

# NEWS ON THE NINETEENTH

Wormley C of E Primary School (VC)  
Cozens Lane East, Wormley, Broxbourne, Herts, EN106QA

Tel: 01992 303331

Have Faith, Show Respect, Take Responsibility and Achieve

[www.wormleyprimary.co.uk](http://www.wormleyprimary.co.uk)

## December 2022

<p><b>RETURN TO SCHOOL</b> Monday 9<sup>th</sup> January 2023</p> <p><b>HALF TERM</b> 13<sup>th</sup> February - 17<sup>th</sup> February</p> <p><b>EASTER BREAK</b> 31<sup>st</sup> March - 17<sup>th</sup> April</p> <p><b>RETURN TO SCHOOL</b> Tuesday 18<sup>th</sup> April</p> <p><b>HALF TERM</b> 29<sup>th</sup> May - 2<sup>nd</sup> June</p>	<p><b>RETURN TO SCHOOL JANUARY 2023</b></p> <p><b>Entrances and Exits</b> We have listened to parental feedback and therefore, from 9<sup>th</sup> January, Y3 will have a change of entry/exit. Due to ongoing concerns about cars entering and exiting through the main gates at the same time as the children are arriving and leaving, we are going to amend the entrance and exit for Y3.</p> <p>Children can enter the school from the back gate (Silverfield) or the front of the school via the corridor near the front reception. Children will exit school from the back gate (Silverfield). Parents are permitted to enter the KS2 playground to meet the children by the door nearest the classrooms. This is the same routine as Year 4.</p> <p>If parents have siblings in KS1 and wish for the children to exit by the front of school, an adult will lead this group to the corridor exit near the front reception.</p> <p><b>Beginning and end of the day next term</b> From January the start and finish times are going to change for <u>all classes</u> in January. All classes will arrive at school between 8:45am and 9 am. All classes can be collected between 3:15pm and 3:25.</p>
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### PANTOMIME DAY

Our pantomime day is **Monday 19<sup>th</sup> December**. The performance we have booked is

### Jack and the Beanstalk

We hope to share the recording with families over Christmas too.

There will be lots of booing, cheering, singing and dancing!  
Very traditional and so much fun!

Oh no, they didn't

Oh yes, they did!

### CHRISTMAS JUMPER DAY

Monday is also our Christmas Jumper Day. Children are invited to wear a Christmas Jumper if they would like to.

It is also our **Christmas Dinner Day!**  
Oh what fun we shall have!



## NATIVITIES AND CONCERTS

We hope you enjoyed the nativities and concerts performed by the children in Nursery, Reception, Y1, Y2 and Y6.

**Christingle Services** will take place at school on **Wednesday 21st December**.

Christingle is a joyful celebration that brings children and families together to share the light of Jesus and spread a message of hope. Christingle celebrations are named after the Christingles that are lit during the ceremony. Christingles are oranges wrapped in red tape, decorated with dried fruit or sweets, with a candle on the top.

We invite children to bring them to the service on Wednesday 21st December. You can buy a Christingle pack from the school office for £1 or make your own.

Each element of a Christingle has a special meaning and helps to tell the Christian story:

The **orange** represents the world

The **red ribbon** (or tape) symbolises the love and blood of Christ

The **sweets and dried fruit** represent all of God's creations

The lit **candle** represents Jesus' light in the world, bringing hope to people living in darkness.



Christians believe that the light of Jesus reminds us of hope for a brighter future.

## HAPPY HOLIDAY ACTIVITIES DURING CHRISTMAS

HAPPY Holiday Activities during Christmas can be booked from **6th December**

Winter HAPPY camps will be running during the Christmas holidays, available from 22nd Dec until 4th Jan (selected dates, see website for more info), and eligible children and young people can enjoy a choice of free activity sessions, which are a minimum of four hours long. The sessions can include sports, physical activity, craft activities, food and nutrition advice and a free nutritious meal.

There are still hundreds of places available this Winter and we want to make sure that all school aged children in Hertfordshire, from Reception to Year 11 (inclusive), who receive benefits related Free School Meals are aware of this opportunity, so please help us out by continuing to promote.

