



St. Joseph's Catholic Primary School

NEWSLETTER

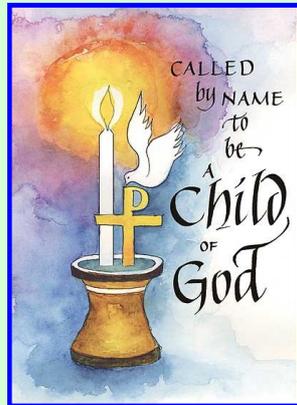
15th January 2021



God of all,
you know us all by our name,
and love and care for us,
because we are all your children.

Help us also to love
and care for our
brothers and sisters
around the world.

Amen.



YOU ARE AMAZING

We appreciate that this is a difficult time for everybody; those parents who are juggling childcare, work and the school's remote learning; key critical workers in their essential work and our children, whose lives are so different from what we would wish for them.

This lockdown, we have moved to an online approach so that children have a greater chance of interacting with their class teacher. This presents a number of challenges at home and in school.

Be kind to yourself. Do what you can and don't worry if this looks different everyday. We do understand that the home learning can be overwhelming. It is, I am sure, practically impossible to facilitate remote learning and work from home at the same time, especially if you have younger children. You know your child best and you know what works for them. Have confidence in what you are doing and if you need support, we are here.

We would like to say a huge 'well done' to the children working at home and in school this week. The children, from Reception to Year 6 have coped tremendously well! They have worked so hard and really engaged with the online lessons that have been provided.

Thank you so much for all the supportive messages we have received, they have helped all staff to get through what has been a particularly challenging start to a new term.

We hope you have a restful weekend and a good week.

WOLLENS
Full spectrum law

Thank you to Julia Connett from Woollens Solicitors who responded to our request for keyboards. The keyboards will be offered to families to use with an xBox or Playstation 4 thereby helping children to have better access to online learning.

Live, learn and love in a caring Catholic community.

Devon Domestic Abuse Support Services



Do you feel safe at home?
No excuse for abuse

Please call the Helpline
0345 155 1074

SPLITZ
Support Service

If you're in an abusive household and need the police but fear being heard, remember the **999 SilentSolution**

- Dial 999.
- Listen to the questions from the 999 operator
- Respond by coughing or tapping the handset if you can.
- If prompted, press 55. This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

Ask for ANI code word scheme.

If you are experiencing domestic abuse and need immediate help, ask for 'ANI' in a participating pharmacy. 'ANI' stands for Action Needed Immediately but also phonetically sounds like the name Annie. If a pharmacy has the 'Ask for ANI' logo on display, it means they're ready to help. They will offer you a private space, provide a phone and ask if you need support from the police or other domestic abuse support services.

Get Set to Eat Fresh

Aldi are currently running a competition for children aged 5—14, either at home or at school called the Taste Kitchen Challenge. The competition aims to support young people in developing their understanding and love of fresh, healthy food, the skills they need to cook for themselves and the desire to celebrate food with friends and family. Please click on the link below for further details about entering:

<https://www.getseteatfresh.co.uk/>



Emotional and Mental Wellbeing During this second school closure, it is vital that we all look after our mental wellbeing. The RED CROSS have produced some simple tools which can help improve your children and young people's wellbeing. There are quick animations on stress, worries and building connections.

[Circles of Control](#)

Meaningful [Connections](#)

There is also a [Kindness activity pack](#). The pack encourages children to do small acts of kindness each day to help their community, family and themselves. Kindness can help us to cope with challenges and change.

“We are not all in the same boat, we are in the same storm. Some have yachts, some have canoes and some are drowning. Just be kind and help whoever you can.”

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