

St Bernadette's Catholic Primary School

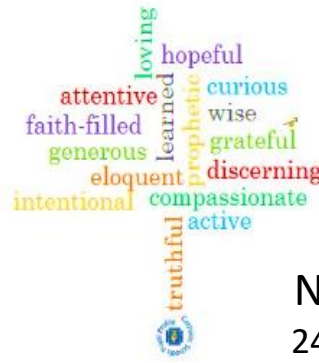
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Newsletter 16

24th April 2020

At St Bernadette's we are fully committed to safeguarding our children. We expect all staff, parents and visitors to share this commitment.

Dear Parents.

Can I begin, by saying a huge thank you, to those of you who have supported your children this week, ensuring they have completed the online work set by their teachers. Unfortunately, I think children and parents were so keen to make a start, that we overloaded the system, so some children were unable to make a prompt start on Monday morning. The initial problems appear to have been resolved now, so hopefully all children will be able to access their work. If you do not have a device at home, from which the children can work on, please let us know, and where possible, we will endeavour to print the material and parents can collect on a Wednesday between the hours of 9.00am and 2.30pm. The completed work must be returned to the office, the following Wednesday, when you will be able to pick up the next week's pack. Children who are completing work online, must do so within 2 days of it being set. If it is completed after time, it will not be marked by staff. Staff are working incredibly hard to get this work ready for the children and they have encountered a number of technical issues which has made their job all the more complicated. Please be patient, this is a steep learning curve for us all. I have asked that staff keep the lessons as simple as possible, for the first few weeks, until the children get used to this way of working. Please remember, many of our staff are in school during the day to provide child care for our parents who are key workers, and then are preparing lessons on an evening for those children who are working from home.

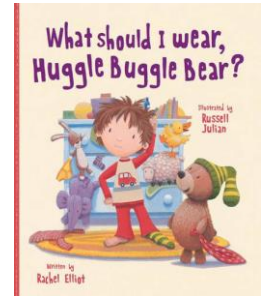
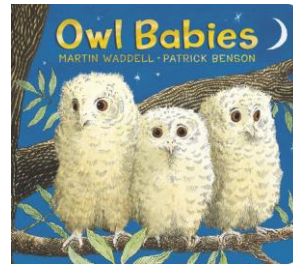
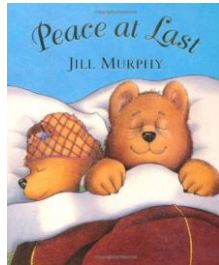
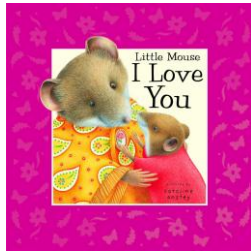
Over the last few days, the media has begun to run stories regarding the possibility of schools reopening in the next few weeks. We can confirm that this is pure speculation and no announcements have been made by the Department for Education (DfE). Nationally, the DfE are concerned about the impact that school closure is having on children's education and that the educational gap between children of disadvantaged families and non-disadvantaged families will be growing during this period of school closure. By the time you read this your child will have missed 15 school days - It is for this reason that we are continuing to provide daily lessons for the children to undertake online. We will of course keep you posted if we receive any updates from the DfE, but the priority at the moment is for us to save lives and to protect the NHS by staying at home.

Your child may miss their friends and teachers, and we certainly miss our school family being together but by doing this we are minimising transmission of this dreadful virus. Your child's education will recover, their friends are still there, we are still here and the joys of home learning will come to an end...in its own time and when it is safe for us all. St Bernadette's will only open again when we can be assured that the pupils and staff can be kept safe.

Bedtime Stories

If you are looking for a bedtime story for your children, don't forget that some of the staff in school have been reading stories to the children and they have been added to the school website. You can access these by logging onto www.stberns.co.uk then selecting the 'parents' tab.

The children will then see Mrs Heeley reading 'Winnie the Witch', Mrs Clarke reading 'Little Mouse I love you', and 'Peace at last', and Mrs Colclough reading 'Owl Babies'. The children in Early Years and Keystage 1 will really enjoy these. Next week Mrs Colclough will add 'What shall I wear Huggle Buggle Bear?'.



Looking after your own mental health

As well as thinking about the children in your care, it is important to take care of your own mental health and wellbeing. Children react, in part, to what they see from the adults around them. When parents and carers deal with a situation calmly and confidently, they can provide the best support for their children and young people.

Please see advice on how to [look after your mental health and wellbeing](#) during the coronavirus (COVID-19) outbreak or visit [Every Mind Matters](#) for clear advice and actions to take care of your mental health and wellbeing.

Helping children and young people cope with stress

Here are some key points to consider about how you can support your child:

Listen and acknowledge: Children may respond to stress in different ways. Signs may be emotional (for example, they may be upset, distressed, anxious, angry or agitated), behavioural (for example, they may become more clingy or more withdrawn, they may wet the bed), or physical (for example, they may experience stomach aches). Look out for any changes in their behaviour.

Children and young people may feel less anxious if they are able to express and communicate their feelings in a safe and supportive environment. Children and young people who communicate differently to their peers may rely on you to interpret their feelings. Listen to them, acknowledge their concerns, and give them extra love and attention if they need it.

Provide clear information about the situation: All children and young people want to feel that their parents and carers can keep them safe. The best way to achieve this is by talking openly about what is happening and providing honest answers to any questions they have. Explain what is being done to keep them and their loved ones safe, including any actions they can take to help, such as washing their hands regularly.