**For more information and to book, visit: [www.sportinherts.org.uk/happy/booking](http://www.sportinherts.org.uk/happy/booking)**

## READING CHALLENGE TERM

Spring Term is **Reading Challenge Term**

Over the coming Spring Term, we will have an even greater focus on reading. Children will be encouraged to read as much as possible, wherever possible, whatever possible.

Unfortunately, as a result of the lockdowns, children missed out in developing their reading and have some catching up to do.

As children in YR start to learn the phonic code, they learn to read books which are purely phonically decodable. This continues into Y1 as they learn more about phonics, high frequency words and common exception words.

We continue to set books linked to their phonic learning through Y1 and sometimes into Y2 if needed. We like children to read the same book several times so that their fluency really develops. When they read fluently, they can understand more easily what they are reading. Reading a book with your child over and over will really help them. Then you can talk to them about the book to see if they have understood what it was about. Children need lots and lots of practice to become fluent.



We have purchased a new reading scheme for our early years and KS1. There are e-books and actual books for taking home and reading in school as part of Guided Reading activities.

Log In



Parents



Students & Educators

If they have access to a device, young children can enjoy other e-books too.

**Epic!** is a great *free* site for e-books. Parents and children can login and choose from a range of books to read. Copy this link <https://www.getepic.com/sign-in> in your browser.

*There is a health warning as the audio books are narrated by American readers.*

Please consider joining a local library - such as the one in Hoddesdon. You can borrow up to 30 books at a time - no cost involved! A great family activity.

In Y2 - Y6, we have invested in **Star Reader** - a tool to assess children's reading age and comprehension. Children take an assessment every half term and this gives them a *Zone of Proximal Development* (ZPD). This identifies the zone in which they can read books *fluently* and *independently*. All of our school books have been given a ZPD so we know that children are reading books that are pitched just right for them. As soon as they finish a book, they can complete a quiz through the **Accelerated Reader** site. This checks their comprehension. Over time, children will increase in their fluency and comprehension and move to a higher ZPD. You can track your child's progress too.

We track each child's progress every 6 weeks. We can tell their scores in assessments and what aspects of reading they need to develop further.

In addition for children in Y3-6, we have invested in on-line reading materials. This means that children will be able to read appropriate texts whenever they wish to, wherever they wish to.

**MyOn** is a digital library with hundreds of e-books for children to choose from. These books are linked to your child's age and can be tailored to their interests. These digital books will allow you and your child to read books together at home.



The website allows your child to interact with books by highlighting sections, annotating with virtual post notes and listening to text.

We are able to track what children are reading, when they are reading and how often.

To enhance our home learning we will also be using **MyOn** to set reading and writing home learning for your child to complete. These tasks will help your child to engage with the digital library and deepen their understanding of the texts. Your child's teacher can view the books they have read and how long they have read for too. Our mission is that no child leaves our school without reaching their reading potential!

#### PARENT GUIDE FOR MYON

1. Enter the web address: <https://www.myon.co.uk/>
2. Select **Wormley Primary School**
3. Enter your child's username and password (these are case sensitive)

4. You are now in the digital library
5. Choose a book by browsing through the categories



6. Or search for a specific book that fits your child's interests and/or ability



Filter by:

- Topic
- Accelerated Reader  
ATOS Book Level
- Year Level
- Story type: long or short

7. Read or listen to the book. Once you have chosen a book, simply hover over the book and click **read**

myON books offer audio narration - a great tool for younger readers or if children want to read a more challenging text, or just to relax!

8. Your child also has access to thousands of news articles on myON news, with 5 articles added daily. The articles are available in English, Spanish and French.

**We will be rewarding great reading habits with raffle tickets.**

Each week, children will be able to win books, comics or a rare 'Reader Bear'. At the end of the term. 4 winners will receive **family tickets to the cinema.**

If you have any problems logging into your child's account or navigating the site please don't hesitate to contact your child's class teacher for support.



