ST JOHN THE BAPTIST RCP SCHOOL

Weekly Newsletter
Friday 29th January 2021

Place2Be's CHILDREN'S MENTAL HEALTH WEEK
1 - 7 FEBRUARY 2021

Dear Parents,

Over the past few weeks we have been reviewing our current home learning and I have also been in consultation with local Headteachers to discuss the provision being offered to all remote learners.

We are very proud of the quality of learning set and the engagement and effort shown from our St Johns pupils working at home. I am also very proud of the teachers and how they have quickly adapted to a new way of working and the skills they have had to develop in order to do so. I know all too well the challenges that parents are facing when trying to juggle family/work commitments as well as supporting the children with their home learning. It is incredibly difficult for everyone and as the situation continues, it is taking its toll on us all.

To enhance our home learning further we will now introduce some short, live daily sessions. These will take place each morning for classes to meet virtually for a check in with their class teacher. These sessions will provide the teachers with an opportunity to clarify and interact with the pupils at home before they begin the learning for that day. We will be using Microsoft TEAMs for these sessions and each pupil in school has now been set up with a Microsoft account and password.

A link to a detailed information sheet for parents regarding remote learning and also a remote learning policy will be sent via text shortly. Parents and pupils are asked to adhere to our rules regarding conduct and behaviour during live learning sessions. These are published on the next page of this newsletter and are part of our Pupil/Parent Agreement for using TEAMs.

If there is a requirement to upload work from a lesson, then this should be done by 6pm on the day of the lesson. Please note if any of these rules are not adhered to pupils will be rejected from the meeting and the meeting may end for all. A separate letter will follow with your child's individual login details, time of the first session and their password.

Please bear with us as we get this initiative up and running. There are bound to be a few teething issues but I'm sure we can overcome them with a positive approach and your continued support.

God Bless.

Mrs McKeating

Pupil & Parent/ Carer Agreement for using TEAMs for Live Learning Sessions

Pupils and Parents / Carers will:

- **Be available to learn remotely at the specified time.**
- **Pupils will be dressed appropriately (No nightwear).**
- **Other household members in the background must also be appropriately dressed and refrain from inappropriate language.**
- **Participate in the session in a communal area of the home e.g. living room not a bedroom.**
- **Not interrupt the teacher, use the raise your hand or chat facility if you need to speak to the teacher.**
- **Not take or record any images of the online learning session and subsequently share those images.**
- **Mute/unmute the microphone when directed by the teacher.**
- **Turn cameras on and off when directed by the teacher.**
- **Behave in a respectful manner in line with our Behaviour Policy.**
- **Not eat or drink during the session.**
- **Inform school if their child is unwell and unable to join the session.**
- **Contribute in a positive manner.**
- **Ensure work is completed as set and to the best of their ability.**
- **Report any issues to the school as soon as possible.**

If there is a requirement to upload work from a lesson, then this should be done by 6pm on the day of the lesson.

If any of these rules are not adhered to, pupils will be rejected from the meeting without discussion or explanation and the meeting may end for all!

AWARDS OF THE WEEK

HOME LEARNER OF THE WEEK

REC	Arianna Duffy
YR 1	Phoebe Bridge
YR 2	Niall Duffy
YR 3	Thomas Sturdy
YR 4	Andrea Lennox
YR 5	Leo Earnshaw
YR 6	Izabella Lennox



SCHOOL LEARNER OF THE WEEK

REC	Sophia Davenport
YR 1	Aaliya Barry
YR 2	Skyla Wilkinson
YR 3	Ayda-Rose Naylor
YR 4	Harley McNamara
YR 5	Freya Spence
YR 6	Georgie-Mae Davis

Following this week's very sad announcement that the number of people in the UK who have died from coronavirus exceeded 100,000, we would very much like to come together in prayer as a school and faith community to remember all those who have died and their grieving families.



We would like to invite you to unite in prayer with us over this weekend. Maybe you could light a candle and gather for a moment as a family or just sit quietly by yourself to say this prayer:

Dear Father,

We place ourselves in your presence as we remember in prayer all those who have died from coronavirus.

May you grant them eternal rest, may your light shine upon them and may they rest in peace.

We also pray for their families who are grieving at this time. We ask that you bring them comfort, healing and strength.

Give them your hope and help them to face every day with you by their side. Calm their fears, hold them in your love and surround them with your peace.

Amen

FIT AND HEALTHY BODIES

Burnley Leisure

Do you need a little help to get motivated and not sure where to start? Why not have a look at Burnley Leisure's Facebook Page. There are lots of activities that you could have a go at, right in the comfort of your own home.

On Monday and Wednesday at 12pm, there will be a Live Family Fitness Class which will last for around 15 minutes.

This could be something that the whole family could get involved in—a time where you have a little bit of fun together. On Friday's at 12pm, a pre-recorded 'Family Fitness' class will be posted onto Burnley Leisure's Facebook page, which means you can do it as many times as you like!

Burnley Leisure are hoping to get all the family fitness videos put onto their webpage, for people who don't have access to Facebook.

Get up, get active and have some fun!



