



Holy Cross Catholic Primary School

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Headteacher: Mr T Eccles / Assistant Headteacher: Mrs S Collings

Thursday 9th July 2020

Dear Parents,

I hope you are all well, and coping with all the changes and new arrangements that we are having to go through. The normality of life in school towards the end of the summer term has certainly been impacted, and the usual transitions and events have had to be suspended, please be assured we will be taking this into account when we return in September.

September Return – We are continuing to work through the Government guidance and we are aiming to be able to share the plans with you next week.

As I stated last week the guidance implies that school will be compulsory for all pupils from September. Pupils will be taught in Year Group bubbles. Schools have been asked to maintain the separation of bubbles where possible, so this will mean staggered starts, breaks, lunches and end times. We will be returning to the wearing of our school uniform from September.

Returning Pupils - Totals of those who have returned to school this week are 18 in YR, 21 in Y1 and 22 in Y6.

If your child is in Year R / Year 1 / Year 6 / Vulnerable / Keyworker group, then they are eligible to return to school, if you so wish. Attendance is still voluntary and at the parent's discretion.

Next week is the last full week of term. We would urge you to send your child back if you are able, the pupils in school have made rapid progress and have adjusted well to the new arrangements.

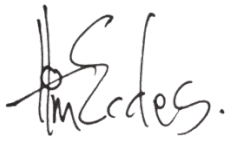
If you are planning on sending your child back to school next week please could I remind you that you need to contact the school office by 12 noon tomorrow, Friday so that we can plan for their safe return on Monday. fam@holycrossrcpri.iow.sch.uk

If your child is in one of the eligible groups and you are still planning to keep them at home next week, we also need to know. Please email fam@holycrossrcpri.iow.sch.uk with a brief reason (don't feel safe for them to return yet, would be fine). The government requires us to run our normal attendance procedures for these year groups and this requires a response from you. Any pupils unaccounted for require us to follow up with texts and phone calls.

Development Days – Thursday the 23rd / 24th of July are development days. The last day of the summer term for pupils will be Wednesday 22nd July.

I am looking forward to seeing you all again as soon as it is safe to do so.

Stay safe & best wishes



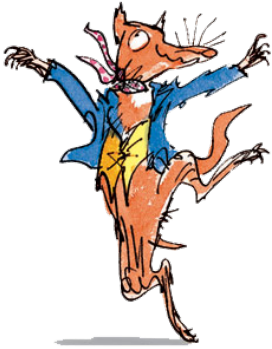
Timothy Eccles
Headteacher

Prayer for the week



God of all,
guide us as we listen to you,
so that we may grow in faith and love.
May we share that love with all people throughout the world.
Amen.

Fantastic Fox



A Huge Fantastic Fox **WELL DONE!** to Evlynn and Benjy they entered the IOW NHS Trust competition to help raise money. Their rainbows have made it to the NHS Video.



Students on the Isle of Wight have paid tribute to the Island's NHS Angels - and keyworkers - with an original rendition of a Robbie Williams classic.

<https://www.iwradio.co.uk/news/isle-of-wight-news/watch-isle-of-wight-students/>

We have attached the link for the just giving page if you would like to support this cause

www.justgiving.com/iow-nhs



Fantastic Fox we would like to keep our fantastic fox awards going as best we can. Remember these are for achievements outside of the school. Please be as creative as you like with nominations for a fantastic fox award it could be for something like a tidy bedroom or baking a cake. Please email nominations to fantasticfox@holycrosscpri.iow.sch.uk. Please could you also let us know if you **do not** want us to share them on our Facebook or Website.

