



St Mary's Catholic Primary School

Canterbury Road, Kilburn, LONDON NW6 5ST

T: 020 7624 1830 F: 020 7372 4932

E: admin@marycps.brent.sch.uk

Headteacher: Mrs B Pratley

Friday 15th May, 2020

Dear Parents and Carers

As you will know, St Mary's has remained open over the past two months since the lockdown to provide care for vulnerable children and children of Key Workers. The Government have now asked schools to prepare for a phased wider re-opening of the school for children from Reception and Nursery, Year 1 and 6 pupils **from** 1st June, 2020. This does not mean that children in these yeargroups will all be coming to school on that date. It will need to be done slowly and carefully.

While there is nothing we would like more than seeing all our children, and welcoming them back to school any re-opening of the school needs to be done safely and systematically. We have rung all parents of children in Years R, 1 & 6 to ask their views and many are understandably concerned. We are carefully assessing the risks involved with having more children at school, and taking steps to put plans in place to ensure that when we do eventually welcome back groups of children it will be done in as safe a manner as possible.

The safety of our children, their family and our staff are our highest priority. Parents will not be compelled to send their child to school and there will be no penalties if they choose to keep their child at home.

School May Half-term

School finishes for the half-term on Friday 22nd May, and school resumes on Monday 1st June. Like every school break, children are encouraged to be able to rest and refresh themselves. Teachers will set homework via Google Classrooms or email in the same way they have been setting work, but they will not be online answering messages and questions, or marking work. Children should be encouraged to read every day even during half term, and Mymaths is always available if children would like additional work and challenge.

Free ESOL Classes for adults

Brent's new and emerging Eastern European and Latin American communities are being offered the opportunity to improve their English for free. Brent are running a new six-month ESOL (English for Speakers of Other Languages) online course. Please note, that classes will be delivered online for the present time. The programme of study will require approximately three to four hours input weekly, either in the evening or on a Saturdays. Students will need a smart phone or computer with internet access.

Anyone interested in taking part should email MFCCommunityESOL@brent.gov to book a place, noting that places on the course will be issued on a first come, first served basis.

Parish Links and Foodbank

Our parish website link is <https://www.oblateskilburn.com>

Father Terry continues to stream parish masses, and is always available if you wish to talk to him.

The foodbank continues to operate, and if any families are in need please do get in touch. Do not think that your needs are not important.

Keeping in touch

As you know, we are keeping in regular touch with you through our Google Classrooms, and for our younger children and those without computer access, via regular emails and phonecalls. The office is open daily and is available to answer any questions. The headteacher, deputy or a senior leader is in school every day, so please call if you wish to have a chat and keep us up to date with things you think we should know about. Our office is open between 9 and 3pm but hours will be extended next week.

Learning from Home

Teachers continue to set carefully planned lessons daily for all children to complete online. A small number of children are submitting the work without doing it in order to fool parents. Parents do need to be watchful of what children are doing when on their computers. Please find attached to this letter the **Top 10 Tips for Remote Learning for Parents**.

We have missed you all and without doubt, you have missed each other. We think of you constantly, and wonder how you all are, and what you are getting up to during this time. We hope that you are happy, being kind and caring of each other, and that you are learning lots of new things during this time.

God bless you all,

Mrs Pratley
Headteacher.