### GOODBYE AND GOOD LUCK

Finally, we say goodbye to Mrs Cliss this term. She has worked at the school as a teacher and as a learning support assistant for over 30 years. She has cared for our children and families for many years which is why it is such a lovely place to learn and to work in. She will be greatly missed by all the children, staff, governors and families. We send her lots of love and hope she has plenty of time for crafting. Look out for her Etsy shop!

God bless Mrs Cliss.



## FRENCH LEARNING

*Joyeux Noel et une Meilleure Année 2023.*

We have learnt more about some of the different countries playing in the World Cup 2022

- La coupe du Monde au Qatar.

We have been able to learn about Morocco, Suisse, Canada et Madagascar as French speaking countries.

Children went on a journey within their learning to those countries.



**Le Maroc** is located en Afrique.

In the 2022 Qatar World Cup, Le Maroc made it through to the knockout stage as Hakimi scored a penalty against Espagne.



Le Maroc has Mint tea as a national drink.

Le Maroc has a population of 36.9 million people

La capitale est Rabat

Languages spoken in Morocco: Arabic, French and Berber.

La religion au Maroc est Islam as 99.9% of the population are muslim.



Year 3 has been able to share a great understanding of how the climate is changing and how the habitat of Polar bears (l'ours polaire) in northern Canada is becoming difficult for them.



La Suisse...

Switzerland is a country in the continent of

L' Europe (Europe). Its neighbouring countries are France, Germany, Italy, Austria, and Liechtenstein. Switzerland has a population of 8.698 million people, which is 6 times smaller than the population of the UK (Le Royaume Uni).

The Swiss flag has two colours in it: rouge et blanc (red and white). Switzerland's languages are French, German, Italian and Romansh.



As well as learning the geography of these different countries, the children have also learnt about their culture: from tasting le sirop d'erable, (maple syrup), la glace a la vanilla from la vanille de Madagascar et les fromages de Suisse.



The children's learning has been fantastique this term and I wish you all a Joyeux Noel et une Bonne Année 2023..



### DEADLINE FOR A RECEPTION PLACE

Please be aware that the deadline for applications to Reception is **15th January 2023**. Parents will need to make an application by the closing date to ensure their application is considered as on-time.

An **Under 11 s Leaflet for 2022** was sent in November to Hertfordshire residents whose children are born between **01/09/2017** and **31/08/2018**.

Parents should apply online at [www.hertfordshire.gov.uk/admissions](http://www.hertfordshire.gov.uk/admissions) or alternatively if they cannot access the internet, they can request a printed version of the website information and application form from the Hertfordshire County Council Customer Service Centre by calling 0300 123 4043.

### NURSERY PLACES

We are taking applications for Nursery places for **September 2022**. Application forms can be found on our website.

This school offers places for 30 hours provision in conjunction with Wormley Preschool.

### WORMLEY PRESCHOOL

We invite you to join the new Wormley Preschool Facebook page. There will be an open morning on the **28th Jan**. Many thanks, Emily Kilduff, Wormley Preschool, 01992303331 ext 9



### BREAKFAST AND AFTER SCHOOL CLUB

You can book a place for Breakfast and Afterschool Club via Arbor.

### ELFRIDGES

Thank you for all your support with Elfridges. The children really enjoyed choosing gifts for their families!

### HOME LEARNING

During the Christmas holidays your teachers would like you to: *spend time with the people that you care about, do the things that you enjoy, watch your favourite film, read your favourite book, make somebody laugh or smile, do something nice for someone else, play with your toys, enjoy a walk*

And finally, come back to school ready to learn again!



### Mental Health Support for Hertfordshire's Children and Young People



If your child or teenager is feeling low, anxious, or generally struggling, there are lots of services available to help them all year round. Please always encourage them to talk and ask for help if they need it.