Online Learning

Daily Phonics Lesson - the DfE have now set up a daily online phonics lesson. The lessons follow Letters and Sounds the same as we do in school and should help to establish a solid base for reading.

https://www.youtube.com/channel/UCP_FbjYUP_UtldV2K_-niWw

BBC Daily Lessons - <https://www.bbc.co.uk/bitesize/dailylessons>

Oak National Academy Online Classroom - <https://www.thenational.academy/online-classroom/reception/#schedule>

Robin Hood Academy Online Learning projects - <https://www.robinhoodmat.co.uk/learning-projects/>

Online safety

Isle of Wight Safeguarding Board - <http://www.iowscp.org.uk>

NSPCC - <https://www.net-aware.org.uk>

Child Exploitation and Online Protection command - <https://www.ceop.police.uk/safety-centre/>

Think U Know 5-7 year olds - https://www.thinkuknow.co.uk/4_7/

Think U Know 8-10 year olds - https://www.thinkuknow.co.uk/8_10/

Think U Know Parents - <https://www.thinkuknow.co.uk/parents/>

Worship & Prayer

Sunday Liturgy for Families - <https://tntenresources.us6.list-manage.com/track/click?u=82585f83bf242b4b0a627d7e1&id=51b53dd4ae&e=9e998f46a4>

Daily Prayers for Home, - <https://tntenresources.us6.list-manage.com/track/click?u=82585f83bf242b4b0a627d7e1&id=88fc4b494d&e=9e998f46a4>

15 Prayers During School Closure - <https://tntenresources.us6.list-manage.com/track/click?u=82585f83bf242b4b0a627d7e1&id=506251963a&e=9e998f46a4>

Some other useful links from our diocese.

Below are some links shared from other diocese to ideas for home learning linked to RE that you may find useful.

CAFOD have home learning resources that will be updated every week:

<https://cafod.org.uk/Education/Primary-teaching-resources/Home-learning-primary>

Though not specifically Catholic, **The National Association of Teachers of Religious Education** have lots of resources for all ages. Their website can be found here:

<http://www.natre.org.uk/about-natre/free-resources-for-you-and-your-pupils/>

The British Library have lots of online learning resources, including some on Sacred Texts, as well as many other subjects https://www.bl.uk/learning/~link.aspx?_id=E759095157E748AB8CB2EB8386B22626&_z=z

There is a 30 minute video about the **Rededication of England as the Dowry of Mary** on Sunday 29th March https://www.youtube.com/watch?v=w8dzDrvziXE&feature=emb_title

Resources from **Mission Together** - <https://missiontogether.org.uk>

YouTube links with particular reference to the **God Who Speaks** theme

<http://www.thebibledoctor.com/l.html>

<https://www.nazarethvillage.com>

<https://thebibleproject.com>

Testament The Bible in Animation

https://www.youtube.com/watch?v=7Tma_QZrwSk&list=PLgoKo2Mi3_cpGz_GaZ6R-k8L2JHD8fn8&index=4 The link is to the story of Noah but there are lots of other parts of the Hebrew Scriptures available.

Staying Safe

Isle of Wight Safeguarding Board - <http://www.iowscp.org.uk>

Childline - Childline.org.uk or 0800 1111

Samaritans call 116 123

National Domestic abuse helpline - 0808 2000 247.

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

Useful links to support Mental Health

From Hampshire Educational Psychology

From April 20 a Telephone Support Line will be available for parents / carers to access for any queries relating to the emotional wellbeing of the children they are caring for.

Please phone the number below for your local area:

· Isle of Wight: 02392 441 497

Talking with children & young people about coronavirus/COVID-19

In light of the current and developing situation and media coverage, it is likely that some children and young people may be concerned and anxious. This is reasonable, as it is probable that they have never experienced something like this before and do not have the experience to know what may happen.

Adults who work with children and young people can play an important role in maintaining a secure and familiar environment for them where they can share their questions and worries.

- Maintain normal routines as far as is possible. Routines and familiar experiences are very reassuring.
- Be aware that some children and young people may be more irritable, emotionally volatile or distracted than would usually be the case - and be prepared to allow them to talk and ask questions.
- Be aware that worries and concerns can show themselves in lots of different ways; for example, through play, through relationships with other etc.
- Provide opportunities for them to share their thoughts and to support each other.
- Provide a clear message that nobody should be bullied or ignored if they have been associated with the virus. Be alert to any signs of name calling, exclusion or bullying.

