



St Paul's Friday Round Up

Friday 5th February 2021

Welcome to our round up of news and information for the week.

Free School Meal Vouchers

For families who receive the benefits eligible free school meal provision, the local authority will be providing food vouchers. The vouchers will be sent to families directly by email from a company called Wonde. The vouchers will be redeemable during half term week.

We shall restart food parcel distribution after the half term break until the school is able to reopen. Next week we shall send all eligible families an email with details of collection times for next half term. Please look out for this email.

If your circumstances have changed, you may be eligible for free school meals. Please click [here](#) to check.

Supporting children with Special Educational Needs during school closure

Remote learning is tough for us all and if it feels difficult for your family, please be assured that you are not alone. Teachers and other school staff have phoned every family in the school and I hope that you have found these calls helpful. The most important message that I can share is that when it comes to home learning, something is better than nothing.

We have a comprehensive remote learning offer, but we recognise that the situation is different in every family. We do not want remote learning to provoke extreme stress or anxiety in your family.

As the weeks pass, the novelty of remote learning will fade and so motivation will be hard for very many children. We are evolving our offer as the weeks develop to bring variety.

The school is open to children with the most complex special needs (those with EHCPs). For children at SEN support with high need, staff have prepared additional targeted learning resources.

Mrs Lee, our Inclusion Coordinator has put together a 'tip sheet' for supporting children with special educational needs. As is so often the case, good SEN strategies often help all children. I have included the tip sheet with this week's bulletin. You may find it helpful.

INSET DAY – Friday 12th February

The school will be closed for both in-school provision and remote learning next Friday.

Mental Health and Wellbeing

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6, 34

In this afternoon's collective worship, we discussed the theme of wellbeing and the place of faith in supporting our wellbeing. If you missed the worship, you can find a link to a recorded version on your child's Google Classroom stream. At the end of our worship, I shared news of a wellbeing pack that Mrs Barry has put together. I have attached this pack to today's bulletin. There are a range of suggestions and activities to help get through these challenging times of lockdown. I hope that you find them helpful.

During collective worship I described a place and time when I had felt comfortable, healthy and happy – the dictionary definition of wellbeing. It was a holiday about 15 years ago, before my daughter was born.

We visited the Bavarian Alps in southern Germany and spent a number of days walking. On one particular day we set out to climb to the top of a mountain (it wasn't high enough to need climbing equipment). The walk was long, tiring and hot. As the walk got harder, we would stop to take a rest and catch our breath. I still remember the feeling on reaching the summit. We sat down and lay back looking into the sky. We must have spent about 10 minutes there and the feeling of accomplishment, calm and comfort was very strong. Remembering these moments are really helpful when times are stressful.

I would like to set a challenge for the children to draw a picture of a time and place when they felt particularly comfortable, happy and healthy. They can use the title: *My happy time and place*
I would like them to draw, label and describe where, why and how they felt.

I would love to see their efforts. Please send drawings to the school's office email address: office@stpauls.hounslow.sch.uk or drop them into the postbox at the office entrance, by Monday 22nd February. Please ensure that your child's work has their full name and class written clearly on it. I will share their work on the school's website.

Contact:

To contact the school, please send an email to office@stpauls.hounslow.sch.uk

To contact the Chair of Governors: chair@stpauls.hounslow.sch.uk