Unique and
Valued by God

ST MARK'S NEWS

Friday 1st May 2020

'A school where children develop the passion to learn; the skills and knowledge to succeed and the confidence to take Christian values into our diverse society.'

Dear Parents, Carers, Children, Staff and Governors,

We trust that you are all well. As a school we are doing our best to support children and families throughout the school through regular calls, setting purposeful learning tasks and directing you to additional support that you may need. Do continue to liaise with the school staff with any questions or concerns that you have.

Please can you take a picture of children's completed work and email it to your child's class teacher. They will provide some brief feedback and it helps them to see how the children are getting on with the work. We will do our best to showcase children's work on the work gallery in the home learning page.

We are sad that we can no longer use zoom to communicate with the children, but we hope to have an alternative up and running soon.

Phone calls will now take place each Friday on a fortnightly basis.

Special mentions from teachers

Nursery— A big well done to **Ezra and Elianna** for completing and uploading their work to Tapestry

Reception—**Cale and Kelly** for working really hard and completing all of their tasks

Year 1—A big well done to **Trojit** for showing great effort in some challenging work

Year 2—**Jerome** for excellent baking

Year 3—**Miguel** for regularly completing and sending work into his teacher

Year 4— **Maria** for excellent, all-round work

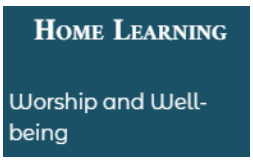
Year 5—**Tomiwa, Djelika and Bryan** for completing work to a high standards and regularly sending it in to their teacher

Year 6—**Jayden Lee, Ruby and Ziva** for excellent work across writing and maths and for sending work in regularly to their teacher

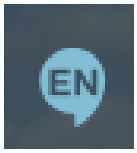
Well done to all and a lanyard for effort and hard work

New link on the website

On the website you can now find a Tab called 'Worship and Well-being' which will contain collective worship materials and messages of encouragement to all children and their families.



Please don't forget that on the top right hand side of the page there is a translation feature on the web-site that will translate text into a range of different languages



Bible Verse

Wait on the LORD: be of good courage, and he shall strengthen your heart: **wait**, I say, on the **LORD** Psalm 27:14

IMPORTANT NOTICES FOR PARENTS

Further Support for Parents

For social isolation and mental health Email: my-community@ageuklambeth.org of Tel: 0333 360 3700 Get coronavirus support as a clinically extremely vulnerable person If you've received an NHS letter or are caring for someone who has, you can register for support online or call the government's new dedicated helpline * Telephone 0800 028 8327. The Listening Place For anyone who, for whatever reason feels life is no longer worth living, can find a place with a warm and open listener who will give them time * Opening hours: 9am to 9pm * Telephone: 0203 906 7676

Help for those at risk of Domestic Violence

Confidential advice & support for those at risk of domestic abuse who might feel particularly vulnerable during self-isolation is available from the local Gaia Centre. by phone 020 7733 8724, email lambethvawg@refuge.org.uk

Best wishes

Brixton Pound

1/3 OUR FOOD HOTLINE IS OPEN MON 10am-4pm **07876 237914** to speak to someone or text the number any time for a callback. Do you, a neighbour or client need pre-cooked veggie meals? We are working with mutual aid groups and volunteers to prepare and deliver emergency food provisions.

Lambeth Council
@lambeth_council

Lambeth

The #Lambeth #coronavirus helpline 📞 is here to support our most vulnerable residents. If you or someone you know needs urgent help, please get in touch – we can advise on issues inc.

Food 🥔🥕 & medicine 💊

Call us on 020 7926 2999 lambeth.gov.uk/coronavirus-co… #LondonTogether 💜 pic.twitter.com/lWyZjmtffh

