

Dear Parents and Carers

We've had a fantastic term! There is nothing better than walking around the school seeing children learning, getting on well and having fun with staff. Unfortunately due to events beyond our control, we are having to 'pause' our 'Journey Together'. However, we will continue to be guided by God to do the BEST we can over the internet! We may not be together in school, but we are one in our thoughts and prayers for you and your families.

Please continue to be in touch and email the school office – we want to know how our children are getting on. Teachers would love children (in Y1 to Y6) to be in contact via 'Class Seesaw' (See children's home learning pages on our website).

See you soon!

Mr Lincoln and Mr Etherton

1. **Childcare during school closure:** Thank you for all prompt replies to our survey. If you have NOT completed the survey and you are a key worker, please complete the survey as a matter of urgency.

We will be offering limited child care for key workers from 8.00am-5.30pm (3.30pm on Fridays) from this Monday and, probably, over the Easter 'Holiday' for those who have completed the survey and meet the criteria in line with government guidance.

Please see recent letters that we have sent out about this. More information will follow.

2. **Free school meals** – we will send out further information about free school meals when we have more information.
3. **Dates & Events:** all events have been cancelled until further notice.
4. **Letters sent home this week:** Click on the link to see past letters <http://www.stnicolasmarty.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>
  - All Coronavirus updates are available to view on the website.
5. **WORSHIP & ETHOS:**

**We have this hope as an anchor for the soul, firm and secure.** Hebrews 6 verse 19

*In our assembly last week, Rev Ann talked about God being an anchor during difficult times. An anchor holds us steady in the storms of life.*

*This will also be the subject of one of our very own St Nic's YouTube 'Awesome Assemblies' – coming soon!*

**Letters for the community:** Mrs Westcott is co-ordinating letters to be left in St Mary de Haura Church and the Church of the Good Shepherd for isolated/lonely members of the community to help themselves to. Children will be writing letters, prayers or drawing a small picture today. These will brighten someone's day when they visit the church. People will also be encouraged to take a letter and post it through a neighbour's door. If you would like to contribute please bring any letters to the office by the end of the school day (please do not include any names or personal details). Thank you.



**We Are Emmanuel:** Join us online every Sunday at 10.30am and 6pm for our 'live-streamed' Sunday services, including worship, teaching & prayer. Coming soon... energetic, engaging bible-based teaching & fun for kids at home! Just follow this link: [weareemmanuel.com/live](http://weareemmanuel.com/live)



## 6. CLUBS

- All **Happy Tunes Music Classes** WILL continue **Online**. We will also start new general music classes to support home learning. Please register your interest at [www.happytunesmusic.co.uk](http://www.happytunesmusic.co.uk) and we will be in touch soon.

7. **Octopus & Starfish Clubs:** if you wish to cancel any Octopus & Starfish Club sessions please email [office@stnm.org.uk](mailto:office@stnm.org.uk) and include the date or day of the session(s) you wish to cancel.

8. **Useful home learning ideas and resources:** In addition to the home learning which will be provided by class teachers each week, there is a page of useful weblinks and resources which you may be interested in using during this period of school closure. These cover a wide variety of curriculum areas and also include recreational ideas. We will continue to update this page as and when new resources are available. If you discover any resources which would be good to share with other parents and carers, please email details to the school office. The page can be found on our website under Pupils > Useful home learning links and resources. Thank you, Mrs Bishop

## 9. LITTLE FISHES NURSERY

In order for children to access Extended FE in the Summer term their 30 hour code must be issued by HMRC by 31 March 2020. Please note, any existing codes with a grace period ending 31 March 2020 or earlier must also be reconfirmed by this deadline. Apply now to ensure you have your 30 hours code by **31 March 2020**. **Log in to your childcare account** to check your details are up to date, and reconfirm your eligibility to ensure your child continues to be eligible for Extended FE: [uk/sign-in-childcare-account](http://uk/sign-in-childcare-account) Please contact the **HMRC helpline on 0300 1234 097** if you experience issues applying for, or reconfirming your code.

## 10. HEALTH & SAFETY

- **Coronavirus: children's concerns** – Childline has updated its website to include information to support children and young people concerned about coronavirus, **Visit Childline: Worries about the world: coronavirus** The Independent has also published an article on advice from experts about how parents can respond to their children's concerns about coronavirus.

Visit: 'I went through my 10-year-old's search history and there was coronavirus': what should parents do about virus fear?

# Tips for Parents

Some ideas and support for those self-isolating

## What can you try?

### 1. Set up a routine

The key here is to make it a routine – not a schedule. Be flexible, but with boundaries. That means getting up at the same times and having things that you do in a regular order...it doesn't mean timing every second of the day with military precision! Make the routine visual, factor in free time without screens and when they're doing schoolwork, do some of your own work/jobs/chores alongside them.

### 2. Try new things

Introduce them to the things you love and share stories with them – make it an opportunity to connect. Watch documentaries and nature programmes (who doesn't love a bit of 'Blue Planet'?!); cook together and measure out ingredients, create exercise routines together, play board games and card games, show them how you manage the household budget and divide up money to cover bills, food and other things.

### 3. Keep it simple

Read to them. Yes – even the older ones! It ignites a love of reading, creates a bond between you and it's soothing and calming. Get them starting a gratitude journal, drawing or doodling and colouring – all activities that support mental health. When you are working on things together, or working side by side, begin conversations. Sitting next to someone without the requirement to make eye contact can encourage them to open up! It also helps if you share something first.

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS

[www.dragonflyimpact.co.uk](http://www.dragonflyimpact.co.uk)

TRAINING

[info@dragonflyimpact](mailto:info@dragonflyimpact)

CONSULTANCY

[info@dragonflyimpact.co.uk](mailto:info@dragonflyimpact)



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