Children's Mental Health Week 2021



HEALTHY MINDS

What is Mental Health?

- We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.

- We all have small feelings every day: These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

- Sometimes we experience big feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

For more information and resources please visit: Children's Mental Health Week 2021 or see the links on our school website and class pages

The Five Ways to Wellbeing are simple and proven actions that help people find balance, build resilience and boost mental health and wellbeing—use the diary on our school website to keep a record this week

Over the week take some time for yourself and consider how you have:

- **Connect** - How have you connected with a friend, family or teacher this week?
- **Been Active** - What Activities have you undertaken this week to be active?
- **Taken Notice** – How have you enjoyed the moment or the environment this week (Being Mindful)? Have you noticed how someone else is feeling and helped? (see our mindfulness resource on the next page for ideas!)
- **Kept Learning** - Learn or try a new skill, this could be something active such as juggling, learning a few words in a different language or attempting to bake something!
- **Give** – How have you helped someone else this week? Log these activities in the diary below!



Mindfulness

HEALTHY MINDS

Mindfulness and being in the moment is one of the 5 ways to wellbeing! It involves sitting silently and paying attention to thoughts, sounds, the sensations of breathing or parts of the body, bringing your attention back whenever the mind starts to wander. Yoga and tai-chi can also help with developing awareness of your breathing.

Cosmic Kids is a fantastic free resource for pupils to take part in yoga from home.
https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ

Primary Yoga Video by YoGI https://youtu.be/nMqoHmNj8SQ

Cosmic Kids- yoga quest- In this exciting yoga journey, Jaime guides young yogis through 20 of her favourite yoga adventures. https://cosmickids.com/yogaquest

You can download the yoga quest map here and type in YouTube 'yoga quest' to find all the relevant videos
https://drive.google.com/file/d/178oSo27QZ46HPO_EHuMvddiNsacS8SzB/view?usp=sharing

This resource is designed for: children aged 3 and up; use with individual children, small groups or whole classes; the activities within the calendar will take approximately five minutes and can be done at home or in school.
https://www.mentallyhealthyschools.org.uk/resources/mindfulness-calendar-daily-five-minuteactivities/

Check out these resources on 'expressing yourself'
https://www.mentallyhealthyschools.org.uk/media/2305/childrens-mental-health-week-toolkit-final.pdf

The afternoon club on the BBC 'animal postures for children' and Pilates for kids'
https://www.bbc.co.uk/programmes/articles/1wD8rMRLm8dPMkG7JpFPc1T/yoga-pilates

CBBC Yoga-
https://www.bbc.co.uk/cbeebies/grownups/fun-exercises-to-do-at-home-with-kids



Please support us in the battle against Corona – Virus

- **Do not** attend the school premises if you have any Covid symptoms under any circumstance

- **Do not** mix with other families or share lifts to and from school with other families, even if you are in the same bubble.

- Get an **immediate test** following the onset of any symptoms. Please avoid the postal tests if you can as they take around a week to process and in that time direct contacts will be unknowingly spreading the virus further.

- School can only close a bubble once a positive case is confirmed with a test result notification.

- If you need to enter the foyer to the school reception please ensure that **only one family enters at a time.**

- Please **wear a mask** when entering the **school grounds to drop off and collect children and in the school foyer.**

- Only **one adult** should pick up or drop off their child to reduce adults on the premises.

- No child should visit their friends houses or play out together even if they are in the same bubble.

Government Counter Fraud Function

GOV.UK/coronavirus

NHS Counter Fraud Authority

BE ALERT TO VACCINE FRAUD

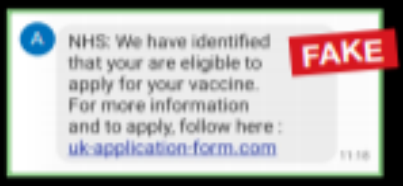
Criminals are using the COVID-19 vaccine as a way to target the public by tricking them to hand over cash or financial details. They are sending convincing-looking text messages letting people know they are eligible for the vaccine or phoning people directly pretending to be from the NHS, or local pharmacy.

PEOPLE ARE WARNED TO BE ALERT TO THESE SCAMS

The NHS will:

- ⊗ **NEVER ask for payment - the vaccine is free**
- ⊗ **NEVER ask for your bank details**
- ⊗ **NEVER arrive unannounced at your home to administer the vaccine**
- ⊗ **NEVER ask you to prove your identity by sending copies of personal documents such as your passport**





FURTHER GUIDANCE AND SUPPORT

National Cyber Security Centre

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to **report@phishing.gov.uk.** Suspicious text messages should be forwarded to the number **7726** which is free of charge.

ActionFraud
National Fraud & Cyber Crime Reporting Centre
actionfraud.police.uk

If you believe you have been the victim of fraud or identity theft, you should report this directly to Action Fraud either online; **actionfraud.police.uk** or via phone **0300 123 2040.**

CrimeStoppers.

If you have any information relating to vaccine fraud you can stay 100% anonymous by contacting Crimestoppers COVID Fraud Hotline online; **covidfraudhotline.org** or phone **0800 587 5030.**