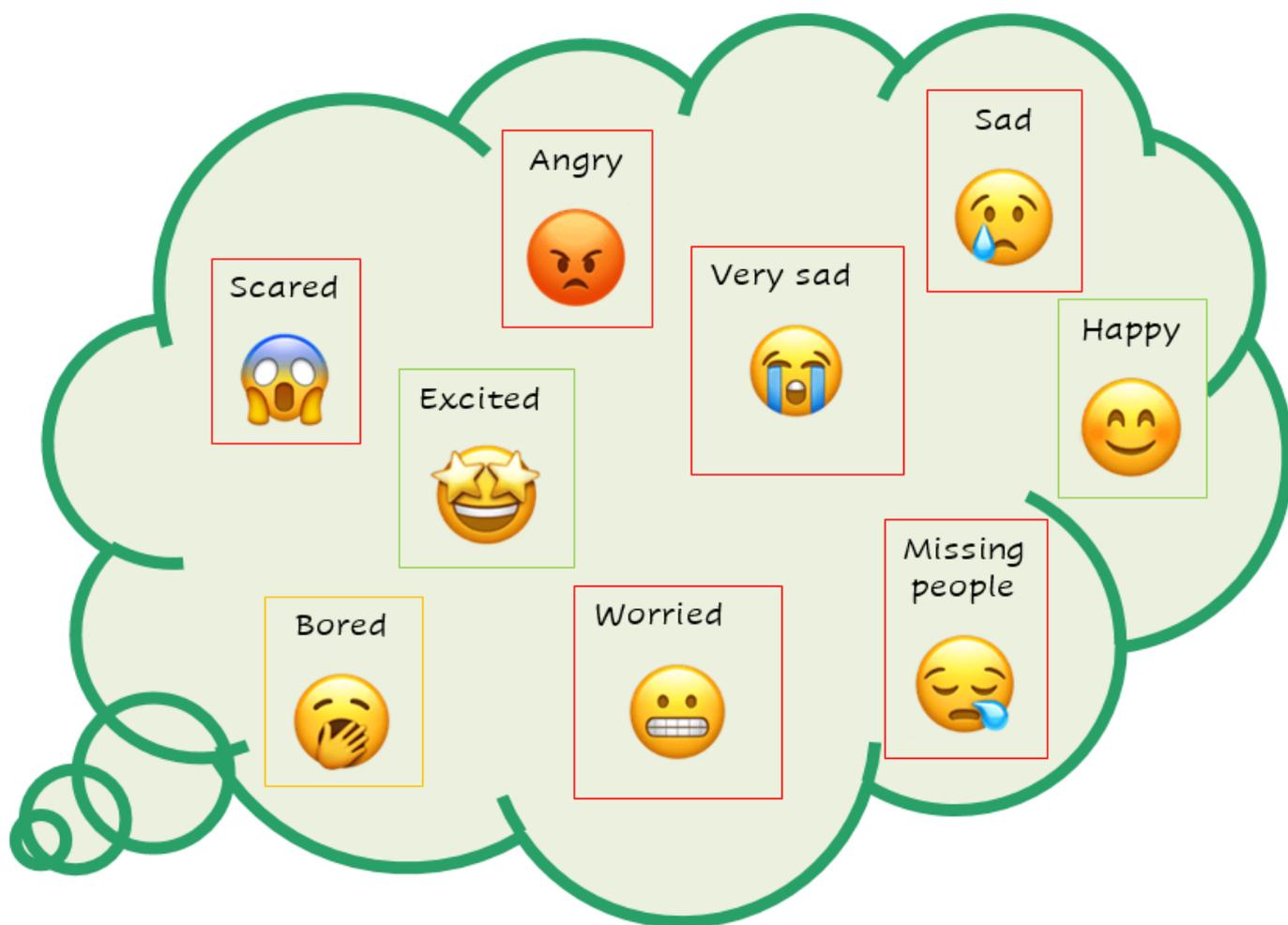
You can write or draw your answers



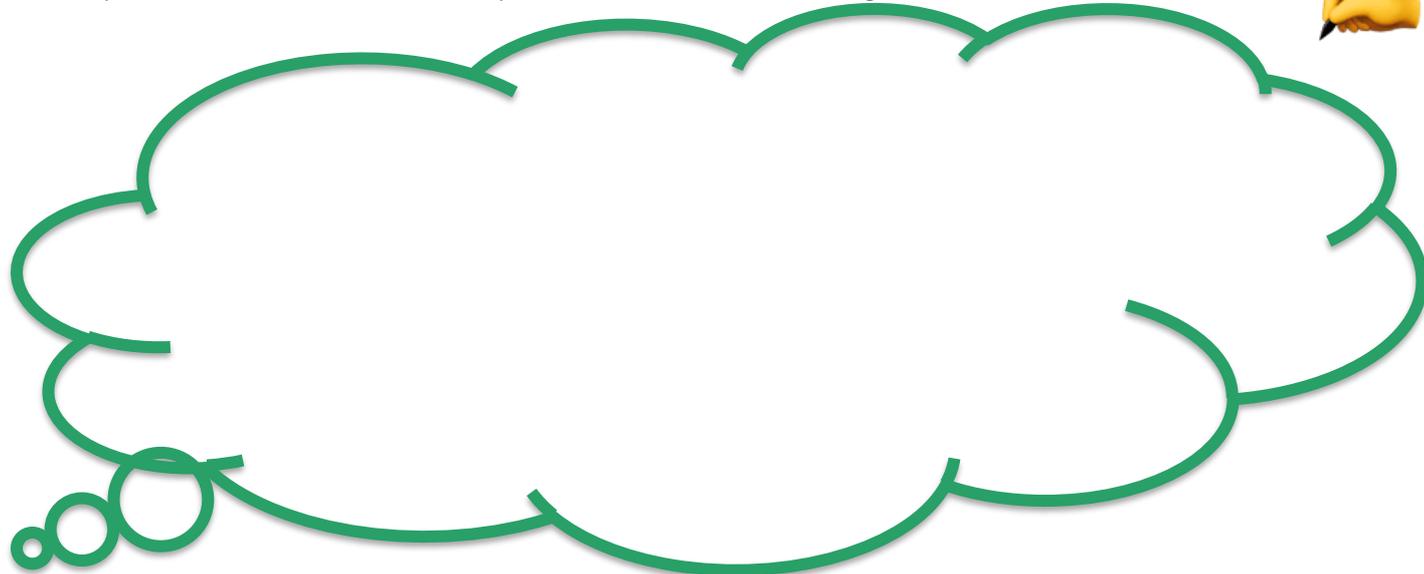
Things I enjoyed doing at home



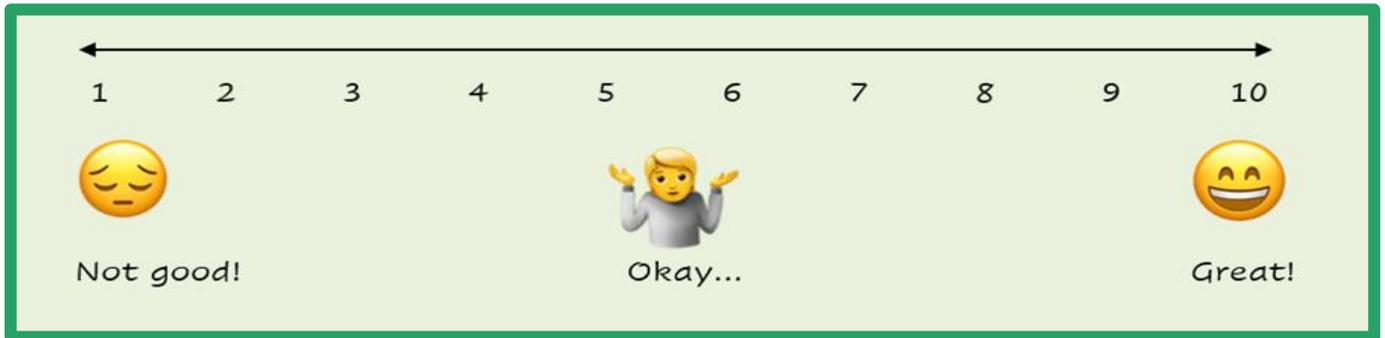
Staying at home has often made me feel: (Please circle all the ones that are true)



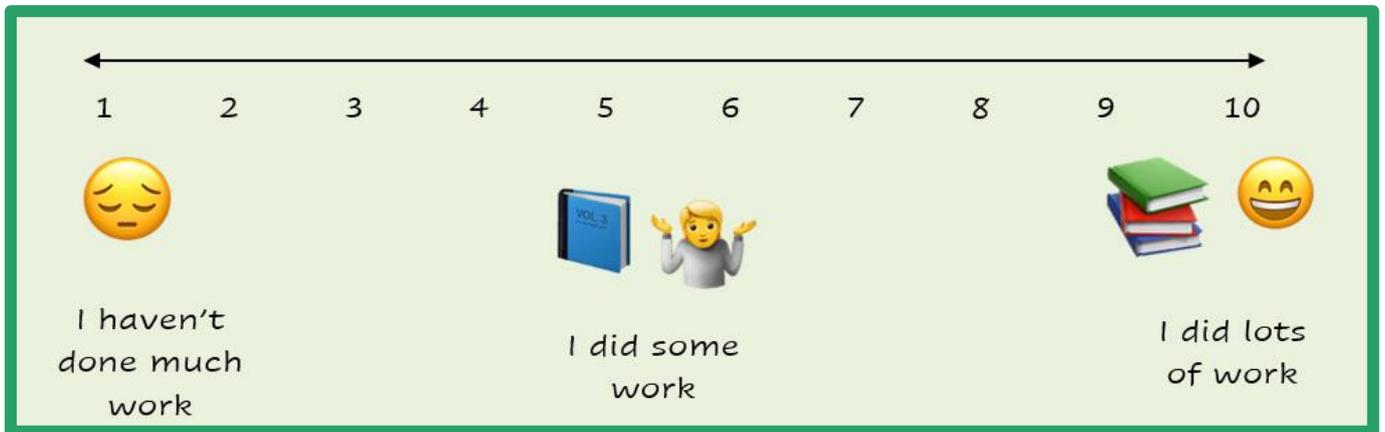
Would you like to draw how you have been feeling most of the time?



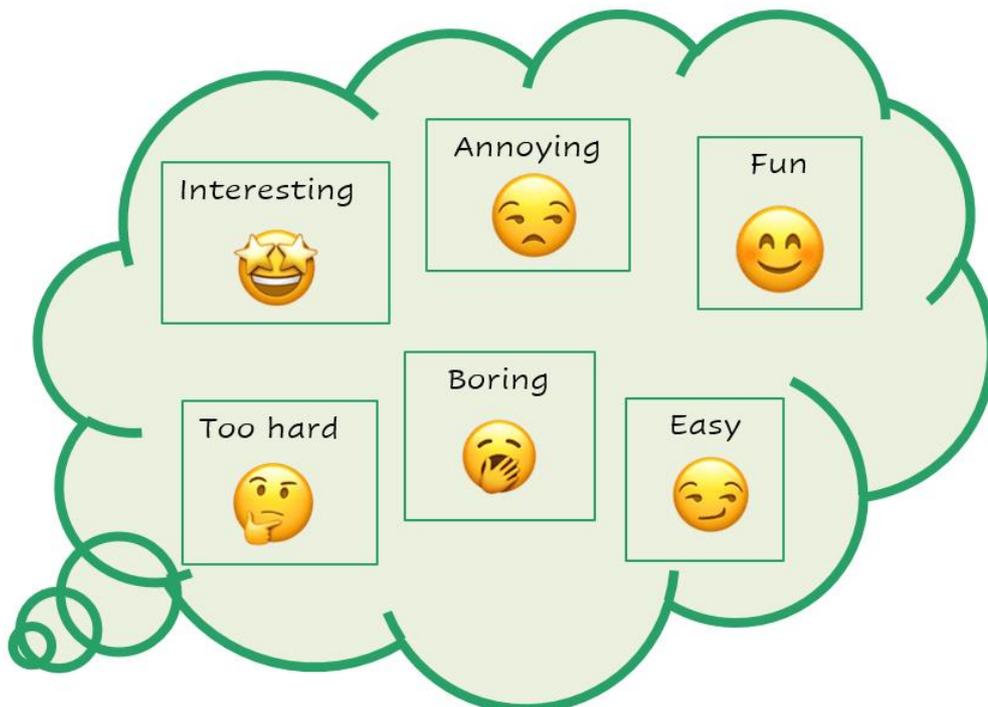
Doing my **learning** at home is: (Please circle a number from 1 to 10)



How much learning have you done? (Please circle a number from 1 to 10)



I think the schoolwork I have done is: (Please circle)





Section 3: Going back to school

We would like to find out a little more about your feelings around returning to school.

How do you feel about returning to school? (Please circle a number from 1 to 10)

←	1	2	3	4	5	6	7	8	9	10	→
											
Not good!					Okay...					Great!	

It is okay and normal to feel excited or scared about going back to school, you might even feel both of these at the same time. You can talk to the adults at home and at school about your feelings, because they will want to help you.?

When you think about going back to school, what are you excited about?

