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1.5.20

Birthdays

5th May Catherine

10th May Daisy-Mae T

HAVE A GREAT DAY!

St Bede's Happy News!

Dear St Bede's family,

We hope you are all well and staying safe indoors. Hopefully you will be in a little bit of a routine now and enjoying your home learning experience. We understand that most parents are not teachers and that your day may be quite different to a day at school but are so impressed with all the great work that we have been hearing and seeing from you.

Your teachers have loved reading your emails and seeing your pictures. Thank you so much for sharing these. We have also loved your creative ideas for learning at home - Mums and Dads are trying very hard to make learning fun! Please be kind to them boys and girls.

Remember, we are sharing lots of ideas on our Twitter account **@StBedeSacriston** so please keep checking this. It is also on the home page of our website which is at **www.stbedessacriston.co.uk** if you do not have a twitter account.

Teachers have also been busy uploading lots of new resources to our website. This is on our website in 'curriculum and classes' on a new page called 'home learning.' If you have any suggestions of work that you may like to help or that you have particularly enjoyed, please do let us know. We have our parent/ teacher e-mail address so you can share your lovely work with your teacher, ask any questions you may have or simply say hi! The e-mail address is stbedesrcvaparents@durhamlearning.net

It has been lovely to hear that you have been enjoying receiving certificates by email for times table rock stars competitions, accelerated reader certificates, Lexia etc. Keep up the hard work and it could be you next week!

We are also going to start awarding privilege cards to children next week so please keep sending us your lovely creations and work! We would love to try to hear from all families at least once a week and would encourage you or your child to send your teacher an e-mail each week. Please allow them time to respond, however, in line with our communication policy. Please also be aware that all staff can access this e-mail. If you have a confidential query, e-mail Mrs Alderson at stbedesrc sacriston@durh amlearning.net If you have a safeguarding concern, please telephone 03000267979 or e-mail Mrs Alderson via the confidential office e-mail address.

We will only be opening school for emergency care for the children of key workers and will be opening around the hours needed for these children in order to continue to limit non-essential working for staff. Please be aware that staff supervising children may not be able to answer the phone. Please let us know asap if you are key workers and require childcare. Your best method of communication is via our e-mail address. However, in the event of an emergency only, we do have a school mobile phone number you can contact during school hours. This is 07833868921. If there is no answer, please leave a message. Remember, we understand how worrying a time this is for everyone and want to help you in any way we can.

Our community has excellent support in place. E-mail

enquries@sacristonenterpri seworkshops.co.uk should you require help from their food bank, know someone who would benefit from their 'befriending' service or could volunteer to help.

Thank you to parents for your continued support in these difficult times

Tread carefully,

Mrs Alderson and the staff

SOCIAL DISTANCING

We cannot stress enough the importance of social distancing at present. Please do keep in your house and follow the government guidelines carefully. See https://www.gov.uk/coronavirus for more details.

"You don't always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens."

MANDY HALE



Life is often a desert, it is difficult to walk, but if we trust in God, it can become beautiful and wide as a highway. Never lose hope; continue to believe, always, in spite of everything. Hope opens new horizons, making us capable of dreaming what is not even imaginable." Pope Francis

Happy News!

Whilst there is a lot going in the world at present, we thought it would be nice to share happy news on this newsletter to cheer us all up!

We would love for you to share your happy news and photos with us so please send any in to our e-mail account

stbedesrcvaparents@durhamlearning.net and we will try to include it in future newsletters. Here is some of our happy news this week:

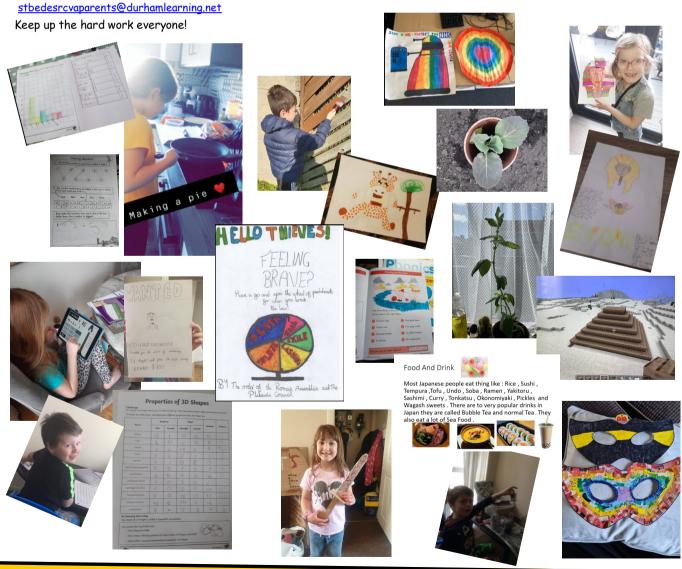
- Captain Tom Moore celebrated his 100th Birthday on Thursday with a fly past from the Red Arrows. He raised more than £29 million for the NHS by walking 100 laps of his garden!
- Our Prime Minister Boris
 Johnson has become a dad. We
 wish both him and Carrie
 Symonds all the best with their
 new arrival.
- Mrs Daynes is very proud of her Logan who has learned to ride his bike without stabilizers!

'The best way to cheer yourself is to try to cheer someone else up.'

Mark Twain

Happy Home Learning

We have had lots of examples of great work happening this week...here are a few examples! Thank you for sharing these. Don't forget you can share your work on our Twitter account **@StBedeSacriston** or via our parent email at



Easter Egg Competition

Thank you to everyone who took part in our Easter Egg Competition. We had some fabulous entries as you can see! All of the entries were judged by Mrs Maitlands family anonymously. It was such a close call with tied votes that all of the entries received a £5 book token. Well done to everyone who entered.



Daniel

Class 4



Erin



Thomas L



Rory

Class 3



Violet



Daisy



Freddie



Andrew



Lilly



Class 2

Henry



Zak J

Class 1



Oliver



Florence



Jenny



Harry

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COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND





30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏



- 2 Enjoy washing
- ten things you feel grateful for in life and why
- Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. move & stretch to help them
- Share what you are feeling and be willing to ask for help

- Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen
- 10 Get good before bed or when waking up
- things that are beautiful in the
- / Immerse yourself in a new book, TV show or podcast
- 13 Respond everyone you interact with
- 14 Play a game when you were younger

- progress on a project that
- Rediscover your favourite music that really lifts your spirits
- Learn something new or do something creative
- 18 Find a fun physical activity
- Make time for self-care. Do something kind for yourself
- 21 Send a letter or message can't be with

- 22 Find positive and share these
- 24 Put your worries into perspective and try to let them go
- 25 Look for the and notice their strengths
- Take a important goal
- people you're grateful to and
- Make a plan to meet up with others again later in the year

- nature. Breathe and notice life continuing
- and situations



Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances ** ~ Viktor Frankl



ACTION FOR HAPPINESS











www.actionforhappiness.org

Rainbows

There were some spectacular skies around this week! Here are some of the photos that staff and parents managed to capture.













