



# St Mary's C of E Primary School Newsletter

Friday 5th February 2021

[www.stmarykilburn.camden.sch.uk](http://www.stmarykilburn.camden.sch.uk)

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Go, shine in the world and live as Jesus lived, with compassion, honesty and integrity. ★

Dear Parents and carers,

We have sent out some useful tips attached with this newsletter from the children's mental health charities Place 2 Be and the Anna Freud centre. You can find more information at [place2be.org.uk/our-services/parents-and-carers](http://place2be.org.uk/our-services/parents-and-carers) and [annafreud.org/parents-and-carers](http://annafreud.org/parents-and-carers)  
Best wishes from Mr Webb and Mrs Jackson

## This week was Children's Mental Health Week

### Top tips to support children and young people



#### Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.

[How to start a conversation with your child](#)



#### Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.

[Help with difficult behaviour and emotions](#)



#### Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



#### Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.



#### Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

[The Anna Freud Centre support guide](#)



#### Build positive routines

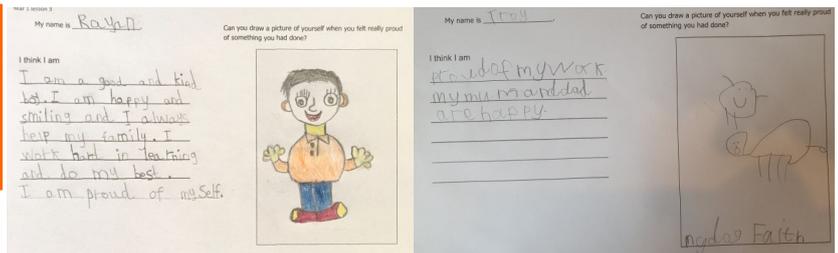
We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college.

[Sleep tips for children](#)

The theme for this year's Children's Mental Health Week is 'Express Yourself.'

Our Friday assembly today focused on different ways we can express ourselves even though it is lockdown.

Year 1 have been learning to recognise positive qualities about themselves. They wrote and drew about things they are proud of.



Year 5 experimented with heavy and light objects to see how whether gravity pulls lighter or heavier objects to the ground faster. Elza took photos of her experiment and annotated her photos with notes.

Jumana wrote an excellent conclusion to her science experiment:

*I found out that they both fell at the same time and my observation was right. I said that they would fall at the same time and they did! But sometimes the toy car gets the floor first and sometimes the notebook falls first but most of the time they fall at the same time.*

*My prediction was right because I said that they will both fall at the same time.*

## Important dates for your diary.....



### **Monday 15th February to Friday**

**19th February**—Half term break—children not at school or learning from home.

**Wednesday 31st March**—last day of term

**Thursday 1st April—Friday 16th April**—Easter break

## **Academic Review Day...**

We will not be having our usual academic review day in February. We will be having an Academic Review Day in the summer term and you will receive a written report on your child's attainment and progress then. In the meantime, please do remember you can ring school and make a telephone appointment if you want to talk to your child's teacher about their remote learning.

## **ZOOM Reminder...**

An important reminder that, during your child's online ZOOM lessons with their teacher, their camera **must** be on, so that their teacher can see their face and help them (just like they would be able to if your child were learning in their classroom at school).

Although we cannot have all children in school, it is important for children's learning that we continue good habits for learning. So all children must be looking and listening to their teacher and the teacher must be able to look at all children and listen to them.

**Please make sure your child has their camera on in their lessons.**

## **Our prayer...**

*2nd February was the Feast of Candlemas. We remember Mary and Joseph presenting baby Jesus in the temple. Candles are blessed in church for the coming year.*

*Jesus,  
You are the light that we follow.  
You are the light of the world.*

*May we go shine in the world and live as you lived with compassion, honesty and integrity.*

*Amen*

## **Informing us if anyone in your household tests positive for coronavirus**

If your child or anyone in your household is tested for coronavirus and receives a positive test result, please do let us know by email to [admin@stmarykilburn.camden.sch.uk](mailto:admin@stmarykilburn.camden.sch.uk) so that we know that your child may not be able to join online learning and that we can check in with you to see if everything is ok.

- 1) To arrange a test you should visit [nhs.uk/ask-for-a-coronavirus-test](https://www.nhs.uk/ask-for-a-coronavirus-test)
- 2) **DO NOT WAIT!** Your child should be tested on the same day they are showing symptoms, or the next day at the latest.

The most important symptoms of coronavirus (COVID-19)



new and continuous cough



high temperature



loss of, or change in, your normal sense of taste or smell (anosmia)

## **A Wellbeing tip for parents...**

### **Pause and take deep breaths**



When you notice you are feeling stressed, over-whelmed or worried, take a moment to pause and breathe. Deep breathing calms our nervous system and increases oxy-gen flow to the brain. This helps us to think more clearly and enables us to problem-solve. Next time you are stressed, try breathing in through the nose, holding it for 5 seconds and breathing out through the mouth for 7 seconds. Repeat this at least 5 times and see if that helps you to feel a bit calmer.

## **Stationery Packs...**

Thank you to nearly all parents who have collected the stationery packs we gave out this week. Many parents have said how useful this has been.

Class teachers will ask your child to have these packs with them every lesson. Just like in school, teachers will ask children to use their whiteboards in nearly every lesson. They will also ask for all written work to be completed in the exercise book. Please come to collect yours from the school office if you do not have one or call us if you need replacements.

