



# NEWSLETTER

**“A Christ-centred school with a child-centred curriculum through wisdom and love”**

**Telephone: 01798 872007**

**WB 4<sup>th</sup> January 2021**

Dear Parents and carers,

We hope that this letter finds you well at this very challenging time as we go in to a National Lockdown again. As a school, this is not what we wanted for the children of St Mary's but we know that we need to keep the children and the staff safe.

This new National Lockdown may affect the children and ourselves in a variety of different ways. You may experience challenges in dealing with remote learning, your child's behaviour, your family stress levels or your own wellbeing at the moment. All of these are common.

Just to update you, the school is closed to the majority of our pupils but open to key workers and vulnerable pupils. We are running year group bubbles for these children and we are running a week A and a week B rota at school. This is so that one teacher in each year group can support Google Classroom and the setting, feedback of remote learning as well as answer parent emails. Then one teacher is working face to face in the classroom for key workers and providing the same learning to them. The teachers are working towards setting 3 hours of learning for primary children.

Please be patient with the teachers, this is new and we are all learning together. Some staff also have their own children at home or are self-isolating and we are all trying to juggle a lot of things. We also know that parents have their own pressures so please don't feel pressure from us. Complete the learning in your own time, create your own timetables (one inserted to help) and allow for relaxation and brain breaks.

If you are having difficulty printing the learning then please phone or email the school for a pack and you can pick this up once a week.

**Google Classroom improvements** - We will be sending out a questionnaire shortly to find out how learning is going for you and your child/ren. This will allow us to help with what parents and children need and refine what we are doing. Miss Gorecka will also be running a 'Google Meet' for parents to help with access and answer questions – watch out for this date next week.

**Email contacts** – Could we ask parents to use the class email address for enquiries please at this time. Teachers will only be answering emails in working hours and it might not be on the same day. They do have 48 hours to respond. Many thanks for your cooperation with this.

**Safeguarding** - We are trying to keep contact with all families to see if we can help or support in any way. On a weekly basis you will receive an email, or a telephone call or we may look for your child on a 'Google Meet' meeting. This is just to check in with you – nothing more than that. You can phone us as well if you need someone to talk to. If we feel that your child is not engaging with learning then we will phone to find out how we can support further.

## COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJs in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga/Pilates/running
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid shows x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

**Remote Learning Policy** – This is the link to our Remote Learning Policy and the help guides for parents and pupils.  
[https://www.st-marys-pulborough.w-sussex.sch.uk/website/remote\\_learning\\_january\\_2021/530193](https://www.st-marys-pulborough.w-sussex.sch.uk/website/remote_learning_january_2021/530193)

**Using X Box or Playstation** – You can access Google Classroom through an Xbox or Playstation. This may help some families.

**Free mobile data increases** – Many mobile phone providers are offering free data to help during lockdown. Please look at their websites for more information.

**SEND children** – This may be a very difficult time for children who have a special educational need with all the change. Miss Wilkins and the teachers are still able to offer advice and help with individual learning so please ask.

**Other agencies that can support:**

#### Children with Dyslexic tendencies



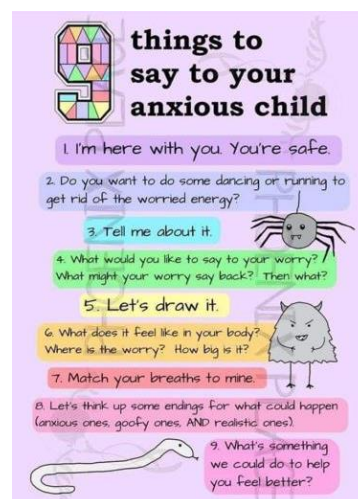
AUSPELD\* and Dyslexia Victoria Support recommend the following **phonics apps** for literacy (alphabetical order):

