



Dear Parents,

Congratulations on getting to the end of this home learning period. You have achieved what a couple of years ago would have been considered impossible. Working, running a home, looking after children and teaching them has been a marathon. You're finally at the finish line and deserve to feel a huge sense of achievement. Please spend this weekend rewarding yourself and your children.

I am sure you will join me in thanking our fantastic teachers and support staff for providing the activities, feedback, teaching videos, live lessons and phone calls so that our children at St Catherine's could still make progress in their learning. The staff are certainly delighted to return to school as they have been running their marathon along side you!

Hopefully you have been preparing the children for their return to school by getting them to bed early and trying on their school uniform and shoes. I am sure you will have been talking to your child about starting school next week and discussing how exciting it will be to see the teachers and their friends again in person.

Many children will feel anxious and very apprehensive. Barnet have published information to support parents in helping their children get ready mentally and physically for school.

From Barnet Local Authority :-

Helping children back to school

It's been a challenging year for children and young people which is why it's so important that we do what we can to help support their mental health and wellbeing as they return to the classroom on 8 March.

We have a wide range of useful resources for parents, carers, teachers, children and young people on our [Back to School page](#). Some of these include links to the latest government guidance, tips on how to get back into a routine, important information on potential changes to the school setting and advice on dealing with anxiety:

- [Back to School booklet](#) for parents, carers and guardians with methods to help manage your child's anxiety, fix disrupted sleep patterns and build their resilience
- [Back to School video](#) for primary and secondary school students, talking about what they can expect when they return to school and useful tips to help them along the way
- [Back to School presentation for primary and secondary school pupils](#)
- [Back to School presentation for primary school pupils](#)

Also, Barnet Integrated Clinical Services (BICS) have organised a series of FREE wellbeing workshops for children, young people, parents and carers. View the list of workshops and details on how to book [here](#).

We're wishing you and your child the best of luck on their return to school!

We hope you find the above information useful.

Along with this email please find attached a Back to St Catherine's Powerpoint which will explain our school procedures for next week. As mentioned last week it will be very similar to the Autumn Term 2020. Please take some time to look at all the slides with slight changes.

I have also attached our St Catherine's Risk Assessment for March 2021.

The RE leaders have asked me to send you a powerpoint and prayer activity to share with your child in recognition of our third week in Lent. The activities are very child friendly and will provide strength and hope for all families as we continue to adjust to the ever changing times we are living in.

Have a lovely weekend with your children.

Take care, keep safe and I look forward to seeing you all again next Monday!

Best wishes,

Miss Kelly