Seeing my friends	Learning	Seeing my teachers	Knowing what is happening	Play time	Time away from home
					
<input type="radio"/>	<input type="radio"/>				

Is there anything else you are looking forward to?

When thinking about school, which of these statements are true for you?

(Please put a tick in the box under the picture if it is true)



<p>I feel worried</p> 	<p>I worry about leaving my parents/carers to go to school</p> 	<p>I can do things if I really try</p> 	<p>I need help with my learning</p> 	<p>People don't listen or believe me</p> 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>I don't like reading aloud</p> 	<p>There are people who help me at school</p> 	<p>I feel mixed up</p> 	<p>I prefer to spend time doing fun stuff at home</p> 	<p>I believe people care about me at school</p> 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>I don't like some teachers</p> 	<p>Some children are mean to me</p> 	<p>I worry about getting ill</p> 	<p>I think things will get better</p> 	<p>I would rather spend time on my games or watch TV</p> 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>School is too noisy or busy</p> 	<p>I feel embarrassed</p> 	<p>I have friends at school</p> 	<p>I don't understand what the teacher is saying</p> 	<p>I would rather be at home</p> 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Here are some more statements.

When thinking about school, which of these statements are true for you?
(Please put a tick in the box under the picture if it is true)



<p>I worry about tests</p> 	<p>I feel like I belong at my school</p> 	<p>My family need me to be at home</p> 	<p>I worry about seeing my classmates</p> 	<p>I worry that my family will get ill</p> 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>I worry about what people think about me</p> 	<p>I don't like breaktimes</p> 	<p>People listen to me at school</p> 	<p>I feel sad</p> 	<p>I don't know how to make friends</p> 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>I feel lonely</p> 	<p>I don't like working in a group</p> 	<p>I want to go to school</p> 	<p>I worry about schoolwork</p> 	<p>I feel safe when I am at school</p> 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>I am a good learner</p> 	<p>I prefer to spend time with my family or pets</p> 	<p>I don't like changes to routine</p> 	<p>I worry about people getting too close to me</p> 	<p>I feel my head is too full</p> 
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

At school, I would like to get better at: *(Please circle those that apply)*



Coping with my feelings



Making or keeping friends



Reading or writing

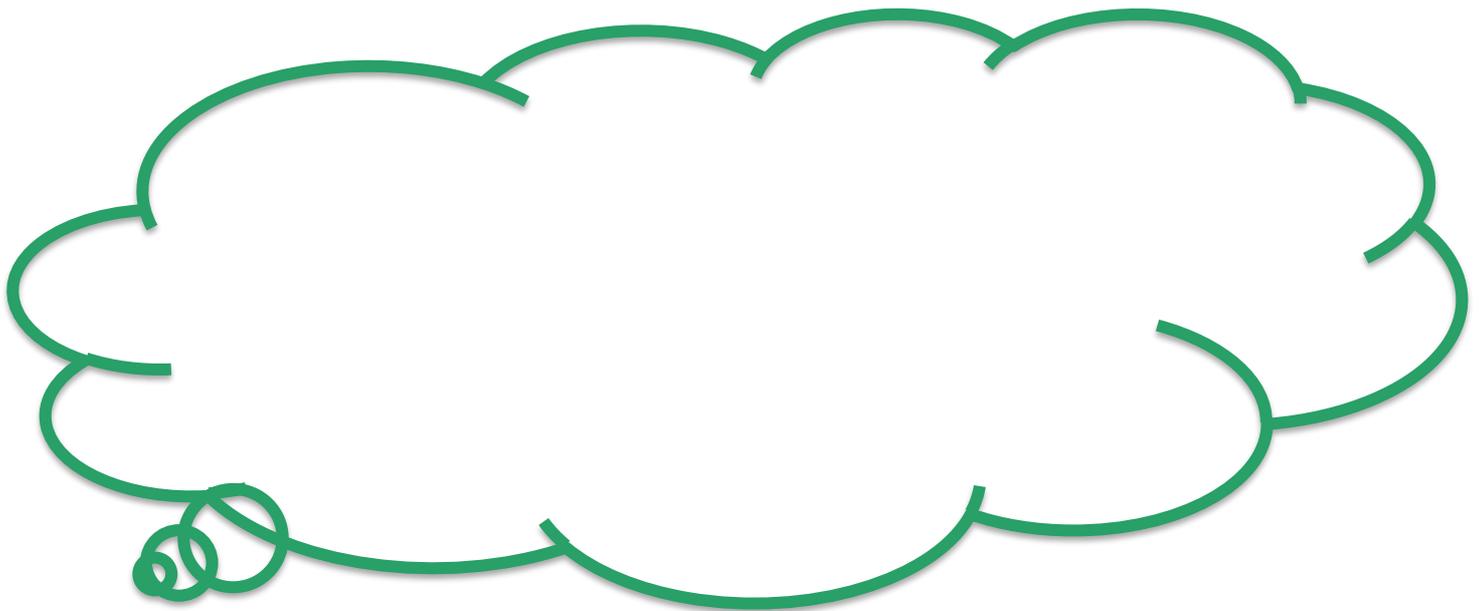


Other types of learning



Asking for help

Is there anything else you would like to get better at?



When I think about returning to school, I have questions about:
(Please circle those that apply)



What will happen in my time at school?

Which other children will I see?

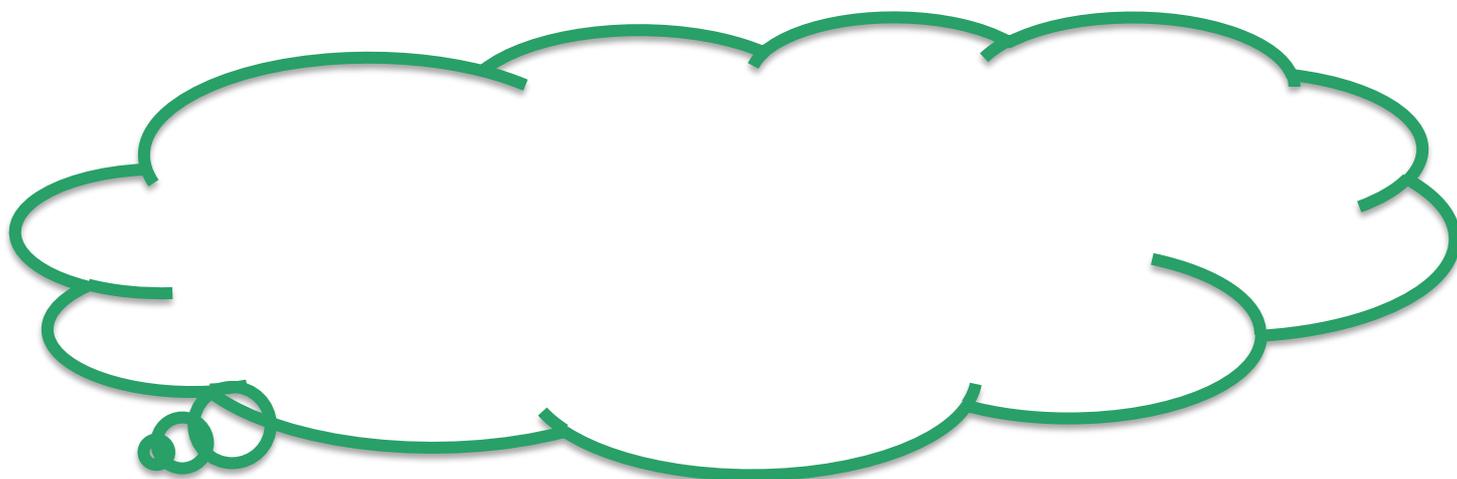
What can I do if I feel worried?

