



Dear Parents,

I hope you have had a good week - hopefully the easiest one so far this lockdown if you took on board my advice regarding not feeling the pressure to complete every task your child is provided with. I know that it feels really good turning those 2Dos to green but completing all of them was never our intention or expectation.

Please continue to choose what suits you and your family. Sometimes spending the afternoon in the woods splashing in puddles is far more rewarding for children and will have a positive impact on their progress. Far more so than turning all those blues to green. Please share this message with your child if they put pressure on themselves too!

I have attached a Toolkit for Parents to support you in talking to your child about their wellbeing and mental health. There's some useful advice which you and your child may find really helpful.

From our PSHE Leaders Miss Sykes and Miss Sonenfeld:

"We have provided the staff with lots of suggestions and activities to share with their classes. Please look at the letter attached as the timetable next week will look a little bit different. Especially the Wellbeing Wednesday! You may also find this link useful too!

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

We have also attached some information on the Daily Mile at home. As you know the UK government are allowing us to take exercise outdoors, as long as we can keep a safe distance from others. We all need to try to be physically active and The Daily Mile at Home can help almost everyone to do this. We believe that it will be useful for children, parents and carers in helping them to look after their physical and mental health. We already have Daily Mile guidance for schools, and now they've adapted it so you can use it at home and enjoy the same benefits. These come from 15 minutes or more of walking, running or jogging in the fresh air – doing it at whatever pace suits you best and wearing what you'll feel most comfortable in.

Wishing you all the best from Miss Sykes and Miss Sonenfeld"

You will have also received information this week from Mr. Bell on Safer Internet Day on 9th February 2021. We have organised a Parent Safety Awareness Course Webinar hosted by ECP on 8th to 9th February. The Portal address and log in will be provided nearer the time. Please look out for it as it is so important for parents to learn how to support your child in keeping safe online. Whether it's on the children's laptop, Ipad, gaming console or mobile phones. Daily monitoring is the key to keeping your child safe while online. Unfortunately confiscating them isn't practical as it is a part of their daily life especially in today's environment. The webinar will help you with strategies and signs to watch out for.

Just a reminder that school will be closed as normal for half term week, 15th to 19th February, and no home learning will be expected that week. We have been asked to continue with our tracing responsibilities, so if you child is attending our on-site provision and they develop symptoms or test positive within 48 hours of the end of school on Friday 12th, please let us know by emailing the office email address.

Thank you to the Parent Reps who attended the Partnership Meeting this week. It was really helpful to talk through our provision at St Catherine's and to listen to your suggestions on how we can make learning easier for you all at home. I have passed on the suggestions to the staff who will ensure the learning is communicated as far as possible through the PurpleMash learning Platform (As well as Tapestry for EYFS).

Another suggestion from the meeting was for the school to deliver workshops for parents on useful tips to help your child to stay motivated to complete their home learning as well as suggestions for what to do when they struggle with a task. Please look out for the details of these workshops in the coming weeks.

Thank you for all your kind emails, showing your support and appreciation for all the staff in the school. I have passed them on in our weekly staff email. The staff value your feedback and kindness, especially at a time when they know every family is struggling right now and longing for the day we can get back to our normal lives.

Between now and then we're very grateful to be part of a community that wants the best for our children.

We look forward to working with you as we begin the second month of 2021.

Have a wonderful weekend, make sure you take the time to look after your wellbeing!

Take care,

Miss M Kelly