Use words and explanations that they can understand and make sure you use reliable sources of information such as the GOV.UK or NHS website – there is a lot of misleading information from other sources that will create stress for you and your family.

It will not always be possible to provide answers to all the questions children may ask, or to allay all their concerns, so focus on listening and acknowledging their feelings to help them feel supported.

Be aware of your own reactions: Remember that children often take their emotional cues from the important adults in their lives, so how you respond to the situation is very important. It is important to manage your own emotions and remain calm, listen to and acknowledge children's concerns, speak kindly to them, and answer any questions they have honestly.

To the children

Hi everyone, I can see that many of you have been working really hard this week to complete the work that your teachers have set. Well done to Ava Mae in Nursery, who has uploaded her work onto Tapestry every day this week. I can also see that Yaya in Reception has completed some amazing work on their book of the month, 'Elmer'. Mollie and Elias have really impressed me as they have shared some of their beautiful work. The star pupils in Year 1, would be Rumaisa, Nuala and Ashleigh W and in Year 2 AJ, Myla-Mae and Nathan. These children have completed some wonderful English and Maths work.

Some of you need to make a more determined effort to get your work completed. I know, for some of you, you might have to share a device with your brothers and sisters, and I know the site has crashed a couple of times so it has been difficult but I can see that some of you have not logged on at all. Your teachers are working really hard to prepare the work and have spent hours getting your lessons onto the system, so you all need to set yourself some time every day to get your school work done.

I will check again next week, and hope to see that everyone has completed the work that was set for them.

Tyreiss, in Year 3 has completed some excellent Maths work and Charlie W, Georgie, Darcy and Lola in Year 4 have been model pupils, logging in every day and producing some amazing work. Finally, Chanali, Freddie and Malika in Year 5 have done everything that was expected of them and Ellie Louise and Denis in Year 6 have really made Miss Lakin and Mr Carroll very happy with the work they have produced and Liam C has impressed Miss Boron with his Maths Work.

You can all do it, a consistent effort from you all is needed.

So Good Luck.

Reception and Nursery Offers

If you have a child who is due to begin Reception in September 2020, you should now have received your offer from Birmingham LA. If your child is due to start in our Nursery in September, you will have received an email from school. We still have limited spaces available in the Nursery for September, so please get in touch if you are looking for a place. An induction meeting for parents will be arranged in the next few weeks. So please look out for the dates in the next newsletter.

Free School Meals

Those families who are entitled to a free school meal, will by now have received two vouchers for £15.00 per child (for children in Reception – Year 6) or a voucher £12 per child (for children in Nursery). These vouchers were issued by Birmingham and are valid for 3 months. This week families who are entitled to a free school meal, will receive an email which will give you a 16-digit code. You should then access www.freeschoolmeals.co.uk and choose a supermarket e gift card. The e gift card will be sent to the email address entered during check out. Follow the steps below

- 1 Go to www.freeschoolmeals.co.uk
- 2 Copy your e-code from your email
- 3 Enter the 16-digit e-code
- 4 Select a supermarket
- 5 Enter the amount and add to basket
- 6 Checkout and enter the email address you would like the e gift card sent to.

The following supermarkets are available Morrisons, Tesco, Sainsbury's, Asda, Waitrose and M & S Food.

Your new email code will be emailed to you on the following dates.

Friday 24th April, Monday 27th April, Monday 4th May and Monday 11th May.

St George's Day

We celebrated the Feast of St George, yesterday on 23rd April. Traditionally the children in Miss O'Toole's class would have celebrated this day as St George is their class saint. St George is most widely known for slaying a dragon. According to legend, the only well in the town of Silene was guarded by a dragon. In order to get water, the inhabitants of the town had to offer a human sacrifice every day to the dragon. The person to be sacrificed was chosen by lots. On the day that St George was visiting, a princess had been selected to be sacrificed. However, he killed the dragon, saved the princess and gave the people of Silene access to water. In gratitude, they converted to Christianity.



Big Brummie Camp Out 2020 – Friday 8th May

Big Brummie Camp Out focuses on the importance of 'home' at a time when we're all being forced to spend more time than usual on our own. The campaign is being launched as part of an emergency **#SIFASurvives** appeal. The Sifa Fireside are looking to raise £50,000 over the next few months and the money raised will ensure they can continue to provide homeless and vulnerable adults access to key services such as showers and health clinics. To sign up as a 'camper' you are asked to donate a minimum of £5.00 to the appeal to receive an activity pack, filled with activities, for an evening under the stars. The evening will also bring people together, with a hosted live streams, music performances and the chance to share camping experiences on social media. To join the Big Brummie Camp click on the link below.

<https://www.sifafireside.co.uk/pages/181-big-brummie-camp-out-2020>



STAY AT
HOME



PROTECT
THE NHS



SAVE
LIVES



Liturgical Season Easter

Prayer During this Season of Easter the Bishops ask us to pray for:

- New Members of the Church
- Vocations especially on the World Day of Prayer for Vocations (Fourth Sunday of Easter)
- Human Work especially on St Joseph the Worker (1st May)
- The Right Use of the Media especially on World Communications Day (Seventh Sunday of Easter)
- The Church (Especially at Pentecost)

Prayer

Lord Jesus Christ,
You taught us to love our neighbour,
and to care for those in need
as if we were caring for You.
In this time of anxiety, give us strength
to comfort the fearful, to
tend to the sick,
and to assure the isolated of
our love and Your love,
for your name's sake.
Amen.

Reflection

"We just cannot worry about ourselves." – Pope Francis.