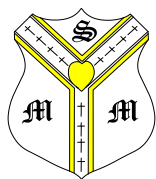


Saint Margaret Mary's Catholic Infant School Newsletter



Friday 24th April 2020

Dear Parents, children and friends,

I hope this newsletter finds you all safe, well and happy at home. The weather continues to be warm and sunny. We are now beginning our summer term.

The children who have been attending school this week, have had a lot of fun playing in the sunshine. They have played lots of football, hockey and had fun riding on the bikes.

Please keep an eye on the website for messages, activities and links from your teachers.

Lots of love,

Mrs Byrne

IMPORTANT MESSAGE FOR KEY WORKERS

It is vitally important that we know when and if you wish your child to attend emergency childcare in school. Please complete the surveys which are sent out. This will ensure that we have the correct staffing each day and as many of our staff can stay safely at home.

Here is the link for the week beginning 27th April;
<https://www.surveymonkey.co.uk/r/KZC2P2X>

Here is the link for the week beginning 4th May;
<https://www.surveymonkey.co.uk/r/M6NTD3X>



ONLINE LESSONS

40 teachers from around the country have joined forces to create, 'The Oak National Academy.' Each day three lessons will be posted for each school year group. Over the course of the week, it will include Maths, English and all other subjects.

<https://www.thenational.academy/online-classroom>

BBC Bitesize KS1 are also posting three daily interactive lessons to support learning from home.

<https://www.bbc.co.uk/bitesize/dailylessons>

Hungry Little Minds is a very useful website for children under 5.

<https://hungrylittleminds.campaign.gov.uk/>

Our teachers are updating the website each week with new activities and ideas to share together and keep your child learning. Please check the year group pages of the school website to keep up with the activities. Some children will find the current situation difficult. It is important that they do some learning everyday, but there may be some days they are able to only do a little, that's okay.

ESSENTIAL MINIMUM EVERYDAY ACTIVITIES

1. Read something everyday.
2. Write something everyday
3. Draw, create or colour everyday
4. Take some form of exercise.

MINDFULNESS AND MENTAL HEALTH FOR CHILDREN

Ideas and information taken from the 'Childmind' website.

While we are all stuck inside, it is important that we try activities to reduce stress, anxiety and maintain a positive mind set. These mindfulness activities are as important as reading or writing and may help to support you and family during this time;

Here are some simple activities that are recommended. Maybe you could try one or two.

- **Squeeze Muscles:** Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- **Belly Breathing:** Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
- **Mindful Meal:** Pay attention to the smell, taste and look of your food. No multitasking.
- **Meditation:** Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
- **Blowing Bubbles:** Notice their shapes, textures and colours.
- **Colouring:** Colour something. Focus on the colours and designs.
- **Listening to Music:** Focus on the whole song, or listen specifically to the voice or an instrument.



St Margaret Mary's Parish Online

Although the church buildings are closed the work of the Church continues in a different way. The Church is the people. It is us. Father Ian is still saying Mass each day and Sunday Mass is broadcast live each Sunday morning at 10 o'clock.

If you are on **Facebook**, the parish now has a page which is updated regularly and where Mass is broadcast each Sunday.

Search 'St Margaret Mary Liverpool'.

Knowsley Council Early Help Hub

We know that some families may be finding it stressful and harder to cope during these difficult times. We don't want people to struggle and we have a team of staff who can talk you through any issues and offer you some advice and guidance.

Contact the Freephone helpline on **0800 073 0043** and ask for your information to be passed onto the Early Help Hub and one of our staff will call you back.

Or you could complete the online form by clicking the ask for help and support on this link <https://www.knowsleynews.co.uk/community-hub/>

Keep your Child Safe Online

It is important to have regular conversations about staying safe online and to encourage children to speak to you if they come across something worrying online.

There are support mechanisms in place to provide guidance for parents and carers to keep children safe online. They will support you to talk to your child about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices. These include;

- [Thinkuknow](#) - provides resources for parents, carers and children of all ages to help keep children safe online
- [Childnet](#) has developed [guidance for parents and carers](#) to begin a conversation about online safety, as well as [guidance on keeping under-fives safe online](#)
- [Parent Info](#) providing support and guidance for parents and carers related to the digital world from leading experts and organisations
- NSPCC has [guidance for parents and carers](#) to help keep children safe online
- [UK Safer Internet Centre](#) provides tips and advice for parents and carers to keep children safe online - you can also [report any harmful content found online through the UK Safer Internet Centre](#)

Reporting your concerns

- If your child has been a victim of child sexual abuse – online or offline – and you believe they are in immediate danger, you should call **999** and ask for the police. The police will continue to respond to emergency calls.
- If you are concerned that your child has been a victim of online sexual abuse or you are worried about the way someone has been communicating with your child online, you can report it to [National Crime Agency-CEOP](#) (Child Exploitation and Online Protection).
- If you have concerns about your own or another child's safety, you can contact the [NSPCC helpline](#) (0808 800 5000) for support and advice –
- The [Together, we can tackle child abuse campaign](#) also provides information on the signs of child abuse and neglect.

Times and locations of Knowsley Food-bank distribution points are as follows:

Monday 12 noon to 2pm: St George's Church, 46 Primrose Dr, Huyton, L36 8DW

12 noon to 2pm: St Andrews Church, Highfield, Tower Hill, Kirkby L33 1ZF

Wednesday - 12 noon to 2pm: The Community Hub, The Croft, Stockbridge Village,

12 noon to 2pm: Salvation Army Prescott, Warrington Road, L35 5UA

Thursday – 12 noon to 2pm: St Dominic's Church, Southdean Road, Huyton, L14 8UL