How will school be different?

Will I be safe at school?

Who will help me at school?

Do you have any other questions for adults at school?



Section 4: When I feel worried- things that help me

When I feel worried these things help me most: *(Please select those that apply)*

'When I'm worried, I like to...

Try to think about something else



Exercise



Take calm breaths



Draw, colour in or paint



Play or listen to music



Talk to a friend



Talk to an adult



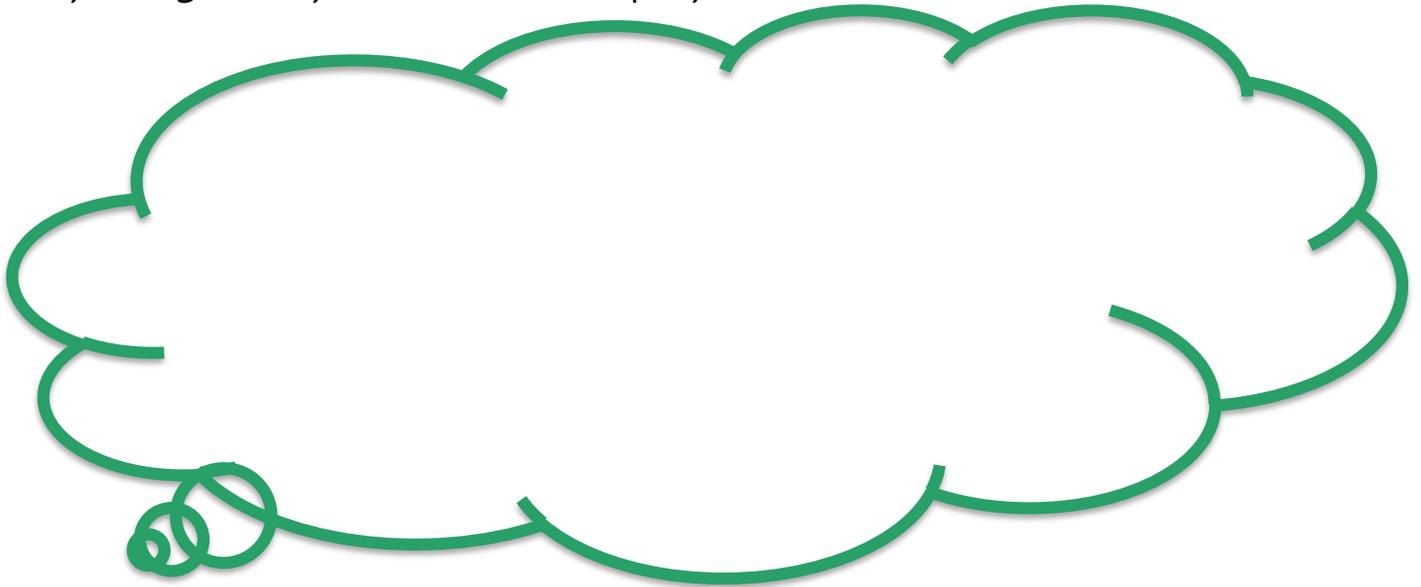
Have some quiet time by myself



I don't know

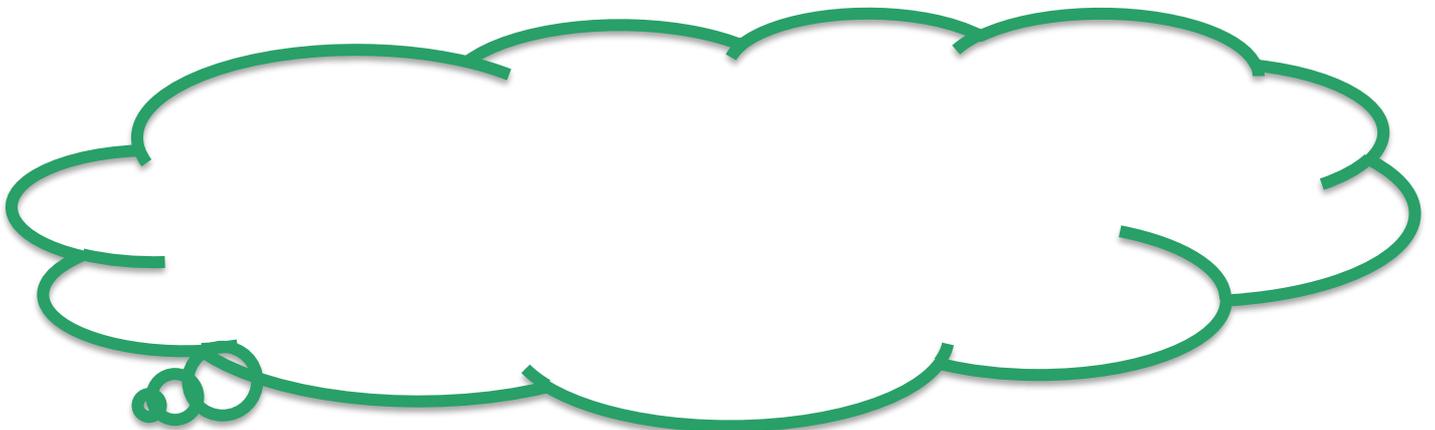


Anything else you do that helps you:



Thank you for completing this questionnaire. Your answers will help adults to plan how they can support you back to school.

Is there anything else you want to tell the adults at school or home?



If you are feeling very worried about returning to school, please talk to a key adult e.g. a parent/carer or teacher.

Childline is an organisation that is especially for children and young people. You can look at their website for more information or you can phone and talk to an adult who will listen to you.

www.childline.org.uk

Free telephone helpline 0800 1111

The last few months have been a strange time, as many of us have been away from school and staying safe at home. Now, as schools are beginning to open for all children and young people, we will all have lots of different thoughts and feelings about this. Completing this booklet will help you talk about your own thoughts and feelings, so adults in your school and family can help support you to return to school.