- **Abc PocketPhonics** Full Version: Letter, sounds & writing + first words  
Apps in My Pocket
- **Cambugs Letter Sounds**  
Cambugs
- **Hairy Letters! Hairy Phonics! Hairy Words**  
Nessy Learning
- **Initial Code**  
Sounds-Write Ltd
- **Ladybird: I'm Ready for Phonics with Captain Comet**  
Penguin Books
- **Ladybird: I'm Ready to Spell**  
Penguin Books
- **Oz Phonics**  
DSP Learning
- **SoundLiteracy**  
3D Literacy, LLC
- **Teach your monster to read - Phonics and Reading**  
Teach Monster Games
- **Touch and Write Phonics**  
Pizzoram LLC
- **Twinkl**  
Twinkl Limited

\*[https://ukdyslexia.org/parents/comp-content/uploads/2020/08/DSP%202019\\_Auspeid\\_Learning\\_Difficulties\\_PARENTS\\_WEB.pdf](https://ukdyslexia.org/parents/comp-content/uploads/2020/08/DSP%202019_Auspeid_Learning_Difficulties_PARENTS_WEB.pdf)

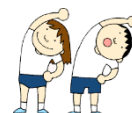
December 2020

#### Struggling with Anxiety



**Fitness log and support for PE** - weekly fitness sheet with short YouTube clips explaining each exercise. Engaging children and parents in exercise and fitness.

<https://docs.google.com/document/d/1YHGXI3XhnbKyLHKqweo8AMR0OQMm-1RAb8Nuu2FOcxo/edit?usp=sharing>



**Reaching Families** – Reaching Families are a charity that supports families of children and young people with additional needs and disabilities. They are offering services so please see below.

<https://www.reachingfamilies.org.uk/stayconnected.html>

**School Nursing** - We can still make referrals to school nursing if you are concerned about diet, sleep, anxiety, incontinence or behaviour at home. They will then contact you via telephone. Please contact Miss Wilkins if you would like more information about this or are concerned about your child/ren.

**Early Help** - We know that the thought of going into lockdown again and trying to work and complete distance learning can be difficult. Parents can refer to Early Help if they feel that they need support with parenting or are concerned that they are not coping with these challenges at this time. This can be done on the duty line for Early Help which is 07525 211177.

**Foodbank** – At this difficult time we are aware that parents may not be able to afford food and this worries us enormously. If you are concerned/worried about food in your household then email [head@stmarysprimarypulborough.co.uk](mailto:head@stmarysprimarypulborough.co.uk) and we will be able to put you in contact with the food bank providers – we can't supply food ourselves but we can connect you with the people that can help.

**Community donations** - We have been very fortunate to receive some donations from members of our community to help some families with having a device. I can't believe how generous people can be and we will distribute these when they arrive. **If you only have a mobile phone as the device that you children are using then please contact the office and we will add you to a list.**

**Key worker and vulnerable children** – The children are safer at home is the message from the Government, we are open to key worker and vulnerable children and we are running bubbles of up to 15. If you feel that you fit the criteria then please complete the Google form by clicking the link below. Mrs Lees the school Business Manager will deal with all enquiries. [Keyworker & Vulnerable children Google Form](#)

**Esafty/Online platforms** – We are aware that many children are online a lot at the moment, please be vigilant in keeping them safe and follow these rules. These are practical tips to help minimise the risks your child might face.

- Make sure they understand the point of these and how to use them.
- Don't be put off by believing your child knows more than you: the tools are actually quite easy to manage.
- Ask them to show you which social media apps they use and what they like about them. Talk about how they use them and what makes them so engaging
- Explain how you can use privacy settings to make sure only approved friends can see posts & images
- Check if any of their apps have 'geo-location' enabled, sharing their location unintentionally
- Show them how to report offensive comments or block people who upset them
- Check 'tagging' settings so that when others are posting or sharing photos online, your child's identity is not revealed. Also, get people's consent before sharing photos
- Encourage your child to come and talk to you if they see anything that upsets them

**Smile at this difficult time** – Making people smile may really help during this lockdown. If I could ask the children to email me their favourite joke and we will add them to our newsletters over the next few weeks. [head@stmarysprimarypulborough.co.uk](mailto:head@stmarysprimarypulborough.co.uk)



**Music on the Menu** – Please see below for music activities.

**Enrichment things** - Julia Donaldson and Axel Scheffler FREE Home Learning Packs - <https://resource-bank.scholastic.co.uk/content/40114>

