



St Mary's Catholic Primary School

Term 4 Week 3

March 13th 2020

Celebrate

Value Awards

Creative Learners
Isabella L

Responsible Learners
Holly P, Malaki A

Independent Learners
Kayla B, Luke P,
Caleb B, Mikaela D,
Cody B, Anit A,
Ewa S

Resilient Learners
Jaime B, Molly Pa

Lunchtime Award
Sophie D (x2),
Isobel K

Attendance

Red Class YR: 95.7%
Orange Class Y1: 99.3%
Yellow Class Y2: 95.2%
Green Class Y3: 95.6%
Blue Class Y4: 98.4%
Indigo Class Y5: 98.2%
Violet Class Y6: 98.8%



Well Done
Orange
Class!

What is Going On?

Thank you to all those parents/carers who have already attended Parent Consultations this week – it was great to see so many of you working hard to support the school to achieve the best possible education for your children. It is certainly a team effort. During the afternoon and evening of Thursday 12th March, it was wonderful to have the opportunity to speak to parents/carers about their children and how they are getting on at school. There were also a number of conversations about the Coronavirus and how it may be effecting the school.

I would like to reassure everyone that I am receiving daily emails from the Government regarding the Coronavirus including lots of information about the latest situation. I am also receiving information from East Sussex Public Health Team and Children's Services, which provides me with additional local information. I read each email and review, taking into consideration our own school community, whether or not the school needs to alter its operations or if any additional response needs to be made. I am also liaising with the St Mary's Nursery staff to ensure that we are able to make decisions jointly – should the need arise.

In light of the recent information I have received I would like to inform you that additional cleaning is taking place throughout the school and we have increased our stocks of basic resources such as toilet roll, hand towels and soap. I am also ensuring that, once my daily assessment has been made, I am contacting East Sussex Public Health for further clarification or additional advice with any operational matters which may cause concern, such as continuing with the Parent Consultations.

At this moment in time the advice to our school is very clear – **BUSINESS AS USUAL.**

I am aware of the situation about school closures in other places but at the current time we have not been given any advice or information about this that would affect our school community. Discussions have taken place amongst the staff this week regarding our response should we be instructed to close the school. If we have to close the school we will endeavour to give parents/carers as much notice as possible i.e. we will inform you as soon as we can. We will then complete a deep clean of the school. Teachers will continue to support the children's education by sending home a daily email detailing tasks that the children could complete whilst at home. This information will also be made available on the school website. If the decision is made to close the school we will provide you with further information about learning from home.

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Dates for Your Diary

Remember: PI shows parents, carers, parishioners and friends are invited to attend.

March 2020
16th Parent Consultations 3.30 to 6pm. PI
18th Tag Rugby @ Rugby Club Y5&6 3.45-5.30pm
20th FSM Mothers' Day Sale
20th Yellow Class (Y2) Cake Sale
27th Green Class (Y3) Trip to Chislehurst Caves
27th FSM Easter Egg Hunt

April 2020
1st Easter Lunch
2nd Stations of the Cross 10am (School hall) PI

2nd Last day of Term 4 1pm Finish
3rd INSET day school closed

20th First day of term 5
24th Easter Mass 9.30am (School Hall) PI

Please check regularly as dates are sometimes changed.

INSET DAYS

Friday 3rd April
Friday 22nd May
Friday 26th June

Taken from this week's Gospel: Third Sunday of Lent —Year A

'The water I give will be like a spring of flowing water inside of them.

John 4:5-7, 9-11, 13-19, 25-26

~ Pray ~ Learn ~ Love ~ Enjoy ~

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I am sorry I am unable to provide anyone with any more information about what may or may not happen over the coming weeks, but I am not in receipt of any additional information. Like you, I will have to wait to see how the situation develops. I will continue to share information with you as it becomes available to me. I would appreciate you sharing (in confidence) any information you may have about your own family situation should you have any concerns about how the virus might affect or be affecting you. Please speak to the school office as your first point of contact. If you want to speak to them in confidence please make this clear so that arrangements can be made to do this.

I have included the latest information I have received from the Government about how you can help to protect yourselves and the wider community at this time. Please take a few moments to read through this to ensure you are doing everything you can.

Please do not hesitate to contact the school should you wish to discuss anything further. In the meantime, I hope you and your families remain well during this time.

Thank you for your continued support and for remaining calm and measured in the coming weeks.

Liz Hills
(Acting Headteacher)



There are some simple and effective actions everyone can take to protect themselves and their wider community:



1) Wash your hands frequently and catch coughs and sneezes in a tissue

One of the ways we become infected, or pass on viruses to others, is through the droplets in coughs and sneezes – for instance through someone who has a virus, coughing onto their hand, then touching a door handle.

A simple and effective way to protect yourself from coronavirus is by making sure you wash your hands frequently with soap and water, or a hand sanitiser if you are out and about. It's particularly important to wash your hands once you get home or arrive at work or before you prepare or eat food.

If you are unwell it's vital that you catch your coughs and sneezes in a tissue, or use your arm if needed, throw the tissues away, then wash your hands.

We've been promoting a "catch it, bin it, kill it" message through a [public information campaign](#) and further adverts will be seen across newspapers, online, TV and radio in the coming days.

2) Be prepared to self-isolate

If COVID-19 begins to spread in the community over the coming days or weeks, people with symptoms of coronavirus (such as a cough or fever) [may be asked to self-isolate at home](#).

This may mean staying indoors and avoiding contact with other people for up to 14 days.

If the virus is spreading quickly, we may ask whole households to self-quarantine, if anyone in the home has symptoms.

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It's very important to point out that we expect the majority of people who catch COVID-19 will not need to see a health professional as their symptoms will be mild, such as those you might expect with a cold or flu and treatable at home.