Please answer these questions as honestly as you can. There are no right or wrong answers, we are just interested in your views!



Section 1: About me



We would first like to find out a little more about you

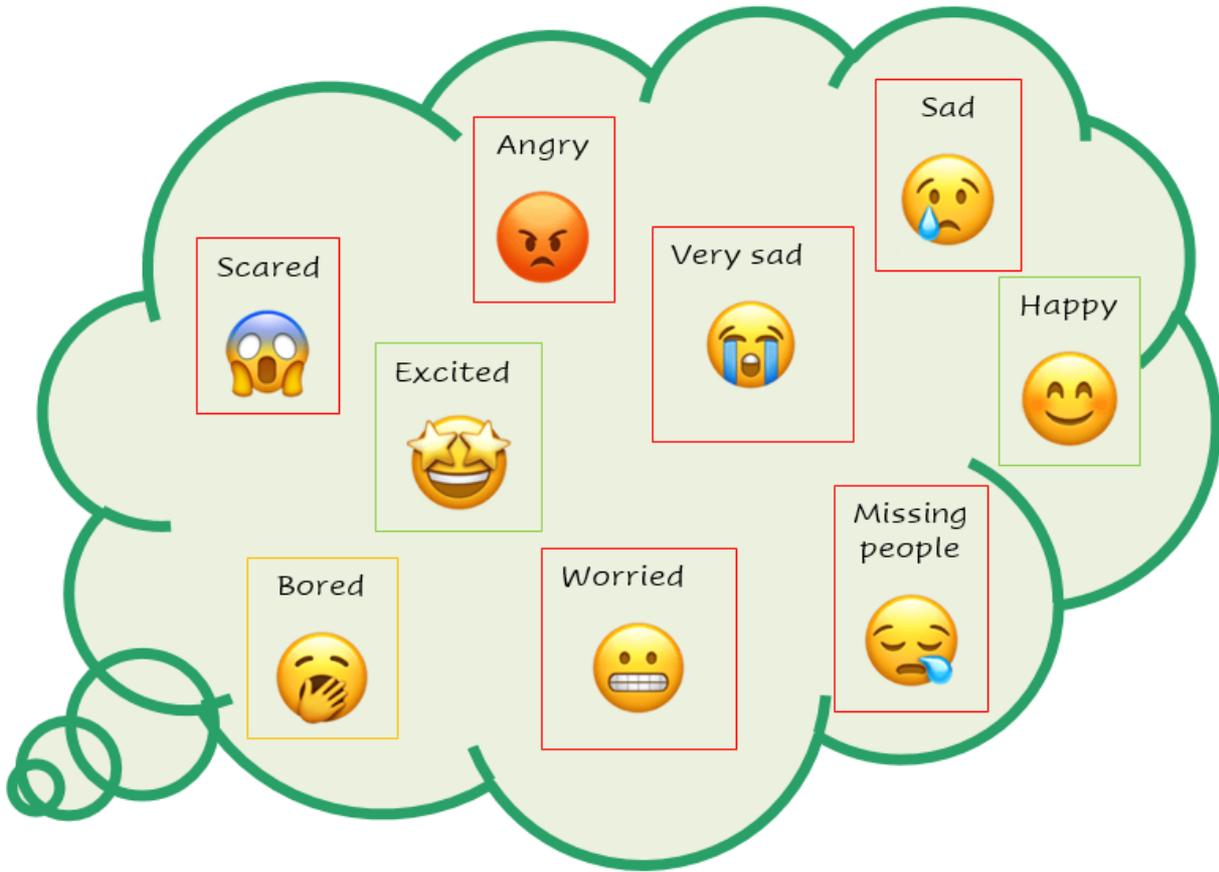
My name is: _____

These things and people (e.g. music, sport, teachers, friends) are important to me: (You can write, draw a picture, or add photos here)

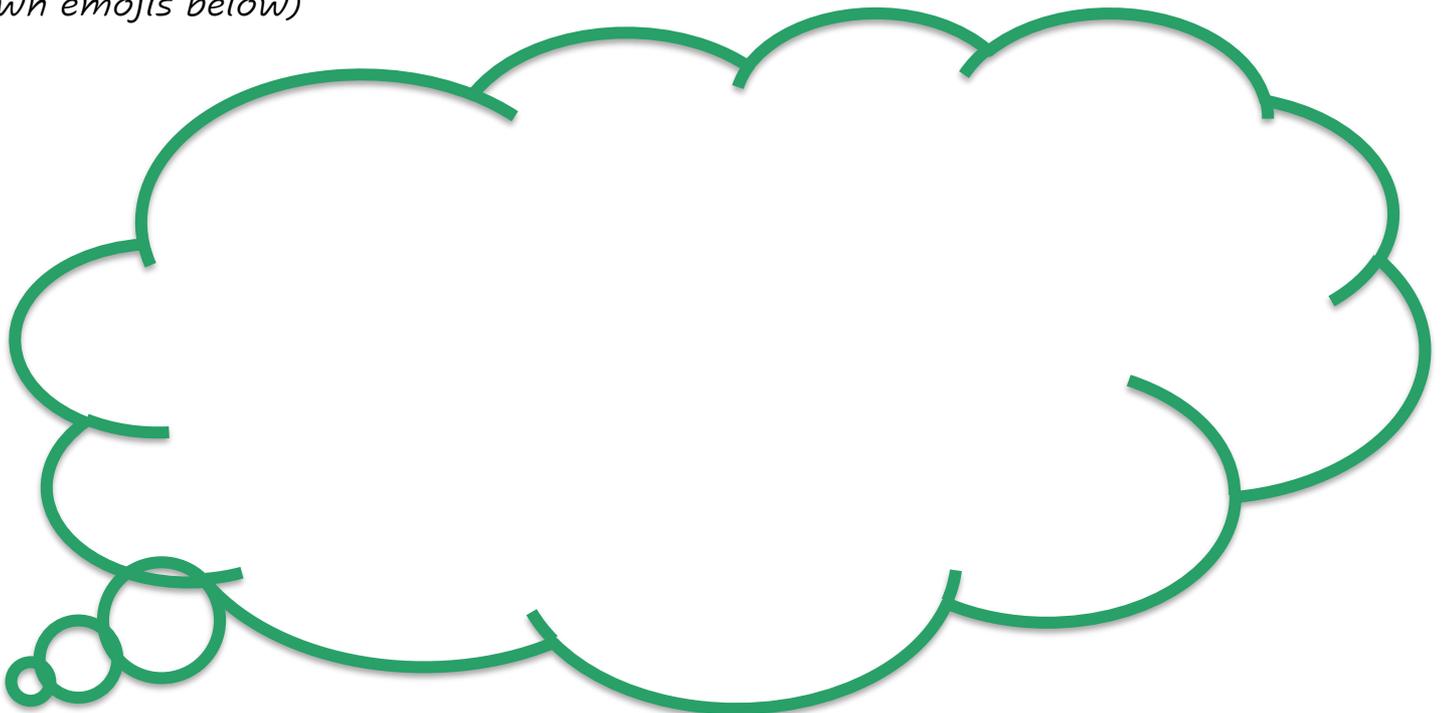
Important people and things outside school:

Important people and things in school:

Staying at home has often made me feel: *(Please circle all the ones that apply)*



Are there any other feelings you would like to share? *(Please write or draw your own emojis below)*



 What **do** you like about staying at home and not going to school?