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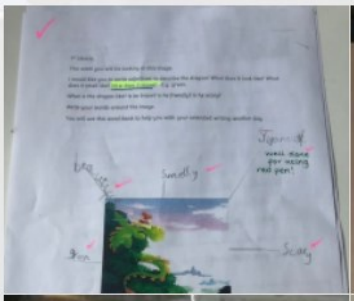
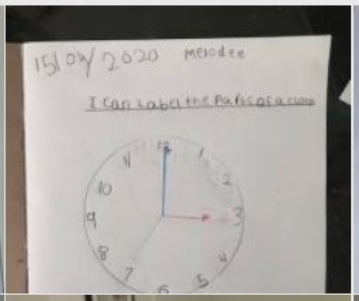
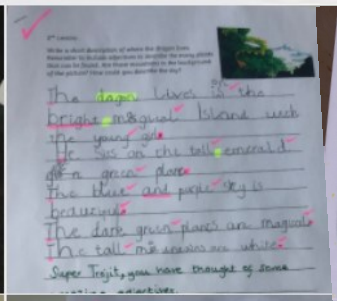
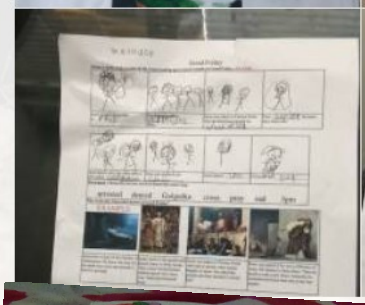
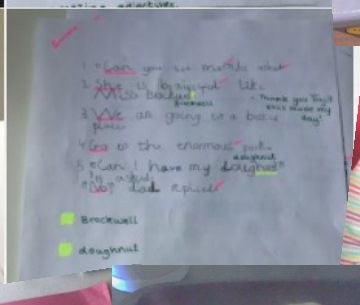
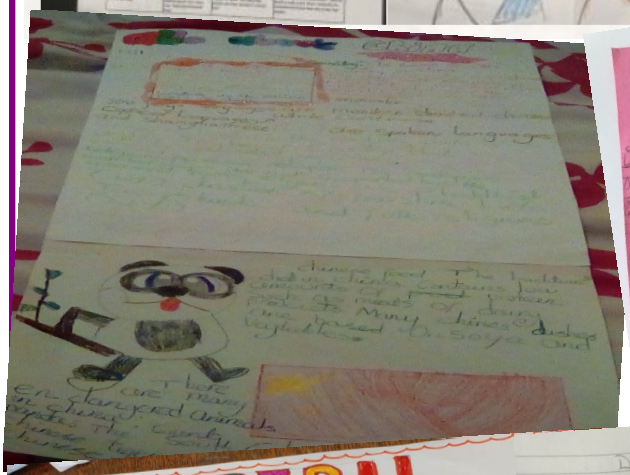
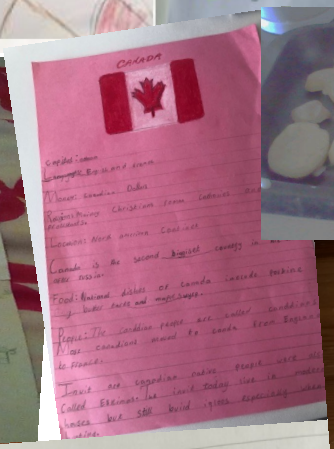
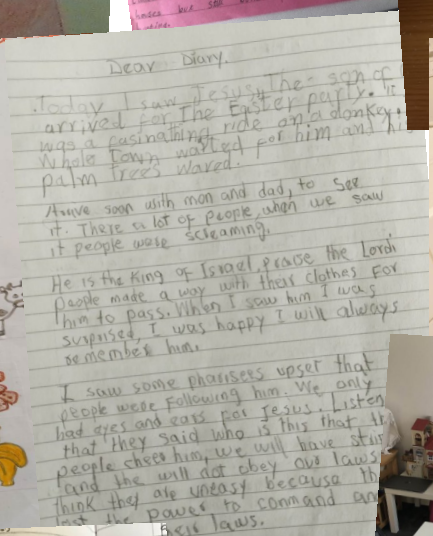
The latest examples of home learning from children in Years 1,3, 5 and 6. Children, please continue to email work through to your teachers and we will try to add them to the website

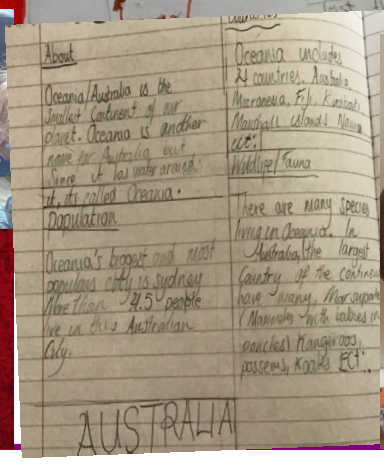












IMPORTANT NOTICES FOR PARENTS

FREE SCHOOL MEAL UPDATE

Dear Parents,

Those of you who are eligible for free school meals, please could you check through your emails and junk folders as there are a number of vouchers still waiting to be redeemed. I urge you to do this at your earliest convenience.

You should receive a new voucher email by Tuesday of each week, however Edenred have advised there have been a few delays in sending the codes due to the high demand therefore your patience and understanding is much appreciated.