Talking to children and young people

Make the conversation appropriate to the age and development of the child or young person. For older and more mature young people it may be helpful to guide them to the official websites and reliable news sources and share these with them to inform discussions.

- Choose a good time for a discussion with the child when they are happy to talk and when you are not having to immediately rush onto other things.
- Ask them to share what they know already. You will then know where to start the conversation.
- If they share worries or fears – show them that you understand how they are feeling. Don't try to dismiss or minimise their fears.
- Keep to the facts and keep the conversation positive. Tell them that doctors and scientists are working on the treatments, that the risk of catching the virus is currently low and that for most people it is like having a cold.
- Don't be afraid of saying you don't know if there is a question that you don't know the answer to.
- Talk about what they can do to have some control, for example focusing on good handwashing, using tissues etc.
- Make it clear that they can talk further with you if they have more questions or need more reassurance – and check in with them after a while to see how things are going.
- Try to end the conversations with a comment, topic or activity that is calming and reassuring.

Talking to children and young people about coronavirus / COVID-19

General information for adults talking to children:

- <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
- <https://www.anxietyuk.org.uk/blog/how-to-talk-to-children-about-covid-19/>
- <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Talking to children with autism – advice for adults:

- <https://usevisualstrategies.com/autism-coronavirus-helping-students-understand/>

Stories and social stories to share with children:

- <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Childrens-story-about-coronavirus.pdf>
- <https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Childrens-story-about-coronavirus.pdf>
- [file:///C:/Users/cfcsepcw/AppData/Local/Packages/Microsoft.MicrosoftEdge_8wekyb3d8bbwe/TempState/Downloads/Coronavirus%20Social%20Story%20%20\(1\).pdf](file:///C:/Users/cfcsepcw/AppData/Local/Packages/Microsoft.MicrosoftEdge_8wekyb3d8bbwe/TempState/Downloads/Coronavirus%20Social%20Story%20%20(1).pdf)

- <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-theCoronavirus.pdf>
- <https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-PrintableUpdated-2-The-Autism-Educator-.pdf>

For young people to access directly

- <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
- <https://www.bbc.co.uk/newsround/51861089>

Looking after your own mental health in relation to covid-19

- <https://www.anxietyuk.org.uk/blog/covid-19-and-anxiety-part2/>
- <https://www.bbc.co.uk/news/uk-51734855>

General guidance for supporting anxiety

<https://www.nhs.uk/oneyou/every-mind-matters/>

Having good mental health helps us relax more, achieve more and enjoy our lives more. This NHS website offers advice and practical tips to help you look after your mental health and wellbeing:

The Anna Freud National Centre for Children and Families is a national children's mental health charity which offers advice for supporting mental health and wellbeing:

<https://www.annafreud.org/selfcare/>

Support for mental health and wellbeing of children and young people:

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

Information about supporting young people with anxiety: <https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>

Calm is a worldwide app for guided relaxation and mindfulness. They have created free access to support guided relaxation in response to the coronavirus situation https://www.calm.com/blog/take-a-deep-breath?utm_medium=email&utm_campaign=715072-free-mindfulness-resources-from-calm&utm_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simplero_object_id=su_eWE1de2opeEQMZhT61XBFMVm

Apps

Headspace (mindfulness app) have launched a free section called *Weathering the storm*. This includes meditation, sleep and movement exercises.

ThinkNinja - an app specifically designed to educate 11-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.

Smiling Mind – an app designed to support with meditation and mindfulness for children, families and schools. Their website <https://www.smilingmind.com.au/> provides lots of information and guidance and the app provides guided relaxation / mindfulness sessions. They also have a YouTube channel with lots of informative videos as well as guided meditation sessions also:

https://www.youtube.com/channel/UCSP__8_QEFYdiogY2F3CXfA