



St. John's R.C. Primary School

Keeping In Touch Newsletter 21st April 2020

Dear Parents, Carers and Pupils

We hope that you are all keeping well and as active as possible during the lockdown period. In this newsletter you will find links to learning resources to help keep your brains active too!

Please remember to pray for each other and for everyone in our local community at this difficult time.

God Bless—we look forward to seeing you all soon

Stay Active –Stay Healthy

With Joe Wickes every weekday



P.E. WITH JOE

Monday - Friday

9am Live on YouTube

The Body Coach TV

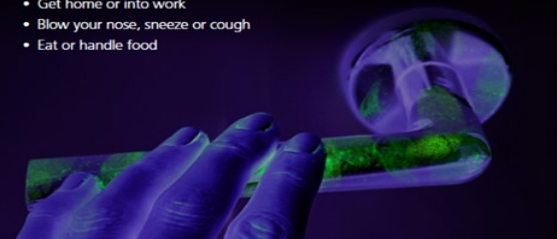
#PEwithJOE

Remember to follow NHS advice to help slow down the spread of coronavirus

Wash your hands more often for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



Coughs and Sneezes



CATCH IT.



BIN IT.



KILL IT.

Home Learning Resources

Barefoot computing: https://www.barefootcomputing.org/homelearning?mc_cid=b8b438bf50&mc_eid=4595ee8c70

FREE Twinkl account for parents during school closure:

<https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools>

White Rose Hub Maths: <https://whiterosemaths.com/homelearning/>



How to keep happy and healthy if we are in isolation.

Although staying at home for a while and not having to be at work or school, or facing the usual daily pressures may seem appealing initially, the challenges of self-isolation and the anxieties around keeping our loved ones healthy and well, will likely cause additional pressures for us all. These are supportive tips around how we can all look after our mental wellbeing, while schools may be closed.

Stick to a routine or timetable

All of us, but particularly children, really benefit from structure and routines. This helps them to feel settled and secure and will support whole families to feel more relaxed.

- Try and set up a daily or weekly timetable as a family.
- Set aside times for school work or planned activities to happen within normal school hours
- Keep weekend days and evenings a bit less structured.
- Try and keep mealtimes within a similar time each day.
- Set aside certain times of the day for chores but do not overdo it – spending quality time together as a family will be much more beneficial for us all.

Try and get plenty of fresh air!

Remember to regularly open a window or door or stand in the garden to get fresh air. Always follow government guidelines for social distancing but if you are well and not at risk, a short walk in an unpopulated area may be helpful.

Take some time out

When we spend all day, every day together we can find life really challenging. Try as much as possible to give each other 30 mins of alone time if you feel you need it. Particularly parents who may just need a quiet cuppa in a separate room.

Make screen time a limited and planned reward.

You've earned screen time!

- Write a short story or Draw a picture
- Do one chore
- Pick up toys
- 20 Minutes of reading
- At least 40 mins of creative play
- Make your bed



Use social media to stay connected with family and friends particularly by video call. Use community links and groups if you are in need of extra support.

Enjoy and use the opportunity to make memories and spend quality time together!



A Programme of Activities

For those of you who like a bit of structure in your lives; here's what various celebrities are offering you and your kids for free daily to help with their education while schools are closed:

9.00am - PE with Joe Wicks - search Google for 'PE with Joe Wicks' and 'Kids workouts with Joe Wicks'

10.00am - Maths with Carol Vorderman www.themathsfactor.com

11.00am - English with David Walliams <https://www.worldofdavidwalliams.com/elevenses/>

12.00pm - Lunch (cooking with Jamie Oliver) <https://www.jamieoliver.com/features/category/get-kids-cooking/>

1.30pm - Facebook Live dance sessions with Diverse Dance Mix <https://www.facebook.com/diversedancemix/>

2.00pm - Drawing with Rob Biddulph <http://www.robiddulph.com/draw-with-rob>

4.00pm - Home Economics with Theo Michaels (Mon/Wed/Fri) <https://www.instagram.com/theocooks>

Non-daily events include:

Science with Professor Brian Cox, Robin Ince & Guests <https://cosmicshambles.com/stayathome/upcoming-schedule>

A man has managed to complete a marathon during the United Kingdom's [coronavirus lockdown](#) by running laps around



his back yard. Gareth Allen attracted tens of thousands of viewers when he livestreamed himself complete the marathon by jogging 1,064 laps around his garden. The 47-year-old from Southampton told Runner's World before the challenge that the idea was inspired by a Chinese man who ran a 50km event in his Wuhan flat, during the COVID-19 lockdown.

"It then occurred to me that I could be able to run a long distance in my back garden so out came the tape measure," he said. Mr Allen said the response online had been overwhelming and inspirational to others to set active challenges in their own homes.

"Some say I'm an inspiration, I think I'm just a regular person trying to figure out the best way to make something good out of bad situation."



Keep checking your Seesaw app for more work
from your class teachers



Captain Tom Moore - NHS Hero

Captain Tom Moore has raised more than £25m for NHS Charities Together by taking part in a "100th birthday walk".

Earlier this month, the 99-year-old set out a goal of raising £1,000 for the NHS by walking 100 laps of his garden. The veteran's aim was to complete the 100 laps before his 100th birthday at the end of the month.

As Cpt

Moore's fundraising campaign gained traction online, the fundraising target on his JustGiving page steadily increased up to half a million pounds.

The nonagenarian has since surpassed his aim by more than 5,000 per cent, raising more than £25m.

Despite completing the 100 laps of his garden on Thursday 16 April, Cpt Moore has said he will continue on with his birthday walk.

Upon finishing his 100th lap, the veteran delivered a message of hope on *BBC Breakfast*, stating: "At the end of the day we shall all be ok.

"The sun will shine on you again and the clouds will go away."

The 99-year-old served in the British army in India and Burma



MIND - the mental health charity - has some excellent resources to help look after your mental well-being during the COVID-19 outbreak

Find them at <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Hand washing and anxiety

Connect with people

Decide on your routine

Try to keep active

Get as much sunlight, fresh air and nature as you can

Find ways to spend your time

Find ways to relax and be creative

Keep your mind stimulated

Take care with news and information

If you're feeling anxious

If you're feeling claustrophobic or trapped



Coronavirus Isolate your household Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

- ✓ Everyone in your household must stay at home for 14 days and keep away from others.
- ✗ DO NOT go to your GP, hospital or pharmacy.
- ✓ Only call NHS 111 if you can't get online or your symptoms worsen.

nhs.uk/coronavirus

CORONAVIRUS
PROTECT
YOURSELF
OTHERS &
THE NHS

SOCIAL DISTANCING

Keep a safe distance

2 metres between you and those around you - about the length of a sweeping brush held outstretched