--

 What **do you not** like about staying at home and not going to school?

--

What was it like **learning** at home for you? (Please circle a number from 1 to 10)



 What **was** good about learning at home?

--

 What **was not** good about learning at home?

--



Section 3: Going back to school

We would like to find out a little more about your feelings around returning to school.

How do you feel about returning to school? (Please circle a number from 1 to 10)

← 1 2 3 4 5 6 7 8 9 10 →

🙄 Not good! 🙄 Okay... 🙄 Great!

It is okay and completely normal to have any of these feelings. Returning to school might feel both exciting and scary at the same time. And whatever you feel right now, please know that you are not alone.

What are you most looking forward to about returning to school? (Please rank them in order of their importance to you, e.g. writing 1 next to the one you are most looking forward to, then 2 beside the next most important, and so on)

Seeing my friends  <input type="text"/>	Learning  <input type="text"/>	Seeing my teachers  <input type="text"/>	Having routines  <input type="text"/>	Breaktimes  <input type="text"/>	Time away from home  <input type="text"/>
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Is there anything else you are looking forward to?

When thinking about school, which of these statements are true for you?
(Please circle all the pictures that you agree with)



Here are some more statements.

When thinking about school, which of these statements are true for you?

(Please circle all the pictures that you agree with)



The cards contain the following statements and icons:

- I feel pressure (Crying face emoji)
- I have to look after people at home (Red helmet emoji)
- School is too noisy or busy (Thinking face emoji)
- I feel embarrassed (Worried face emoji)
- I have friends at school (Two people holding hands emoji)
- I don't understand what the teacher is saying (Person shrugging emoji)
- I feel in control when I am at school (Green checkmark icon)
- I feel worried (Worried face emoji)
- I worry I have a fever (Face with thermometer emoji)
- I don't like PE (Person running emoji)
- I would rather be at home (House emoji)
- I feel helpless (Downcast face with closed eyes emoji)
- I want to go to school (School building emoji)
- I worry about what people think about me (Three thinking faces emoji)
- I don't like breaktimes (Stopwatch emoji)
- People listen to me at school (Ear emoji)
- I don't know how to make friends (Person shrugging emoji)
- I don't like getting into school (School bus emoji)
- I know what I want to do when I leave school (Lightbulb emoji)
- I feel sad (Downcast face with closed eyes emoji)
- I don't like some lessons (Person at a desk emoji)
- I am a good learner (Person at a laptop emoji)
- I feel like I don't belong (Alien emoji)
- I prefer to spend time with my family or pets (Family and dog emoji)
- I don't like changes to routine (Exclamation mark and question mark emoji)
- I worry about people getting too close to me (Person with arms crossed emoji)

At school, I would like to get better at... (Please circle those that apply)



Coping with my feelings



Making or keeping friends



Reading or writing

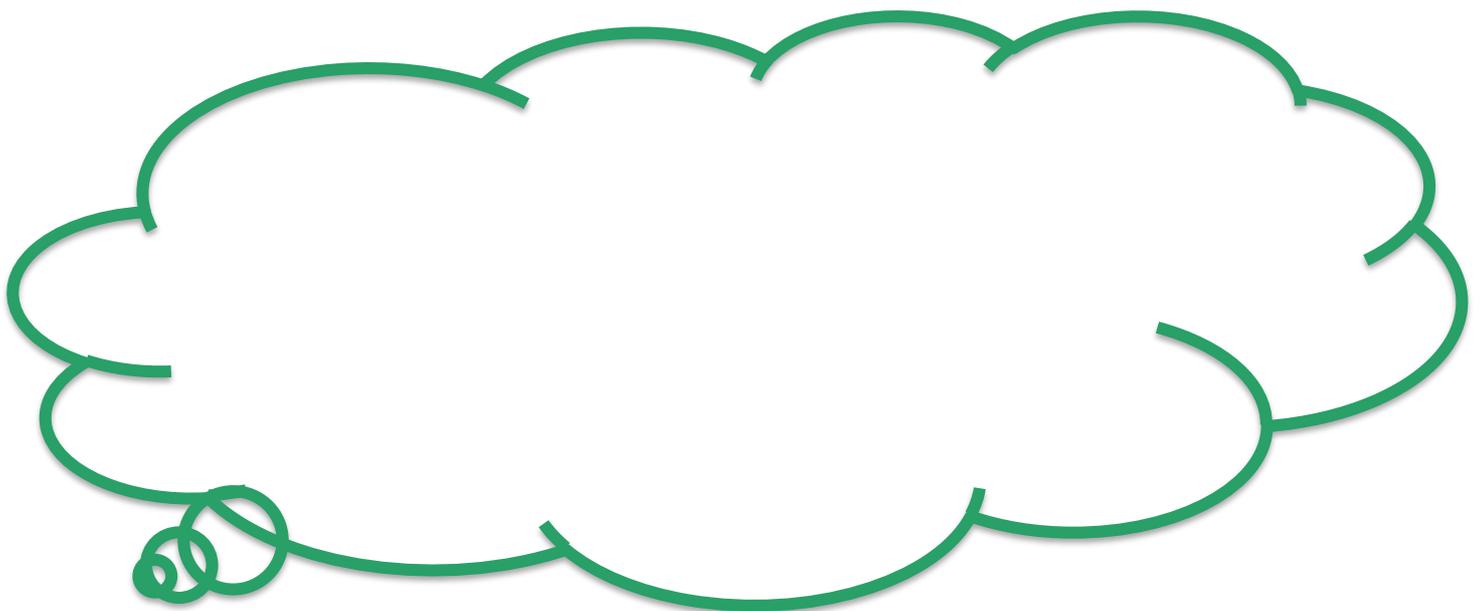


Other types of learning



Asking for help

Is there anything else you would like to get better at?



When I think about returning to school, I have questions about: *(Please circle those that apply)*

My new timetable

Which other young people I will be grouped with?