ACTION CALENDAR: MEANINGFUL MAY 2020




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe</p>  				<p>1 Take a minute to remember what really matters to you and why</p>	<p>2 Do something meaningful for someone you really care about</p>	<p>3 Reconnect with nature today, even if you're stuck indoors</p>
<p>4 Focus on what you can do rather than what you can't do</p>	<p>5 Send friends a photo of a time you all enjoyed together</p>	<p>6 Take a step towards one of your life goals, however small</p>	<p>7 Let someone you love know how much they mean to you</p>	<p>8 Set yourself a kindness mission. Give your time to help others</p>	<p>9 Look out for positive news and reasons to be cheerful today</p>	<p>10 Tell someone about why your favourite music means a lot to you</p>
<p>11 What are your most important values? Use them today</p>	<p>12 Be grateful for the little things, even in difficult times</p>	<p>13 Today do something to care for the natural world</p>	<p>14 Show your gratitude to people who are helping to make things better</p>	<p>15 Find out about the values and traditions of another culture</p>	<p>16 Look around you and notice five things you find meaningful</p>	<p>17 Take a positive action to help in your local community</p>
<p>18 Hand-write a note to someone you love and send them a photo of it</p>	<p>19 Find a way to craft what you are doing to give it more meaning</p>	<p>20 Reflect on what makes you feel really valued and appreciated</p>	<p>21 Share photos of 3 things you find meaningful or memorable</p>	<p>22 Ask a loved one or colleague what matters most to them and why</p>	<p>23 Share an inspiring quote with others to give them a boost</p>	<p>24 Do something special today and revisit it in your memory tonight</p>
<p>25 Give your time to help a project or charity you care about</p>	<p>26 Recall three things you've done that you are really proud of</p>	<p>27 Today link your decisions and choices to your purpose in life</p>	<p>28 Tell someone about an event in your life that was really meaningful</p>	<p>29 Think about how your actions make a difference for others</p>	<p>30 Find three good reasons to be hopeful about the future</p>	<p>31 Look up at the sky. Remember we are all part of something bigger</p>

ACTION FOR HAPPINESS







www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

31 actions to look after ourselves and each other as we face this global crisis together

10 TOP TIPS

REMOTE LEARNING FOR PARENTS

Remote learning can be a great way to continue learning outside the classroom, particularly in difficult circumstances. For parents and carers, the idea of remote learning isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote learning experience.

1) Take an active interest in your child's learning

As a parent or carer, remote learning will be a new concept for your child and there are bound to be a few teething problems to start with. Take an active interest in their learning and help support them whenever they need a helping hand.



2) Monitor your child's communication and online activity

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



3) Establish a daily schedule and routine

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.



4) Encourage screen breaks away from devices

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will invariably advise on screen breaks however it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



5) Ensure your learning device is in a public space in the home

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



6) Implement safety controls and privacy restrictions on apps and software

Dependant on how your school implements remote learning, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



7) Ensure your child only uses official school communication channels

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



8) Familiarise yourself with relevant school policies

Schools should have a policy on remote learning and direction that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



9) Maintain feedback with teachers

Engage in communication with teachers where possible and try to feedback progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



10) Monitor your child's wellbeing and mental health

Remote learning will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as you can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends everyday might take its toll.



Contacts you may find useful

Coronavirus (COVID-19) advice and support for parents and carers (NSPCC)

The NSPCC has created a number of resources to support parents and carers during this difficult time. Topics include:

- Talking to a child worried about coronavirus
- Parents working from home
- Children staying home alone
- Lockdown and separated parents
- How to cope with tantrums and other difficult behaviour

The advice can be found on the NSPCC website here:

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

Domestic abuse awareness campaign

Is someone at home **harming you** or making you feel **afraid**? If you are worried about domestic or sexual abuse at home The Angelou Support Service is available to provide help for anyone aged 13 or above.

For help call: 020 8741 7008

Mondays to Fridays:

10.00am – 6.00pm

Translators are available.

Mentally Healthy Schools (Anna Freud Centre)

The Anna Freud Centre has published a range of resources to help support the mental health of children, young people, school staff and parents. The third toolkit in the series has just been released. You can find them here:

Coronavirus: Resources for mental health and wellbeing Toolkit 1

- videos to provide practical guidance and tips to schools, parents and carers about coronavirus (COVID-19) and mental health
- activities to ease anxiety that can be done at school or at home and other helpful advice, helplines and resources for adults and children.

<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing-toolkit-1/>

Toolkit 2

- resources to help children with SEND and
- responding to the unique challenges that may arise for vulnerable children

<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing-toolkit-2/>

Government Guidance for Parents and Carers to the re-opening of schools

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/reopening-schools-and-other-educational-settings-from-1-june>