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Newsletter 05-02-21

DAILY PRAYER FOR NEXT WEEK

Dear God
As I breathe in and as I breathe out,
Help me to remember you
Help me to love you and to love others
Amen

GOOD WORK ASSEMBLY

Each class will be holding a good work assembly on either Thursday 11th or Friday 12th February to celebrate all the hard work the children have done this term. Class teachers will contact you early next week with a time for the assembly.

5 MINUTE QUIET TIME AND DAILY PRAYER LINKED TO OUR SCHOOL ASSEMBLIES/WORSHIP THAT YOU CAN ACCESS AT HOME

<https://www.tentenresources.co.uk/prayers-for-home/34b9efgj903487043otq408er083q4y/>

We have also included a link of the website to a weekly Sunday liturgy (10-15 minutes) which we follow in school.

<https://www.tentenresources.co.uk/sunday-liturgy-for-families>



FEBRUARY CHALLENGE

Coach Ben and Saints South West are organising a virtual Active Minutes Challenge involving all the family during February (see attached letter for more information). The Family Active Minutes Challenge is designed for all children and families with the main objective of encouraging and promoting families to be active during February. Ben will collect all the data and create a table for our school, highlighting how many minutes have been accumulated and how many families participated. Certificates will also be issued for those who take part.

ADULT MENTAL HEALTH

The NHS “Every Mind Matters” website provides expert advice, practical tips and information about how to look after your mental health and wellbeing and 'make inside feel better'

<https://www.nhs.uk/oneyou> Their coronavirus wellbeing advice is designed to help anyone who might be feeling more anxious or worried at the moment. It covers topics such as coping with loneliness, coping with uncertainty and change and looking after your mental health whilst staying at home. They are also offering access to a free NHS Mind Plan which will provide you with useful tips about how to deal with stress and anxiety, improve sleep and boost your mood.

MENTAL HEALTH WEEK

This week we are marking Children’s Mental Health week. There will be work set next week linked to wellbeing and promoting positive mental health. The theme for this year’s Children’s Mental Health Week is ‘Express Yourself’ so next Friday (12th February) we are asking children to take part in Place2Be’s ‘Dress to Impress’ event to raise money for this children’s mental health charity. Children can dress in their favourite clothes, or clothes which express their personality, and hopefully also a pledge a donation for this charity (suggested donation £1) which can be done online or brought into school if children are attending

<https://www.place2be.org.uk/support-us/donate/>

We would love to receive photos of children ‘Dressed to Impress’ which can be sent in via admin@st-johns-dartmouth.devon.sch.uk

We have put some mental health resources on our website to support parents and pupils with some top tips for families to look after themselves. Please also look at the Saints South West resources (on our website) which help to keep children mentally and physically well.

HOPE PROGRAMME

The HOPE programme in Devon has gone digital and is available FREE to anyone living in the South West. There are twelve digital courses running in 2021 and these are available to anyone struggling with a long term condition, mental illness or with lockdown in general, this also includes people now living with symptoms of Long COVID. The digital HOPE programme is different to the face to face and virtual courses as it is available 24/7 for six weeks meaning participants can complete the programme at their own pace but still with full support from trained facilitators. To register, visit <http://bit.ly/HOPESW>

VIRTUAL LIBRARY VISIT

Devon Libraries have created a 14-minute video <http://bit.ly/Virtual-School-Visit-Exeter> (and a downloadable activity sheet) that will take children on a virtual tour of their largest library in Exeter. Through the video, children will find out about the resources they can access through all the 54 libraries across Devon and Torbay, what it means to have a library membership card and much more.

DIGITAL LIBRARY

Devon have been increasing their catalogue of eBooks and eAudiobooks for children including their Beginner Reads collection. This means that families who do not currently have access to books from school can find new things to read via their laptops, tablets, eReaders or smartphones.

For the grownups in addition to eBooks they have free access to eMagazines and newspapers and other digital resources such as Ancestry Online.