**Cressida Cowell** – This famous author is reading 'How to Train a Dragon' - <https://www.bing.com/videos/search?q=Cressida+Cowell+reads+how+to+train+your+dragon+you+tube&docid=608055966736519006&mid=929D6F7882D2477BAFE0929D6F7882D2477BAFE0&view=detail&FORM=VIRE>

**Help?** If you feel that we can help in other ways then please email me as we are keen to support families in this challenging time. [head@stmarysprimarypulborough.co.uk](mailto:head@stmarysprimarypulborough.co.uk)

**ENGLAND LOCKDOWN**  
**STAY AT HOME**  
THE NEW STRAIN OF CORONAVIRUS IS SPREADING FAST.  
WE ALL NEED TO PLAY OUR PART TO STOP THE SPREAD.

<b>▶ LEAVING HOME</b> You must not leave, or be outside of your home or garden, except for a very limited set of exemptions e.g. to shop for basic necessities, exercise, go to work if you cannot do so from home, or to escape risk of harm.	<b>▶ WORK AND BUSINESS</b> Everyone must work from home unless they are unable to do so.	<b>▶ WEDDINGS AND FUNERALS</b> Funerals of up to 30 people permitted. Weddings up to 6 people permitted in exceptional circumstances. Visas and other related ceremonial events of up to 6 permitted.
<b>▶ MEETING OTHERS</b> You cannot leave your home to meet socially with anyone, except with your household or support bubble (if eligible to form one). Stay 2 metres apart from anyone not in your household or support bubble.	<b>▶ EDUCATION</b> Early years settings open. Primary and secondary schools and colleges move to remote provision except for vulnerable children and children of critical workers. Most university students to move to remote learning.	<b>▶ PLACES OF WORSHIP</b> Places of worship can remain open and communal worship is permitted, but you must not mix with those outside your household or support bubble.
<b>▶ EXERCISE</b> You may exercise on your own, with your household or support bubble, or with one person from another household (when on your own). Stay 2 metres apart from anyone not in your household or support bubble.	<b>▶ LEISURE AND SPORTING FACILITIES</b> Closed, with limited exceptions.	<b>▶ TRAVELLING</b> You must stay at home. If you do leave home for a very limited set of exemptions, you should stay local in the village, town, or part of the city where you live where possible. Do not travel abroad unless an exemption applies.
<b>▶ BARS, PUBS AND RESTAURANTS</b> Hospitality closed aside from sales by takeaway (until 11pm), click and collect, drive through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.	<b>▶ ACCOMMODATION</b> Closed, with limited exceptions.	<b>▶ CLINICALLY EXTREMELY VULNERABLE</b> Shielding reintroduced across England. You should not travel to work, school, college or university and should limit the time you spend outside the home. You should only go out for medical appointments, exercise or if it is essential.
<b>▶ RETAIL</b> Essential shops can open. Non-essential retail must close and can only run click-and-collect and delivery.	<b>▶ PERSONAL CARE</b> Closed.	<b>▶ CARE HOME VISITS</b> Visits can take place with arrangements such as substantial screens, visiting pods, or behind windows. Close contact indoor visits are not allowed. No visits will be permitted in the event of an outbreak but end of life visits are permitted in all circumstances.
<b>▶ ENTERTAINMENT</b> Closed.	<b>▶ OVERNIGHT STAYS</b> You must not stay overnight away from home. Limited exceptions apply e.g. to stay with your support bubble.	

**STAY HOME • PROTECT THE NHS • SAVE LIVES**

For more information go to:  
[gov.uk/coronavirus](https://gov.uk/coronavirus)

## **Remote education provision: information for parents**

This information is intended to provide clarity and transparency to pupils and parents or carers about what to expect from remote education as we are in a national lockdown.

The remote curriculum:

What is taught to pupils at home?

A pupil's first day or two of being educated remotely might look different from our standard approach, while we take all necessary actions to prepare for a longer period of remote teaching. We are trying our best and are keen to solve parent's difficulties as we work through this together.