Please email us at ***admin@st-markscofe.lambeth.sch.uk*** *if you are having any difficulties and we will do our best to help you.*

If you are not usually entitled to Free school meals and your work/ income circumstances have changed please email the following information to the above email for us to check you eligibility;

- *Your Full Name*
- *National Insurance number*
- *Date of Birth*
- *Child's name*

Thank you, Miss Kerrie Elliott
Office Mananger

HM Government

If you have a query about free school meal vouchers, please email or call Edenred

Parents & carers:
freeschoolmealsparentscarers@edenred.com

Schools:
freeschoolmeals@edenred.com

Call:
0333 400 5932

If you are eligible you will be informed and will begin to receive vouchers from Edenred via email.

How can one person make such a big difference?

Captain Tom Moore aimed to raise £1000 pounds for the NHS by completing 100 laps of his garden but has raised over £30 million pounds. He celebrated his 100th birthday on Thursday

Top Tips

Top Ten for Pupils:

1. Remember that feeling lots of different emotions is normal including anxiety and low moods; it is a normal reaction to uncertain times when humans feel under threat emotionally or physically.
2. Give yourself a 'well done' by recognising what has gone well every day. Name two things that have been good and one that hasn't been good.
3. Be careful how much you talk about and watch the news. It's good to be in touch, but unhelpful to focus on it.
4. Keep a routine to your day; get up, eat and go to bed at the same time.
5. How can you get your heart racing and your body moving daily?
6. Eat food that your body can use well – what we eat affects your mood, sugary food in particularly can push our energy levels up quickly but they can then crash too.
7. Social distancing doesn't mean social isolation. Schedule in time to connect with others, have fun and laugh.
8. Express feelings in creative ways beyond than talking to others. You could draw, collage, write a poem or keep a vlog diary.
9. Take a moment to stop in silence and pause.
10. Be kind and patient with yourself. Every day and every moment doesn't have to be positive

Top Ten for Parents and Carers:

1. Be open with your child about the range of emotions we are all feeling, it is normal.
2. As much as you can have honest conversations about your daily experiences and plans.
3. Give your full attention when your child is speaking to you. Try to be empathetic and validate their feelings.
4. Maintain consistent boundaries as this contains the young person.
5. Be open to the possibility of your child regressing in their behaviour. During times of anxiety and uncertainty a child or young person may act younger in age.
6. Model good self-care. Looking after ourselves communicates that others should do the same.
7. Recognise what has gone well every day and talk about it. Name two things that have been good and one that hasn't been good.
8. Reach out to help around you. Know what your child's school, local charities and your GP can provide.
9. Talk about the future, the plans you can make, places you will go, people you will see. This time will pass.
10. Be kind and patient with yourself. Every day and every moment doesn't have to be positive

Non-screen activities you can do at home

Pobble

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

25 ideas!

1 **How many different words can you make from the letters in this sentence, below?** Grab a pencil and paper and write a list!

'Learning from home is fun'

2 **Thank a community hero.** Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

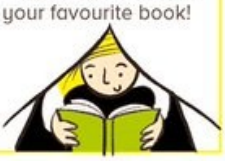
3 **Get building!** You could build a Lego model, a tower of playing cards or something else!

4 **Can you create your own secret code?** You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 **Start a nature diary.** Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

6 **Hold a photo session.** Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

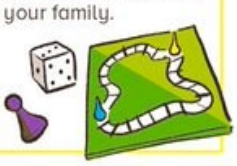
7 **Build a reading den.** Find somewhere cosy, snuggle up and read your favourite book!



8 **Use an old sock to create a puppet.** Can you put on a puppet show for someone?

9 **Make a list of all the electrical items in each room of your home.** Can you come up with any ideas to use less electricity?

10 **Design and make a homemade board game** and play it with your family.



11 **Do something kind for someone.** Can you pay them a compliment, make them something or help them with a task?

12 **Can you create a story bag?** Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

13 **List making!** Write a list of things that make you happy, things you're grateful for or things you are good at.

14 **Design and make an obstacle course at home or in the garden.** How fast can you complete it?

15 **Can you invent something new?** Perhaps a gadget or something to help people? Draw a picture or write a description.

16 **Keep moving!** Make up a dance routine to your favourite song.

17 **Write a play script.** Can you act it out to other people?

18 **Read out loud to someone.** Remember to read with expression.

19 **Write a song or rap about your favourite subject.**

20 **Get sketching!** Find a photograph or picture of a person, place or object and sketch it.

21 **Junk modelling!** Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

22 **Draw a map of your local area** and highlight interesting landmarks.

23 **Write a postcard to your teacher.** Can you tell them what you like most about their class?

24 **Draw a view.** Look out of your window and draw what you see.

25 **Get reading!** What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?