You will need to be a library member to access these resources but joining online is free and easy via the website [Devon Libraries](#) or [Torbay Libraries](#)

CHOOSE & COLLECT AT DARTMOUTH LIBRARY

If you are unable to access online resources and need to borrow physical books, you can use Choose & Collect. This service is currently strictly by appointment to make sure everyone stays safe. Dartmouth library have also boosted their collections of children's Beginner Reads to support those children learning to read, and have increased their non-fiction collections to support some popular topics from the school curriculum. If you would like to arrange to collect a bagful of books handpicked for you by the library staff, then please contact them either by phone 01803 832502 or email dartmouth.library@librariesunlimited.org.uk

LIBRARY ARTS AWARD

In a couple of weeks Devon Libraries will be launching a webpage that will enable children aged 5-12 to achieve their Arts Award (Discover) from the comfort of their own homes. They have partnered with a variety of local artists to create some simple arts challenges that only use resources currently found in most homes already. These activities will be freely available for anyone to take part, but families wishing to receive an official Arts Award certificate will need to pay £6 to cover the costs (although in some cases they will be willing to waive this fee for families where this cost presents a barrier to taking part).

If you might be interested in working with us to enable your pupils to achieve their Arts Award (Discover) in this way, please email Kate Mackenzie, Service Development Manager, at kate.mackenzie@librariesunlimited.org.uk

SPEECHLINK

Get FREE access to the Speechlink Parent Portal this term to support your children with SLCN (Speech, Language and Communication Needs) during lockdown!

The award-winning Parent Portal provides the resources, advice and activities needed for families to support their children with SLCN at home.

There are some great new features to help you give your child the best SLCN support.

<https://speechandlanguage.info/parents>

SAFEGUARDING - COVID FRAUD WARNINGS

We have received some information about scams that are currently being carried out. For example, in one Covid-related scam, fraudsters are sending text messages containing a link to what police call an “extremely convincing” fake NHS website. The scam message reads “we have identified that you are eligible to apply for your vaccine” and prompts you to click on a link for further information or to apply for the vaccine. Once on the website you are asked to input your bank details to register for a vaccine. Remember, the NHS will never ask for payment details. Further information is available from

www.devonsomersettradingstandards.gov.uk/scams-rogue-traders-and-doorstepcrime/

If you think that you have been scammed, you can get advice through Citizens Advice 0800

223 1133 or www.citizensadvice.org.uk/consumer/scams/what-to-do-if-you've-been-scammed

You can also report the scam to Action Fraud on 0300 123 2040 or

<https://www.actionfraud.police.uk/reporting-fraud-and-cyber-crime>

DOMESTIC VIOLENCE

If you are experiencing domestic abuse and need immediate help, ask for ‘ANI’ in a participating pharmacy. ‘ANI’ stands for Action Needed Immediately but also phonetically sounds like the name Annie. If a pharmacy has the ‘Ask for ANI’ logo on display, it means they’re ready to help. They will offer you a private space, provide a phone and ask if you need support from the police or other domestic abuse support service. Boots will be offering this service

COVID TESTING

Please can you inform the school if a member of the school community or a family member living with a child has a positive Covid test (whether you are in school or not). The isolation period for someone living with a person that has tested positive is 10 days and 10 days for the person that has tested positive. You can stop self-isolating after 10 days if either:

- you do not have any symptoms
- you just have a cough or changes to your sense of smell or taste – these can last for weeks after the infection has gone.

CLASS 2 SCIENCE



DATES FOR YOUR DIARY

You will see below the term dates for this term. A non-pupil day is planned for the Monday after half term for staff training.

Monday 15th February – Half term starts.

Monday 22nd February – Non Pupil Day

Tuesday 23rd February – Pupils return (key worker and vulnerable children)

Thursday 1st April – Last Day of Term

Monday 19th April – Pupils return

Please have a safe week.