Coronavirus

How I can cope with my feelings?

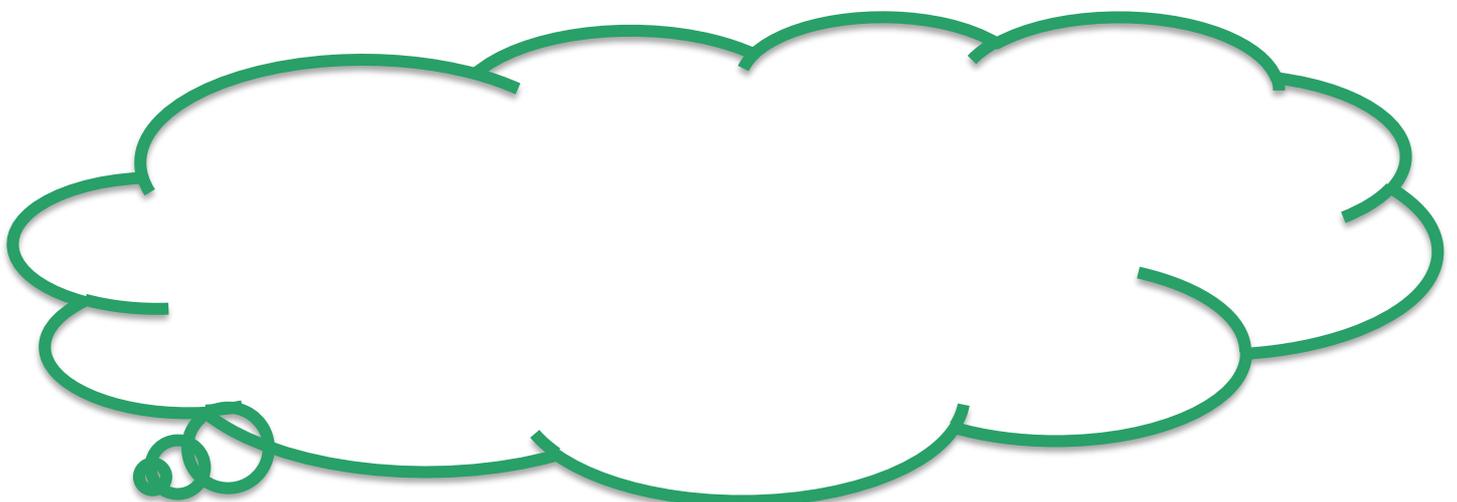
Who will help me?

The new school rules and layout

How school will keep me safe?

What help I will get with my learning?

Do you have any other questions about returning to school?



Section 4: My Coping Toolkit

When I feel worried these things help me most: *(Please select those that apply)*

Keeping my brain busy
(e.g. distracting myself, or
trying to solve my
problem)



Keeping my body busy
(e.g. going for a walk, or
other exercise)



Deep breathing or
thinking about
peaceful things



Being creative, e.g. Art,
writing stories



Playing or listening to
music



Talking to a friend or
someone else I trust



Being around other
people



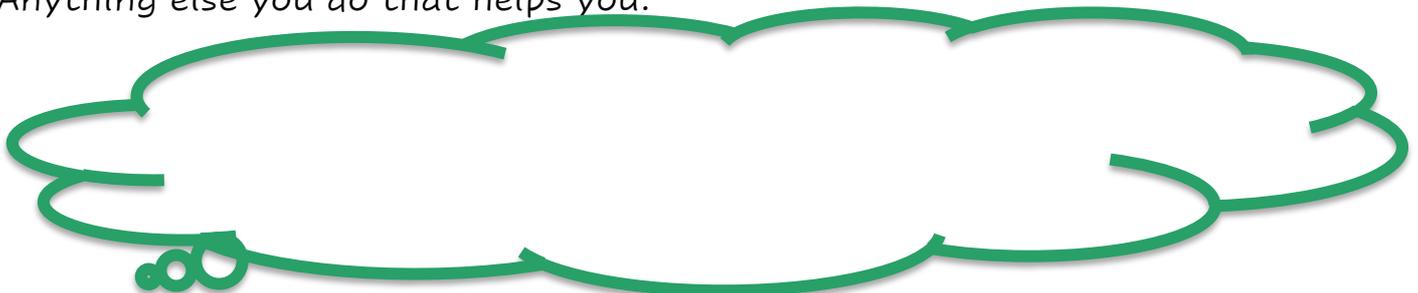
Having some quiet
time



Not sure!

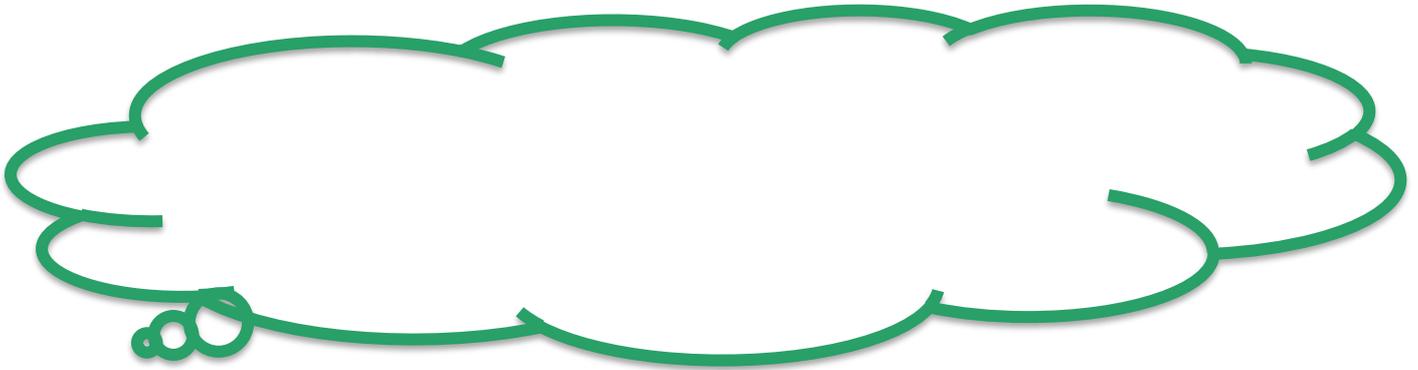


Anything else you do that helps you:



Thank you for completing this questionnaire. Your answers will help adults to plan how they can support you back to school.

Is there anything else you want to tell the adults at school or home?



If you are feeling very worried about returning to school, please talk to a key adult e.g. a parent/carer or teacher.