The services listed on Just Talk's webpage are all free and don't need a professional referral, so they can be contacted directly by young people and/or their parents/carers. Services listed include Hertfordshire's new With YOUth Digital Wellbeing Service for ages 5-18, parents and carers and many more, so please take a look:

[www.hertfordshire.gov.uk/mentalhealthsupportforhertsyongpeople](http://www.hertfordshire.gov.uk/mentalhealthsupportforhertsyongpeople)

## NAZEING TO BROXBOURNE BRIDGE REPLACEMENT WORKS

Reference: BGK 17M 88yds / Bridge replacement work / Nazeing

As you may be aware, Network Rail are working with a contractor, J Murphy and Sons Ltd, to replace the central spans of Nazeing New Road, EN10. This is because these spans have now deteriorated beyond repair and need to be replaced to avoid permanent closure. This work will be carried out in the area shown below:



The proposed closure of Nazeing New Road bridge will take from **Tuesday 3 January 2023** and will conclude on **Sunday 30 April 2023**. During this time, vehicle and pedestrian diversions will be in place. The main work to demolish the existing spans and install new ones will take place from **13 to 18 January**. During this time the railway will be closed. The railway will also be closed on **22 April** for follow up works.

Alternative arrangements will be in place for passengers during these closures. Once confirmed, these will be advertised through the Greater Anglia and National Rail websites, as well as other journey planning apps.

Network Rail are sorry for any inconvenience this work may cause, but hope this information is helpful. If you have any questions or concerns, please telephone the 24-Hour National Helpline on **03457 11 41 41** or visit [www.networkrail.co.uk/contactus](http://www.networkrail.co.uk/contactus).

You can also follow on **Twitter @networkrailANG**

## FAMILY LIVES SPRING 2023 PROGRAMME OF PARENTING GROUPS FOR HERTS PARENTS

We are very lucky to be able to offer some more wonderful parenting courses

The programmes will be delivered online via Teams and face to face in Hatfield, flyer attached. These groups are funded by Herts County Council for parents/carers.

### Bringing Up Confident SEN Children - Online (6 weeks)

Wednesday 25th January to 8th March 7.00pm - 9.00pm

This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential.

Sessions will cover :

- Understanding your child's behaviour
- Helping your child to manage their feelings and outbursts
- Balancing support of siblings
- Learning new parenting strategies to address challenging behaviour and to make a difference in your family life

### Bringing Up Confident ADHD/ASD Children - Online (6 weeks)

Thursday evening 26th January to 9th March 7.00pm - 9.00pm

and

Tuesday evening 21st February to 28th March 7.00pm - 9.00pm

This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential.

Sessions will cover :

- ADHD - a whole-family issue
- Understanding your child's behaviour
- Helping your child manage their feelings and outbursts

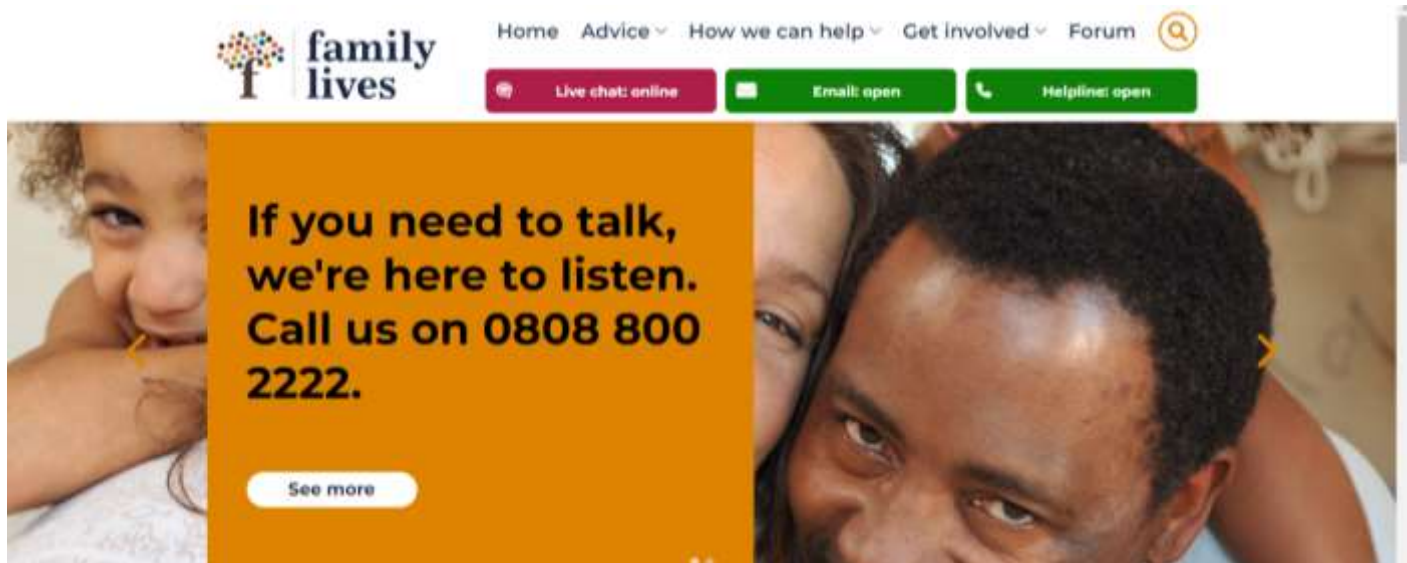
- Balancing support of siblings
- Learning new parenting strategies to address challenging behaviour and to make a difference in your family life

