



Dear Parents,

Thank you for another week of home learning

You have successfully completed 2 weeks and 3 days of learning. For many of you it may feel like 2 months and 3 days of learning! The Staff and I just want to say well done and keep on going!

We are aware that some parents are now at a stage where they feel they are struggling and perhaps feel that they are not doing enough for their children and are therefore worried about their child's education and future.

Please do not worry about this right now. I feel many of you are being hard on yourselves if your child is not completing all the activities every day or on some days not completing any activities at all. If that's the case - then that's ok. If anything - this is a healthy approach.

St Catherine's are providing a very full and robust home learning provision for all children every day. For those who feel they can do more we have also provided curriculum maps on the website with further activities for the children to complete and upload onto the blogs. There are also reading lists and additional educational websites with activities children can continue with. It is our statutory responsibility to provide all of the above. It isn't your statutory responsibility to complete all of the above. Nor would we want you to feel the pressure to do so.

Please do what you can for your child. We want them to feel safe and happy in this lockdown. Every child across the country is pretty much in the same boat. Once all our children return to St Catherine's they will get back in to their routine and will all progress and be where they are expected to be.

This weekend take a breath and approach next week in a way that suits your family situation. Check in with the teachers on the class email and let them know if there's going to be a change in your usual routine. It's good for them to be in the loop.

The following is information you may find useful for you and your children's health, safety and wellbeing.

Activities which Barnet are running for free for children. The timetable and sign up details for all activities are on <https://barnetyouth.uk/login>

For any questions or queries please feel free to contact the team at BYES@barnet.gov.uk

This has been provided by the **Traded Service & Programmes, 0 – 19 Early Help Service Family Services**

We also tweeted this link earlier in the week [Coping practically and emotionally during the Covid-19 outbreak - Family Lives](#)

Anna Freud Website – useful tips for parents well-being and self-care <https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

Tips for Children's Mental Health Week 1st February 2021 <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

And finally please see the link to our amended Zoom Guidelines for Parents. These guidelines have additional instructions to further improve the safety and wellbeing of all the children and staff while in a Zoom lesson. [Zoom-guidelines-for-parents-21-Jan-2021.pdf \(st-catherines.barnet.sch.uk\)](#)

Have a wonderful weekend every one.

Take care of each other and God Bless

Miss M. Kelly

Headteacher