



### St Mary's Catholic Primary School

Coronation Crescent, Madeley, Telford, Shropshire, TF7 5EJ

Telephone: 01952 388255

Fax: 01952 388244

E-mail: [a3357@telford.gov.uk](mailto:a3357@telford.gov.uk)

<http://www.stmaryscatholicprimarytelford.co.uk>

Headteacher: Samantha Griffiths  
Assistant Headteacher: Helen Lambie  
School Business Manager: Suzanne Evans

## St Mary's Catholic Primary School

Friday 5<sup>th</sup> November 2021

### **Please read: New recommendations regarding additional COVID-19 controls in educational settings November 2021**

We have received this from Telford and Wrekin: There are two main additional sets of controls that we are proposing. The first includes the recommendation that **children who are household contacts of positive cases take daily LFT tests for a period of 7 days (this includes primary aged children but not those that attend early years provision). This is in addition to the PCR test they will have been recommended to take.** This is a request and is not mandatory and pupils should still come into school unless they are symptomatic or test positive on either a LFT or PCR test (see Appendix A for further detail). The second set of measures reintroduce some of the COVID-19 precautions that were in place in schools during the last academic year. These measures include wearing face coverings in communal areas, staggering lunch times, considering teaching in class bubbles and moving all non-essential events where parents / carers visit schools to virtual experiences

You may consider introducing all or some of the measures set out in Appendix B dependent on the individual circumstances of your school, COVID infection rates and potential impact on the quality of teaching and learning. All schools and educational settings should consider implementing additional measures now as a preventative measure and not wait until they hit the threshold for intervention as specified in the DfE contingency framework. As the LA we will ensure that we provide you with the best and most recent information however, we understand that you know your setting best.

**We have therefore made the decision to reintroduce some safety measures. Children will remain in their bubbles, lunchtimes will be staggered and all children from Year 2- 6 will sit in their classrooms for lunch, and a full hour of PE will be reinstated. Breakfast club and after school clubs will continue to be in place because they present as lower risk. If things worsen and numbers rise, we will take further steps to control transmission that will include the cancelling of trips, after-school clubs and breakfast club. We would also move to staggered start times. If case numbers were to rise to 30% in any bubble, the bubble will probably be closed by the Health Hub. Please consider wearing a mask when entering the school site.**

.....



## Safeguarding concern: Squid Game and other

Unfortunately a number of our children have been allowed to watch the full series of Squid Game. Some as young as six. Children should not be watching anything that is inappropriate for their age group. If children are found to be watching or interacting with content regularly that could impact on them negatively, this can **trigger a safeguarding concern** and at the very least, raise questions about the quality of care and supervision children are in receipt of. I have never communicated this in such a serious manner, but we are getting worried about the films, box sets and games children are interacting with. Also, children continue to have Facebook accounts, Instagram and Whatsapp, even though all children in our primary school are all too young to access them.

## Thank you

Thank you for attending your child's parent and teacher meeting. We hope that you found it really useful. Many thanks too to the parents who contacted us to explain why they weren't able to attend, much appreciated.



## Flu Vaccinations

Just a reminder that flu vaccinations will take place in school on Friday 19<sup>th</sup> November 2021.

## Lateness

Just for a moment, please imagine having to walk into a church service when it is in full-swing. Adults do not like the feeling of everyone looking at them and the not knowing what has been covered and what is coming next. This is enough to make an adult feel really anxious and some would turn around or not attempt entering at all. A child, no matter how warmly they are welcomed by the staff and their friends, can feel like this when they arrive to school late. The register has already been done, their lunch preference already been taken and an outline of their day already communicated. We understand that lateness happens occasionally but regular lateness can be avoided by changing your routine or simply by getting-up earlier. If you need help with establishing a morning routine, please contact school. Thank you.

## Looking after your mental health as the dark nights draw in.

1. Look after your mind – if you feel tired, irritable, anxious, less interested in things, or have trouble eating or sleeping you may be suffering from depression. It's important you get professional help as soon as you can; many doctors are now doing virtual appointments, so they'll still be able to help whilst staying safe.

2. Eat yourself happy – winter and being indoors can be a time for craving carbs and sugary foods, but it's important to maintain a healthy diet to combat symptoms of lethargy and irritability.

3. Get active - exercise releases good endorphins, helping us to feel relaxed and boost our mood. If local lockdown restrictions allow, try going to the gym, or go for a walk outdoors.

4. Help someone else - it's no secret that helping other people often makes us feel better. Could you volunteer to help the vulnerable?

5. Get more light - the winter blues can be caused by lack of light. To combat this, you need to get more natural light; sit outside when you can, sit by a window or even ask your doctor about light therapy.

6. Keep Warm - Advice from the NHS tells us being cold may make you feel more depressed, so staying warm may reduce the winter blues.' Keep warm with hot drinks, hot food and warm clothes and shoes. Try and keep your home between 18C and 21C (or 64F and 70F degrees).

7. Talk, Talk, Talk! - talking about your feelings or just having a general chat can improve your mood and make it easier to deal with the tough times; if you can't visit family or friends in person you could pick up the phone, or use facetime, what's app or zoom for a video call.