Below are some places to go to get further information or help if you would like this.

e-wellbeing.co.uk - A website to support children and young people with their mental health across Sussex

emergingminds.org.uk - Supporting children and young people with worries about COVID-19

youngminds.org.uk/about-us - A website to provide information and support to young people

www.healios.org.uk/services/thinkninja1 - 'Thinkninja' app providing self-help knowledge and skills for young people from 10-18 years old who may be experiencing increased anxiety and stress

Chat Health - A secure and confidential text messaging service for young people, aged 11-19. It provides easy and anonymous access to a healthcare professional for advice and support. 07480 635424

www.childline.org.uk/toolbox/calm-zone - Features lots of breathing exercises, activities, games and videos to help you let go of stress

SEND IAS - Young People Advisers offer confidential and impartial advice to young people who may have a special educational need or disability. Phone 0330 222 8555 or email cyp.sendias@westsussex.gov.uk

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

Parents

Dates for the Academic Year 2020-2021

Date	Time	Event
AUTUMN TERM		Christian Values - Love
September		
Thurs 03.09.20 and Fri 04. 09.20		INSET DAYS Thursday 3 rd and Friday 4 th
Mon 07.09.20		Term starts for Yrs 1,2,3,4,5,6
Thurs 03.09.20	7.30pm	Governors Officers Meeting
Mon 14.9.20		Term starts for YR
Tues 15.09.20		Friends of St Mary's Trustees meeting
Wed 23.09.20	4pm	ZOOM - Meet The Teacher
Tues 29.09.20		School Photographs – Individual Children
October		
Thur 01.10.20	3.30pm	ZOOM - Year 6 - Sex and relationships parents afternoon
Thurs 15.10.20	3.30pm	PTA AGM
Fri 23.10.20		INSET
Mon 26.10.20 – 30.10.20		HALF TERM
November		Christian Values - hope, perseverance, courage
Mon 2.11.20		PROVISIONAL - Clubs start
Tues 3.11.20 Wed 4.11.20 Thurs 5.11.20	3.30pm	Parents evening – starting the year 15min individual appointments via ZOOM to be booked in advance
Wed 11.11.20	11am	Remembrance Day
w/b 16.11.20	All day, every day	Anti Bullying week
30.11.20		PASADA begins
December		
Thurs 03.12.20	AM	Flu Vaccination for R,1,2,3,4,5,6 Full Governors Meeting
Fri 11.12.20		Clubs finish
TBC Tues 15.12.20	1.30pm and 5.30pm	Reception Nativity play
TBC Weds 16.12.20	1.45pm and 5.30pm	Christmas Production KS1 to school/playgroups
TBC Thurs 17.12.20	5.30pm	Christmas Production KS1 to parents.
17.12.20		Chartwells Christmas Meal
Fri 18.12.20		Christmas Jumper/Class Parties
Fri 18.12.20	9am	Last day of Term. Christmas Holidays begin
SPRING TERM		Christian Value - humility, service, forgiveness
January		
Mon 04.01.21	8.45am	Children start back for the Spring term
Mon 18.1.21	3.30pm	Clubs begin
Wed 13.1.21	3.30pm	SATs meeting for KS2 (Year 6 parents)
February		
1.2.21	9am	Cycling Proficiency week for Year 6
12.2.21		INSET DAY

Mon 15.02.21 – 19.02.21		HALF TERM
22.2.21	9am	Fairtrade Fortnight
March		Christian Value – compassion, wisdom, justice, peace
Thurs 4.3.21	8.45am – 3.15pm	World Book Day
Fri 05.03.21	3.15pm	Reports to go home
17.3.20	9am	Class Photographs
Fri 26.03.21	3.30pm	Clubs Finish
Tues 09.03.21	3.30-6.00pm	Parents Evening
Thurs 11.03.21	5-7pm	Parents Evening
Tues 30.3.21 (sch/parents) Wed 31.03.21 (to parents)	1.30pm	Easter Play (To parents)
Thurs 01.04.20	9am	Easter Eucharist
Thurs 01.04.21	9am	Easter Eggstravaganza – Term Ends
Fri 02.04.21 to Fri 16.04.21		EASTER HOLIDAYS
SUMMER TERM		Christian Value – Summer - faith, trust, truthfulness
April		
Mon 19.4.21		Back to school
Wed 21.4.21	3.30pm	KS1 Information Evening
Tue 27.4.21	3.30pm	Y5 Residential meeting
Wed 28.4.21	3.30pm	SATS Information for Y6 Parents meeting/Y6 residential meeting
Thur 29.4.21	3.30pm	Y1 phonics meeting for parents
May		
Mon 03.05.21	All day	MAY BANK HOLIDAY
Tues 4.5.21	9am	Week commencing - School Clubs Begin
Weds 5.5.21	7pm	New Parents meeting 2020/2021
Mon 10.05.21 to Thu 13.05.21	8am breakfast club everyday	KS2 SATs week – Year 6 pupils
17.5.21 – 21.5.21		KS1 SATs week
Mon 17.05.21 to Fri 21.05.21	9am	Y6 residential week - IOW
Fri 21.05.20 to Sun 23.05.21		Year 5 – Bowles Rock residential
Mon 31.05.21 to Fri 4.06.21		Half term
June		Christian Value – friendship, generosity, thankfulness
TBC	1 - 4pm	School Fayre
Mon 7.6.21	9am – 3.15pm	Walk Around Week for New Reception children and Parents
w/b Mon 7.06.21		Phonics screening week Times Table Testing
Tues 15.06.20 (Wed 16.6.21 reserve)	1.00pm	KS1/EY Sports day
Thur 17.06.21 (Fri 18.6.21 reserve)	1.00pm	KS2 Sports day
Mon 21.06.21 to Fri 25.06.21	9-12 or 1.30 – 3pm	Visit week for New Reception Children
Mon 21.06.21	TBC	Weald Music Festival Concert at The Hawth, Crawley
Mon 28.06.21-Fri 2.07.21	9am	Art Week

Mon 28.06.21 Tues 29.06.21		Reception interviews LC/EHH to be on different days
July		
Fri 09.7.21	3.30pm	Clubs Finish
Sat 03.07.21	9am	Big Top arrives
Tues 06.07.21	1.30pm	KS2 Production Dress Rehearsal to school/playgroups
Tues 06.07.21 Thur 08.07.21 Fri 09.07.21	6pm	KS2 Production
Sat 11.07.21		Year 6 leavers Ball
Mon 12.07.21	9am	Big Top leaves!
Tues 14.7.20	2pm	Leavers Service in Church
Mon 19.7.21	3.15pm	Letters Home about new classes.
Tues 20.7.21	5-6pm KS1 6.15-7.30pm KS2	School Disco
Wed 21.07.21	1.30pm-3pm	Move Up day
Thurs 22 .07.21	9.30am	End of Year Assembly and Awards Children's Last day of term
Fri 23.07.21	8.30-5pm	INSET day