

## Newsletter Number 28

Friday 24th April 2020

Dear Parents and Friends,

I hope you are all keeping safe and looking after each other during this very challenging time. I want to let you know that, even though our school is currently closed to all but a few children, we're still here to support your child and your family in whatever way we can. I will continue to keep in touch with you and your children through a weekly newsletter to share what's new and to try and offer any top tips and ideas.

Our sense of normality has been turned upside down in the past month, and the uncertainty over what even the near future holds can make daily life a challenge. Many people are feeling stressed, overwhelmed and under pressure by everything that's happening. This may include the work being sent home for your child.

If you are working from home during the pandemic, I read this yesterday which may resonate with you:

*You are not working from home.*

*You are at your home, during a crisis, trying to work, and that's something very different.*

## **TOP TIPS**

### **Take care of yourself**

It's really important right now to take care of your own physical and mental health. Children are very perceptive, and they react to what they sense from the adults around them.

Here are some things you can do to help keep yourself healthy:

**Connect with others** – maintain relationships with people you care about through phone and video calls

**Exercise** – take some time every day to move. You could go for a walk or run. You'll also find lots of fitness videos online for everything from yoga to dance. Find something you enjoy and that makes you feel good

**Eat healthy meals** – try to keep a well-balanced diet and drink enough water

**Get some sleep** – being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly

**Turn off the news** – it's important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest Government guidance is

**Do things you enjoy** – now that we're all spending more time at home, we can finally take up that hobby we've always wanted to try. Try baking or gardening or learning to knit. These are also great activities we can share with our children

**Set goals** – it's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book

**Connect with the outdoors** – depending on where you live, it may not be possible to spend time outside. If you don't have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book

**Talk to someone** – during this difficult time, sharing with family and friends how you're feeling and what you're doing to cope can be helpful for both you and them. There are also helplines you can call for support – we've included a list at the end of this pack

### **Messages from staff**

This week, teachers have sent a personal message to the children in their class. These can be found on Purple Mash or on our new school YouTube channel.

[https://www.youtube.com/channel/UCKwTjElxmzIT\\_zrAM8LNG6A](https://www.youtube.com/channel/UCKwTjElxmzIT_zrAM8LNG6A)

### **Phone calls home**

Teachers will also be calling all the parents of the children in their class this week or next. They have told me that they have really enjoyed chatting to the children and hearing how they've been keeping busy in the past few weeks.

### **End of Spring Term Reports**

Reports have been emailed home this week. If parents would like to make any comments about these, or ask a question, you can contact your child's class teacher directly on one of the email addresses below.

Nazareth Rooms: [arp@st-peter.bardaglea.org.uk](mailto:arp@st-peter.bardaglea.org.uk)

Nursery and Reception: [eyfs@st-peter.bardaglea.org.uk](mailto:eyfs@st-peter.bardaglea.org.uk)

Year 1: [yearone@st-peter.bardaglea.org.uk](mailto:yearone@st-peter.bardaglea.org.uk)

Year 2: [yeartwo@st-peter.bardaglea.org.uk](mailto:yeartwo@st-peter.bardaglea.org.uk)

Year 3: [yearthree@st-peter.bardaglea.org.uk](mailto:yearthree@st-peter.bardaglea.org.uk)

Year 4: [yearfour@st-peter.bardaglea.org.uk](mailto:yearfour@st-peter.bardaglea.org.uk)

Year 5: [yearfive@st-peter.bardaglea.org.uk](mailto:yearfive@st-peter.bardaglea.org.uk)

Year 6: [yearsix@st-peter.bardaglea.org.uk](mailto:yearsix@st-peter.bardaglea.org.uk)

### **Home Learning**

Please remember - this is not home schooling. Schools and families were not given time to prepare for the situation we are in now, and it is not a situation we are in out of choice. Many of you are trying to juggle this with doing your job at home, and staff are trying to juggle this whilst having their own children and families at home! We are fortunate that we had good systems in place already and enjoy positive relationships with you, our supportive families, who are keen to get on board with continuing your children's learning journeys whilst they are unable to be in school. We count our blessings for that. This is home learning. You will find approaches, methods and styles that work for you and your children.

*Whatever works for your family is whatever is right.*

## **Local Services**

I have been made aware of some local services that are available to families, which I include below as they might be of use to some of you. For Barking & Dagenham residents Benefits advice can be sought from DABD. They can be contacted by e-mail at: [welfare.benefits@dabd.org.uk](mailto:welfare.benefits@dabd.org.uk) or by telephone on 0208 252 5340. They can provide the following help:

- Advice on how to fill out DWP Benefit forms
- Benefit Checking & Advice
- Advice on avoiding Scams & Fraud
- Signposting/Referral to other services within the borough

The community of Barking & Dagenham is coming together to help the vulnerable in our borough or those that just need a bit more help during these difficult times. The council is coordinating this activity, with help from local community organisations, who connect volunteer support with people who need help. This is called BD CAN, our Citizens' Alliance Network.

Get in touch if you, or someone you know, needs help to pick up medicine, some food or essential shopping, a friendly phone call, or something else.

You can also email BD\_CAN at [bdcan@lbbd.gov.uk](mailto:bdcan@lbbd.gov.uk) or call through the council call centre on 020 8215 3000 and ask for help from BD CAN.

Two stunningly talented book creators - Sally Nicholls and Viviane Schwarz - have teamed up with Andersen Press to put together this picture book about a family adapting to the lockdown. It's the most loveable, heart-warming book and it's completely free to download.

[https://www.andersenpress.co.uk/wp-content/uploads/2020/04/STAYING\\_HOME\\_medium-res.pdf](https://www.andersenpress.co.uk/wp-content/uploads/2020/04/STAYING_HOME_medium-res.pdf)

## **Happy birthday to those of you who celebrated a birthday over Easter or this week!**



### **Birthdays 6<sup>th</sup> April – 26<sup>th</sup> April**

Ruth 10; David 10; Tahira 6; Emmanuel 5; Chy-Chy 10;  
Caitlin 11; Eric 6; Jesiah 8; Samuel 6; Jemima 7;  
Gabriella 6; Maria 9; Oluwatobiloba 10; Sonny 7;  
Yavis 6; Natalie 8; Ademola 11; Joseph 9; Ikram 8; Oliver 11;  
Maya 10; Denis 5; Andi 9.



## **The Wednesday Word**

During these difficult times the Wednesday Word is free for families to download or read at home. You simply have to enter "Wednesday Word Covid 19" and from there you will find a link. Please choose the current Wednesday of the month ie Wednesday 22nd April and you can get an online copy.

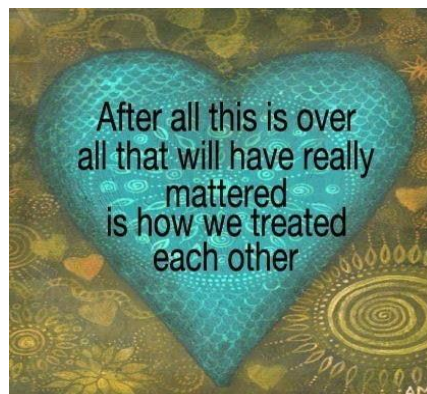
The Word for this week is **Jesus**.

Keep safe everyone! We look forward to when we can all come back together as a school family.

God Bless all our families,

*CScott*

Mrs Clare Scott  
Headteacher



## *Our St Peter's School Rainbow of Hope*