We understand that being asked to self-isolate could be inconvenient, frustrating or boring, particularly if you have mild symptoms and feel well enough to go out, but we will only ask people to do this if doctors and scientists believe it is necessary in order to slow the spread of coronavirus, protect people who are vulnerable and help the NHS manage capacity.

Look out for updates from [Public Health England](#), the [Department of Health and Social Care](#) or the [NHS](#) who will let you know if and when we recommend self-isolation for people with symptoms. If you need to self-isolate, please read this [important information on the NHS website](#) as it will explain what you need to do.

3) Plan ahead based on your situation

There are a number of ways to slow down an infectious disease outbreak. Well-established tactics include self-isolation as mentioned above, as well as measures sometimes referred to as "social distancing."

One example of social distancing could be encouraging more working from home for instance, or another option could involve urging people to continue to go to work or school as usual, but reduce social activity or non-essential travel.

Looking ahead, what preparations could you put in place to help you self-isolate if you needed to?

Do you have friends or neighbours who could bring food to your house or run errands, or could you do online shopping?

Could you talk to your employer about opportunities to work from home if this became necessary?

If you might be more vulnerable to severe symptoms of coronavirus, have you considered the activities you have planned over the coming weeks, listing which are essential and which you could cancel if you needed to? Could you arrange to work from home?

Don't forget to think of others too. Do you have friends, family or neighbours who might need extra help?

We understand that people will want to know whether and when any social distancing measures (such as home working and limiting travel, school closures or limiting public gatherings) could happen but it is not possible to confirm this now.

These measures would only be implemented if scientists and experts, including the UK's Chief Medical Officers, decide they are necessary and proportionate, informed by the latest scientific evidence.

Any decision will balance both the need to protect people with the importance of maintaining day to day life such as going to work or school.

4) Use health services wisely

If in the coming weeks COVID-19 is spreading in the community this could mean the NHS is busier than usual so it's important to think carefully about the NHS services you use.

If you start to experience symptoms and believe you could have coronavirus, do not go to a GP surgery, pharmacy or hospital as you could pass the infection to others. Visit [NHS UK's coronavirus \(COVID-19\) page](#) or contact [NHS 111](#) if you need to speak to someone.

Services like [999](#) or [Accident and Emergency](#) should only be used for genuine emergencies.

The first cases of COVID-19 in the UK were taken to specialist hospital wards so we could learn more about the virus and prevent it spreading to anyone else, but if we begin to see the virus spreading in the community this approach will no longer be appropriate. It is unnecessary for everyone with COVID-19 to go to hospital as the majority will have mild symptoms.

We expect the majority of people who catch COVID-19 will make a full recovery without medical attention, but if you are concerned because you believe you are at greater risk, or feel your symptoms are becoming more severe, contact NHS 111 or alternatively 999 in an emergency.

5) Stay up to date using trusted sources of information

Since COVID-19 began to spread quickly in China, it has been a major global news story and with this level of media and public interest it's inevitable that myths, misinformation and rumours will be shared online.

The UK Government and the NHS will keep people informed of new advice and developments. Please check the following sources of advice frequently:

The [UK coronavirus \(COVID-19\) page](#) will keep you in touch with how the Government is responding.

The [NHS coronavirus \(COVID-19\) page](#) includes a wide range of health-related information.

If you are planning to travel abroad check the Foreign and Commonwealth Office [travel advice page](#).

Follow [Public Health England](#) or [The Department of Health and Social Care](#) on Twitter for regular updates.

International women's day 2020

Our trip to Mayfield School.

Isobel K, Emily B, Mikaela D, Natalie B, Laura H, Lola B, Anna J and Jamie B all went to Mayfield School for girls on Friday and had a fantastic time learning new things. With us were Mrs Hills and Mrs Buckwell.



Our first session was with Doctor Fiona Donnelly, learning how to do CPR properly, in case of an emergency. After leaving Mayfield, Fiona spent 6 years at Manchester University Medical School. Following this Fiona spent 8 years in Australia specialising in Emergency medicine. We are now all experts and can help save a life.



Our second session was engineering/ technology with a real engineer — Naomi Lee, who left Mayfield in 2000 and studied Electronic Engineering at Durham University. Naomi then went on to work as an Engineer Officer in HM Forces. We made cars that moved by the power of rubber bands. We had polystyrene, cardboard,

straws and wooden skewers to create our cars. It was good fun even when they did not work so well. Then it was lunch and it was amazing.



After our lovely lunch, we met a vet — Claire Burfield, and her two dogs called Forest and Buzz. Claire's love of animals started as a young girl. Her time at Mayfield school prepared her for gaining a prized place to study at The Royal Veterinary College of London where she earned a BVetMed and membership to the Royal College of Veterinary Surgeons.

We learnt the 5 things that are vital for your pet:

1. Nutrition
2. The space your pets in/ shelter
3. Entertainment
4. Mental health
5. Health



For our last session we learnt about rollercoasters and that they need friction and speed with Mrs Davies, a science teacher at Mayfield School. We tried that theory with a bucket of water and swung it round and round. Then we made our own working marble rollercoasters with loop the loops. It was great fun.

Overall, we had an amazing time. We learnt loads about how women are no different to men and if you are a woman then you can achieve everything. Future women of the world believe in yourselves.



Thank you

I would like to thank St Mary's school and all the families that donated the baby & toddler clothes and small toys to give to the local community during my visit to Peru, where I assisted on improving a local community centre and orphanage. It was greatly needed and greatly appreciated by all the families and children.



Being there truly makes you appreciate what you have and you would not believe, how far your donations have gone in terms of basic needs and simple joys. Here are some pictures of the older children who also enjoyed helping me building the community centre.

Thank you once again. Henry G (Luke P's Older brother Yr6)