### **What should my child expect from immediate remote education in the first day or two of pupils being sent home?**

We have Google classroom set up and we would like parents to log in and set this up so that they can access learning. You can start looking through tasks and contact the class teacher if you have problems logging. If you don't have a device contact the school for a paper pack of learning.

### **Following the first few days of remote education, will my child be taught broadly the same curriculum as they would if they were in school?**

We teach the same curriculum remotely as we do in school wherever possible and appropriate. However, we have needed to make some adaptations in some subjects.

## **Remote teaching and study time each day**

### **How long can I expect work set by the school to take my child each day?**

We expect that remote education (including remote teaching and independent work) will take pupils broadly the following number of hours each day:

Primary school-aged pupils	For Early Years we will be looking at 3 hours remote learning and this includes lots of play opportunities, sharing books and talking experiences with daily exercise.
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## **Accessing remote education**

### **How will my child access any online remote education you are providing?**

This will be through Google Classroom to help with learning but we also are providing you with other platforms such as Purple Mash, Number Bots, MyOn and MyMaths.

**If my child does not have digital or online access at home, how will you support them to access remote education?**

We recognise that some pupils may not have suitable online access at home. We take the following approaches to support those pupils to access remote education:

You can contact the school directly for a printed pack, which is all the resources from Google classroom printed out, and you can collect it. This means your child is accessing the same learning as those with internet and those in school.

In the next few weeks, we should be able to lend laptops to help those children who are working from mobile phones and have no other device. Please telephone the school and we will add you to the list if this applies to you.

In the next few weeks, we will lend devices that enable an internet connection (for example, routers or dongles), please contact the office if this applies to you.

**How will my child be taught remotely?**

We use a combination of the following approaches to teach pupils remotely:

As part of this list, schools may wish to indicate the extent to which they are used, and subjects and key stages these approaches are used in, if there are differences.

Some examples of remote teaching approaches are:

- recorded teaching (e.g. Oak National Academy lessons, video/audio recordings made by our teachers)
- printed paper packs produced by teachers (e.g. worksheets)
- textbooks and reading books pupils have at home
- commercially available websites supporting the teaching of specific subjects or areas, including video clips or sequences
- long-term project work and/or internet research activities on topics that interest the children.

**Engagement and feedback**

What are your expectations for my child's engagement and the support that we as parents and carers should provide at home?

We would like pupils to engage within school hours as much as possible. We understand the every child is different and every family situation is different and you must allow for daily exercise and brain breaks for your child. We would like parents to support their child by setting a routine, helping the children to access the task and helping them check their learning. The parents should liaise with the teacher if there are problems with the learning.

**How will you check whether my child is engaging with their work and how will I be informed if there are concerns?**

A teacher will be checking each day for engagement. They will be setting three pieces of learning daily with resources to support the learning.

If we are concerned about a pupil's engagement then we will contact you, as parents directly, by telephone and offer you support with a printed pack or other resources. Or we will try and provide technical support to access the resources online.

**How will you assess my child's work and progress?**

Feedback can take many forms and may not always mean extensive written comments for individual children. For example, whole-class feedback or quizzes marked automatically via digital platforms are also valid and effective methods, amongst many others. Our approach to feeding back on pupil work is as follows:

We will give feedback on our weekly 'Google Meet' so this will be verbal feedback.

We will be making comments via google classroom as written feedback.

We will be marking individual pieces of work on a daily basis that we, as a school, have set. We will not be marking additional learning that the children do independently at this time.

**Additional support for pupils with particular needs****How will you work with me to help my child who needs additional support from adults at home to access remote education?**

We recognise that some pupils, for example some pupils with special educational needs and disabilities (SEND), may not be able to access remote education without support from adults at home. We acknowledge the difficulties this may place on families, and we will work with parents and carers to support those pupils in the following ways:

We will differentiate the learning so that the child/ren feel successful in the tasks.

We will be offering a timetable structure that parents can use so that there are other things that you can do with your child eg cookery, art activities etc.

The parents have email access to our SENDCo if they feel that they are not coping and we can signpost to other external agencies who may be able to help as well.



## Music on the Menu

Hello West Sussex schools and happy new year!

