



St. Laurence Primary Newsletter

Spring Term

12th February 2021

Our School

Gospel Values

Peace

Hope

Generosity

Forgiveness

Courage

Justice

Classes

Robins

Mrs. Harvey and

Mrs. Bennett

Wrens

Miss Tanvir

R

Kingfishers

Mrs. Chalklin

(KSI Leader)

Skylarks

Miss Kelly

Nightingales

Miss Campbell

Yr
1/2

Quails

Miss Peck

Doves

Mr. Fitt

Swallows

Miss Corcoran

Yr
3/4

Magpies

Mr Jiggins

Owls

Miss Beal

Kestrels

Mr. Pepper

Yr
5/6



It seems hard to believe that we are fast approaching the anniversary of when our school shut for the first Covid lockdown. The last whole school occasion we enjoyed together was the Pancake Day Races to celebrate

Shrove Tuesday.

This year Shrove Tuesday and Ash Wednesday falls within half term, which means when we return to school we will be in the season of Lent and preparing to celebrate the most important feast of the Church's year, Easter. The Easter season is worth preparing for and the word "Lent" is closely connected with Spring and new life.

Contrary to some popular images of Lent being bleak, the Catholic Church calls this season

"a joyful season of grace".

So we continue to hope that this season of Lent will bring us closer to celebrating as a whole school together soon, but also to offer us an opportunity to reflect on the ways the pandemic has brought us together.

We continue to keep all our families in our prayers and wish you a restful and well deserved Half Term.

Mrs Harvey and Mrs Bennett.

Live Sessions

As staff are becoming more confident using Teams to deliver our remote learning offer, after half term we hope to offer "Live Sessions" via Teams and Zoom.

These will be short sessions where the classroom will go live during registration, story time, Q&A or collective worship. Links will be sent to children via their class Team page. These are not teaching lessons, but an opportunity for classes to come together virtually.

schoolcloud Parents Evening

This term, while we are still unable to come together due to Covid restrictions, we will be offering our parents a virtual consultation evening.

School Cloud is a programme that will provide a safe space for parents to have a 10 minute conversation with their child's class teacher.

Further details on how to book a session and how the programme works will be sent out after half term.

The dates for the parent consultation evenings will be **Monday 22nd March and Tuesday 23rd March 3pm - 6pm.**

We have received the sad news that Joan Brierly, a parishioner of the church and a former Governor of the school has passed away. She went to be with the Lord in the early hours of Sunday the 7th February. She will be dearly missed and our condolences go out to her family.



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Heads of School**
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Inclusion Manager**

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Mrs. L Taylor: School
Business Manager**

**Miss C Taylor: PA to Head
Teacher and SLT**

For recent updates, news
and information please visit
our school website:



www.stlaurence.cambs.sch.uk

YOUNGMINDS

fighting for young people's mental health

Times are tough for many people right now. Parents find themselves pulled in many different directions and children may be struggling being in the house for so much longer than usual. A mixture of concern about covid, work from home and children at home, along with a possible financial impact make for a stressful household.

Young Minds have created a useful 'Supporting Parents Helpfinder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond).

Find the help finder here: <https://youngminds.org.uk/supporting-parents-helpfinder/>

COVID-19 Winter Grant Scheme

Please read the Parentmail letter which went out this morning referring to the Winter Grant Scheme. If you think you may be eligible for the grant please follow the instructions set out in the letter.

If you are worried about your finances, further support and advice can be found here:

[Citizens Advice](#) - online free advice to help you find a way forward, whatever the problem.

[Making Money Count](#) - offering every-day help with money, being online,

Heavenly Father,
You are our ultimate source of strength. When we are weak, You are strong.
You lift us up when we are down. You renew our strength, and we soar on wings like eagles.
Thank You, God, for always raising us up with Your mighty hands.

Amen

Beacon House

Therapeutic Services and Trauma Team

We are spending more time online than ever before, possibly sitting and working with poor posture as we use makeshift desks and chairs. There is a tendency to take fewer breaks and less exercise and this is affecting our physical well-being.

Beacon House the specialist, therapeutic service for young people, families and adults has produced a series of six posters outlining ways to keep safe and alert when working at home for children and adults.

We have attached some of the posters to the newsletter and you can download the whole set here: <https://beaconhouse.org.uk/wp-content/uploads/2020/05/Screen-Savers-1.pdf>

We're
#readytotalk
when you are

Lockdown has affected us all differently.
If you need help, call.

Find another helpline via
<https://helplines.org/helplines/>

 GamCare National Gambling Helpline
0808 80 20 133

 SAMARITANS Talk to us, we'll listen
116 123

 Refuge National Domestic Abuse Helpline
0808 2000 247

 Cruse Bereavement Care Support and advice when someone dies
0808 808 1677

10 Minute Screen Breaks




Eye spy using shapes and colours

How many green/red/blue etc things can you see in the garden, or out of the window?



Use different senses:



Close your eyes and identify different size, shaped and textured objects in a bag by sound, touch and smell.

BODY MOVES

Give directions: "touch your left ear with your right hand". Build up to 2 or 3 step directions



Play the Bean Game (see page 6)



Play throw, roll and catch




Throw balls at a target as far away as you can still achieve



Play balloon volley ball

Play balloon tennis with a rolled up paper



Play eye games to use different muscles and focus

Set a timer on your device to remind you to complete these activities!

Make sure you are sitting or laying comfortably:

- Rub your palms together quite hard to create some heat
- Next, make your hands into cup shapes
- Close your eyes and place your warmed hands over them. Right hand to right eye and left hand to left eye

Hand Cups



Enjoy the heat warming your eyes and relax like this for a few minutes

Blinking

A lack of blinking is one of the biggest reasons for screen induced eyestrain. It dries out your eyes and causes scratchiness so it's very important to blink. Try to blink every four seconds to keep your eyes wet and happy. This sounds simple, but when focusing on a screen it can be difficult to remember so you might have to train yourself to blink more!



Just as neck rolling help stiff necks, eye rolling can help your eye muscles.

- Close your eyelids and roll your eyes around in circular motions, or look up and down, side to side

This helps to moisten your eyes and eases the strain on the muscles