

The Golden Eagle

What a rollercoaster of a week this has been!

Thank you parents, for your messages of thanks and encouragement. A huge thank you also to all those parents who have offered help during the school closure – at some stage we will call on that help.

The whole staff team have been absolutely amazing – keeping calm in what has been a very stressful week. The office staff are managing the deluge of phone calls and emails in their stride and there's always someone with a few calming words when we have the occasional 'wobble.'

You will have received information on how to access your child's learning pack. The teachers will be updating these on a weekly basis.

Nursery and Reception parents, please do log in to your Tapestry account and post any new learning so that staff can add to their assessments.

School will be open to children of key workers and staff are operating on a rota basis. **If any key worker is still able to keep their child at home then please do so to help with social distancing and keeping St John's staff safe.** Please do follow the guidelines if a member of your family becomes ill. Key worker parents will receive a letter later today with information about entry to school next week.

The weeks ahead are going to be a challenge and we would ask you to please be mindful about how you talk about coronavirus with your child/ren. BBC Newsround is a good place to start.

The office will not be manned during school closure but if you need to contact the school email admin@stjohnsce.lbhf.sch.uk

Keep safe everyone – wash hands regularly and keep your distance.

HANDWASH



How incredible you all are never ceases to amaze me – I am so grateful.! Thank you for showing up and being there amidst the panic and fear. You have created normality and eased the mounting pressures felt by many.



Thank you for simply being you, the amazing teachers that you are. For all of the support- none of it has gone unnoticed.

Please can you pass on my thanks and best wishes to everyone at St John's for all that they are doing during this difficult time.



19 March 2020

Dear Head Teachers

In these unprecedented times the work that you do for our children is even more important than ever. Many of our young people, whether sitting SATs, or preparing for senior exams, or learning in nurseries and Early Years are facing disruption of their education. You and your staff are supporting them in this, and we know that you are the front line with parents and carers, fielding worries, helping children to work in new ways and supporting them in an even more uncertain future.

We are hugely grateful to you for the care you give our young people, many of whom are vulnerable, especially in a time of school closures. Thank you for bearing with what is a rapidly evolving situation and to those being asked to keep some settings open for those children and to help key workers who are the front line of keeping society, and especially the NHS and emergency services going in the face of the situation we face. Thank you also for the work that will come your way in preparing work for children and students to do at home in what may be an extended period of school closures.

All this adds up to a lot to ask of already dedicated people. You are much in our prayers and thoughts. An extraordinary gift in the midst of the trials has been the upsurge of desire to help the sick, protect the vulnerable and serve neighbours. All a sign that what you teach in your schools in that 'hidden curriculum' which is so much part of Church Schools is breaking through to wider society. Education, it has been well said, is what is left when everything you ever learnt has been forgotten. Thank you and all your staff for teaching by word and example the deeply Christian truths that love of God and love of neighbour enable human thriving whatever the circumstances around us.

In Psalm 91 we read "He will protect you from the noisome pestilence, and hide you under the shadow of His wings." May God in His love and mercy help you to help the children whom we serve in new ways in new times.

Thank you for what you are doing

+Sarah Londin
President LDBS

Luke Miller
Chair LDBS

Looking after yourself

Taking care of our mental health and checking in on others is something that we can all do, and we need to remember that by looking after our own mental health, we'll be best placed to look after our children.

Time is precious, especially when looking after children. However, try to plan your days or weeks to include something from each of the '5 ways to wellbeing.'

BE ACTIVE

Try to make sure that you and your family get regular exercise every day. You Tube has lots of exercise videos for kids and adults. Get children involved in planning their own 'indoor PE'. If current government advice permits, try to get outside once a day either into your garden if you have one or in a place where there are few people. If you can't go out, open the windows for some fresh air and take some time to look at the world outside.

TAKE NOTICE

Take a break from the news and social media and concentrate on what is happening in the here and now in your family. Notice and appreciate the small things. Studies have shown that being aware of what is taking place in the present directly enhances your wellbeing. There are many good mindfulness apps to try, but if that is not for you, just getting into something you enjoy e.g. cooking, drawing etc and really focussing on it can be just as good.