## TOP 5 TIPS

For mind and body, to help keep you regain some calm and ease the anxiety we all feel

### --- EAT YOURSELF HAPPY ---



It's important to maintain a healthy diet to combat symptoms of lethargy and irritability.

### --- GET MORE LIGHT ---

You need to get more natural light; sit outside when you can, sit by a window or even ask your doctor about light therapy.



### --- TALK, TALK, TALK! ---



Talking about your feelings or just having a general chat can improve your mood and make it easier to deal with tough times.

### --- KEEP WARM ---

Keep warm with hot drinks, hot food and warm clothes & shoes. Try to keep your home between 18C and 21C.



### --- GET ACTIVE ---



Exercise releases good endorphins which help us to feel relaxed and boost our mood. If local lockdown restrictions allow you to, get active!

8. Share – whether with a therapist or with family and friends it's important to share how you feel. Lots of people are feeling anxious during these unprecedented times, never feel like you're the only one.



### **Helping your child to talk in full sentences**

We have noticed that more children than ever are unable to talk using more than a few words. Some children in our care will only nod, point or shake their head. Some children use about 100 words time over but cannot link them together to make a sentence. Some children do not know how to start a sentence. We are very

concerned in school about this issue in school and we believe some of it to be directly linked with the isolation that the pandemic has brought about. Here are some things you can do at home to help us in school. Please ring school for more help and advice if you feel that you need it.

Use longer sentences to encourage understanding

Most children can understand more than they can say. So, you don't need to keep all of your sentences short. In order to encourage your child's understanding, you can use sentences that are a bit longer, especially when you are giving instructions or reading books together and talking about the pictures.

Talk about your child's interests

Follow your child's lead, observe what he is doing and paying attention to, and talk about whatever has caught his attention. Pause and wait to provide him with many opportunities to try and use words and sentences. If you do all of the talking, he won't have a chance to practice building sentences. Build your child's vocabulary, especially verbs.



Children need to know how to say many words in order to combine them into sentences. Using a variety of words when you speak to your child will help your child learn new words. Verbs (action words like "dance", "fall", and "pour") are especially important for building sentences. Find tips on how to build your child's vocabulary here.

Don't correct your child's mistakes

When children start to form sentences, they often leave out words or make errors with grammar, and this is perfectly normal. It's important that children feel encouraged as they start to experiment with combining different words. **So instead of correcting your child, repeat what he said, but use the correct grammar (a key teaching tool).** In this way, he hears how the sentence should sound, but isn't pressured to try to say it.

#### Expand what your child says

In this way, you acknowledge and encourage your child, but also provide an example that is one small step ahead.

If your child uses a single word or makes a grammatical mistake, you can expand what he said by using his word(s) in a sentence and adding a few words. For example, if your child points to a bird in a tree and says "bird", you could say "That bird is in the tree!". If your child wants to play ball with you and says "ball", you could say "Let's play ball." If your child leaves out some of the grammar and says "Daddy go car," you can expand by adding the correct grammar, "Yes, Daddy is going in the car. He has to go to work." In this way, you acknowledge and encourage your child, but also provide an example that is one small step ahead that he can learn from.

#### Use a variety of subjects in your sentences

A sentence needs a subject (a person, place, thing, or idea that is doing something), and children need to hear many examples of subjects in order to learn how to use them themselves. Some early developing subjects are listed below [2]. You can use these subjects in your sentences when you interact and play with your child in the following ways:

"I" – talk about your own thoughts and actions ("I'm hungry" "I see a bird in the tree")

"you" – talk about your child's feelings and actions ("You are jumping so high!")

"he/she/it" – talk about others' feelings and actions ("He's fast!" "It feels squishy")

"we" - talk about things you and your child do together ("We are going to the store")

the names of people and objects – talk about the toys your child is playing with or characters in books "Teddy is hungry" "The baby is sleeping")



## First Communion Celebrations

First Holy Communion is a religious ceremony performed in church by Catholics when a child reaches the age of around 7-9 years old and celebrates the first time that they accept the bread and wine (also known as the Eucharist). The bread and wine

symbolise the body and blood of Christ. This is a very special celebration, and a number of our children participated this year. Here are a few pictures of three of our wonderful Year 5 children, don't they look incredible. Congratulations to you all.



## Help with the rising cost of energy bills

**WORRIED ABOUT ENERGY BILLS?**

**YOU'RE NOT ALONE.**

**ALMOST 1 IN 9 HOUSEHOLDS IN TELFORD & WREKIN STRUGGLE TO STAY WARM.**

We can help with expert energy advice, crisis support, and much more. Call our friendly team free on 0800 677 1952

**Telford & Wrekin ENERGY ADVICE**

### Lois Jones

I am delighted to introduce Lois Jones to our St Mary's family. Lois is our new administrator. We are very lucky to have found someone so experienced. I am sure that you will all make her feel very welcome. Nic Pryce, after supporting Lois in settling-in, has taken-up her new post as School Business Manager.

