

January News Update 2021



11.1.21

Good Morning,

We hope this correspondence finds you all well.

Please find attached ideas to assist you while we navigate together for another time of remote learning from home.

Finding a form of equilibrium in the current situation, establishing a good balance between home school learning and home life will be key to building resilience in our children at this time.

Your Home Learning packs outline daily activities which should be completed as part of a daily routine, alongside some physical exercise.

Our teaching staff are trying to continually build on what was offered during the last period of home learning. Each class teacher will be engaging with pupils via recordings/voice messages and daily monitoring of work posted.

We do feel it is our personal duty to follow up on pupils who may not engage daily, we are willing to support you in any way we can. However we know that as our parent body you are fully cognisant of your role and your duty of care to ensure your child's academic progression is sustained.

Please find below a schedule we highly recommend you follow to ensure structure is maintained to our children's routine.

TIME	TASK	
Before 9a.m	WAKE UP	Get up, get washed, especially your hands! Get dressed and have breakfast. Help Mum or Dad to wash up and tidy the kitchen
9.00-9.30	Exercise	You can go for a walk or you can log in to complete some PE with Body Coach – Joe Wicks (http://www.thebodycoach.com/blog/pe-with-joe-1254.html)
9.30-10.30	Home School Time Numeracy	Choose a Numeracy sheet from your pack with your parent and talk about it first, (as in school there could be a mental maths warm up see links set by your class teacher on Seesaw. Don't worry if there are some activities you are unsure of, ask for help if you are unsure. Ask your parent to mark your work. Post your completed task to your teacher via Seesaw (P1-3: Daily. P4-7 one per week)
10.30-11.00	BREAK	Have a relaxing break. Have a snack and ask if you are allowed some time on one of your electronic devices. Maybe if you have a pet you could look after it.
11.00-12 Noon	Home School Time Literacy	This time choose a literacy sheet. See Seesaw for links. Make sure you choose a range of tasks over the week, comprehensions, reading from Bug Club, grammar, punctuation, handwriting. Don't always choose the tasks you like try others as well. Try your best and correct it together with your parents. Post your completed task to your teacher via Seesaw (P1-3: Daily. P4-7 one per week)
12.00-12.15	Mindfulness	Pupils to take this allocated time to practice their mindfulness, CALM app may be useful or you can access some child friendly meditation music/guides online which are highly recommended.
12.15-1.00p.m	LUNCH	It's time to relax again! Have a tasty lunch, put up your feet and watch a little bit of T.V.
1.00-2.00p.m	CREATIVE TIME	Pull out your lego, farm animals, puzzles arts and crafts- make something, paint something, build something. Why not bake or listen to some music while you are being creative. Send me a photo via email or upload to Seesaw to myself and your class teacher.
2.00-2.30	Quiet time	Curl up with a nice book or ask Mum or Dad to read with you. It is so important that you keep reading. We can't wait to hear how much you have improved when you are back with us as school.
2.30-3.30	Outside time in your garden	If it is dry enjoy time in your own garden and enjoy the fresh air. I know it is difficult not being able to play with your friends, but practise your ball skills, set up mini drills, teach your younger brother or sister!

Physical activity exercise ideas:



Joe Wicks proved very popular during the last lock down. Completing physical exercise on a daily basis will promote mental and physical health.

Some of the activities you will also see posted in Seesaw, particularly for Early Years, incorporate physical movement to songs and rhymes, which enhances all pupils learning.

Mental Health and Well Being

I am sure you are aware that promoting Mental health and wellbeing has been an integral part of our daily provision for our pupils, please find below a very useful resource you can avail of to give ideas, ensuring we all keep our minds and our home environments as positive as possible in such worrying times.



The CALM app is one I know I have recommended to a number of parents previously, who have found this very useful. It is highly recommended for everyone, particularly if your child suffers from anxiety in anyway. On this app, you can access meditation found in the meditation zone under 'kids' which is clearly catering for all ages from the ages of 3 – 17 years.

We do hope to update you on a weekly basis. In the meantime do not hesitate to get in touch with your class teacher, Mrs Doran or myself if we can assist in any way.
I have no doubt we will do this together for all our children.
Keep safe, God bless.

Yours in partnership
C. Wadsworth and staff of St. Joseph and St. James's P.S.