GIVE

Research tells us that giving back to our community helps people to feel valuable and makes us happier. We might not be able to contribute to our community in our usual way, but many people will still be able to find ways to give back. Many community groups are setting up schemes that aim to help vulnerable people at this difficult time. If you want to get involved, check out local social media for ideas. Many of us will not be in a position to offer practical support. We can still offer mutual support to friends and family by checking in with them regularly.

CONNECT

Social connection is one of the most important ways that we can look after our mental wellbeing. Social distancing is going to make that trickier, but we are lucky enough to have technology to help us out. Think physical distancing, but social connections. Social media is great, but if you can, try to have phone calls or even video calls. Arrange to FaceTime/Skype a friend for coffee, phone relatives more often than usual. Whilst it can be helpful to share worries, try to find other things to talk about too.

KEEP LEARNING

Learning a new skill or honing an existing one gives us a sense of purpose and achievement. Whilst we are busy learning, we are less likely to experience anxious thoughts and worries. Social distancing will bring new challenges, but it will give many of us the time to start a new hobby or learn about an area that we have always been interested in.

BLUE TIE

Winners

Newsletter 20/03/20

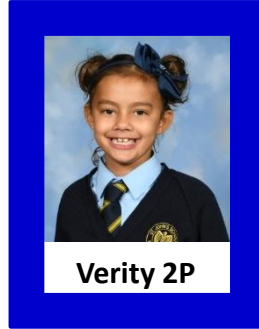
Celebrating the values
of St John's this week...



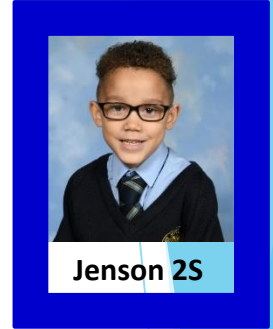
Myla 1E



Louie 1R



Verity 2P



Jenson 2S

Service

Confidence

Compassion

Perseverance



Ella 3H



Darios 3G



Ella 4C



Leila 4S

Endurance

Thankfulness

Peace

Service



Sofia 5M



George 5P



Lou 6W



Ivy 6S

Endurance

Peace

Kindness

Resilience



ST. JOHN'S WALHAM GREEN
CE PRIMARY SCHOOL

"Love one another"

Your generosity is having a huge impact!

Thank you for your gifts of books, stationary, learning and gardening resources thus far. You have made a direct impact on the resources we need and enabled staff and pupils to enjoy wide-ranging learning experiences.



Staff are continuously adding more items to our Amazon Wish List each week.

If you would like to purchase something on our behalf, please **click the link below** which will take you to the list.

If you find something you would like to purchase – just add it to your basket and follow the same procedures as if ordering something for yourself.

The items will then be delivered directly to the school.

When you purchase an item, it would be lovely to include your name on the gift note so that we know who it is from.

Click the link for the wish list: <https://www.amazon.co.uk/gp/registry/wishlist/1A2U0S4DQV12J>

Earn funds for the school whilst you shop on line – AT NO EXTRA COST TO YOU!

Click the link: www.easyfundraising.org.uk/fostjohnswg Sign up in 5 minutes and begin shopping online as usual! (Don't forget to add the Easyfundraising reminder when prompted)

Every time you shop online, the retailer makes a donation to St John's.



Donations via School Gateway

If you would like to make a donation directly to the school, you can do this via School Gateway. Donations can be made using the VOLUNTARY CONTRIBUTIONS 19/20 tab.



Give us a follow on Twitter

@StJohnsWGce
@StJWG_clubs
@StJWG_pe_sport

PLEASE UPDATE YOUR PHOTO CONSENT FORMS TO SHOW THAT YOU ARE HAPPY FOR THE SCHOOL TO INCLUDE SUITABLE PHOTOS OF YOUR CHILD ON OUR TWITTER ACCOUNT