As schools close once again, we thought it might be helpful to re-instate a weekly Music on the Menu publication to offer ideas for keeping music on the agenda both in school and at home. This week includes resources that are currently available, but during the coming weeks we will be able to share many more ideas as they become available.

**SAVE THE DATE!** We are inviting all West Sussex primary phase music leaders to join us on **Wednesday 20 January at 3.45 pm**, via Zoom, for a session to discuss how we can best support each other to keep music on the menu for all children at this time. Look out for more information and a link to the meeting in next week's Music on the Menu.

Best wishes,



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

**Changing lives through music**

## Listening:



Why not start the day by listening to beautiful music? Here is a piece of contemporary music that will help to calm and focus the mind.

### Close to Home

*(Lyle Mays)*

<https://www.youtube.com/watch?v=FHZmqIZGgO4>

## Inspirational Performance:



The Berlin Philharmonic Horn Ensemble plays Glinka:  
**Ruslan & Ludmilla** - Overture

<https://www.youtube.com/watch?v=RadTrClPxxg&list=PLCQzPqJd-kjwbSVxWVr30v5YToJwyQ03w&index=2>

## Resources:



Mondays at 10 am - Join singer/songwriter and choral leader Emily Barden for 30 mins of high energy, feel-good singing to start your week. All ages welcome online via Zoom. To register your interest please e-mail [Emily@westsussexsings.com](mailto:Emily@westsussexsings.com).

### Friday Afternoons



'Reflecting on the last year – Ambassadors' Update'  
<https://www.youtube.com/watch?v=qmepkCDwnM0>.

Not only does this tell you about what happened in 2020, but also about exciting projects to look out for in 2021 including the launch of a brand new set of songs!

Friday Afternoons has recognised that singing cannot take place everywhere, so this set of songs focuses on meaningful music making through composition.



Explore free resources at <https://www.singup.org/singupathome> or in this [handy A-Z list](#) to keep children learning and singing outside of school. Feel free to add these pages to your school's website or VLE and encourage families to visit too.





## Quick and Easy Creative Activities

**Ten Pieces Tasters** are simple, fun, creative activities for primary age children. The activities are easy to follow and do not require any specialist knowledge or equipment. Each activity is led by an artist or specialist in their field and offers different ways to get creative with classical music.

[https://www.bbc.co.uk/teach/ten-pieces/ten-pieces-tasters/zjy3382?dm\\_t=0,0,0,0,0](https://www.bbc.co.uk/teach/ten-pieces/ten-pieces-tasters/zjy3382?dm_t=0,0,0,0,0)

## Looking forward to March 2021:

Although schools are closed at present, we are keeping these two events on our calendar and very much hope they will be able to take place.

## Virtual Sings Live!

Our first ever Virtual Sings Live! takes place on **Wednesday 3 March 2021** at 4 pm. The event is targeted at Year 7 pupils and has a live element, singing from your own school along to exciting, professional performances and a pre-recorded element where we will show video contributions from individual schools. You will already have received an invitation to take part in this event, but if you require more information or would like to register your school, please contact [judith.finlay@westsussexmusic.co.uk](mailto:judith.finlay@westsussexmusic.co.uk) as soon as possible.

## Virtual Sing Up Day Celebration

On **Wednesday 10 March 2021**, our virtual celebration of Sing Up Day will take place. Year 5 and 6 children from primary schools across the county will join us for a livestream workshop including a selection of fun songs, rounds and games and there will be a pre-recorded element where we will show video contributions from individual schools. If you haven't already signed up for this event, please e-mail [judith.finlay@westsussexmusic.co.uk](mailto:judith.finlay@westsussexmusic.co.uk) to register your school as soon as possible.



Changing lives through music



# START THE WEEK SINGING!

MONDAY MORNINGS  
10AM

Join singer/songwriter and  
choral leader Emily Barden  
for 30 mins of high energy,  
feel-good singing to start  
your week.

All ages welcome

Online via Zoom

To register your interest  
email

[Emily@westsussexsings.com](mailto:Emily@westsussexsings.com)

For more information on community singing opportunities visit  
[www.westsussexsings.com](http://www.westsussexsings.com)