**Time to Talk about Pre Teens / Teens (6 weeks) - Face to Face (6 weeks)**  
**Tuesday 21st February to 28th March 9.30 - 11.30am**

Hatfield, Herts

This group is particularly suited for parents and or carers of pre-teen/teenagers who may have a FFA, CIN, CP or Youth Justice Plan and are showing signs of:

- Risky behaviour online through social media
- Attraction to or involvement in gangs
- Alcohol and/or drugs, early sex, self-harming, crime and anti-social behaviour, aggressive and challenging behaviour



Parents can email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call us on 0204 522 8700 or 0204 522 8701 for more information.

### FAMILIES FEELING SAFE

Are you looking for some strategies and new ideas to help improve family life?

This course can help you to:

- Understand the links between feelings, thoughts and behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life



For eligibility and to book your FREE place please email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk) Tel: 07748 332606

### FAMILIES IN FOCUS COURSES

Please see news of our award winning, evidence based courses funded by Hertfordshire County Council Children's Services with parents, colleagues and others who work alongside and support parents living in Hertfordshire.



To receive booking information: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk), All courses are free to parents of primary aged children living in Hertfordshire.



<b>Course</b>	<b>ZOOM or Face to Face</b>	<b>Date Time</b>	<b>Book via email</b>
<b>Handling anger in your family</b> (Parents living in Herts with primary aged children) FIF L2 D1 ** Limited availability	6 sessions Zoom course	Zoom course <b>Wednesday evenings</b> <b>6.30-8.30pm</b> <b>January 4th</b> <b>11th 18th</b> <b>25th</b> <b>February 1st</b> <b>8th</b>	Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details
<b>Handling anger in your child with Autism/ADHD</b> (Parents living in Herts with primary aged children) FIF ADHD D2 ** Limited availability	6 sessions Zoom course	Zoom course <b>Thursday mornings</b> <b>9.30-11.30am</b> <b>January 5th</b> <b>12th 19th</b> <b>26th</b> <b>February 3rd</b> <b>10th</b>	Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details
<b>Handling anger in your child with Autism/ADHD</b> (Parents living in Herts with primary aged children) FIF ADHD D2 ** Limited availability	6 sessions Zoom course	Zoom course <b>Monday evenings</b> <b>6.30-8.30pm</b> <b>January 9th</b> <b>16th 23rd</b> <b>30th</b> <b>February 6th</b>	Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details
<b>Parenting with empathy DSPL 9</b> ** Limited availability	6 session Zoom course	Zoom course <b>Monday evenings</b> <b>6.30-8.30pm</b> <b>February 20th</b> <b>27th</b> <b>March 6th</b> <b>13th 20th</b> <b>27th</b>	Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details

Kind regards, Lesley & Francine, Directors for Families in Focus CIC  
 Parents do join us on our supportive, friendly closed facebook community:

<https://www.facebook.com/groups/184975381651870/>

Web: [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

Email: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

Office hours: **Monday to Thursday 8.30am to 4.30pm Term time**

**DSPL4** | Delivering Special  
Provision Locally  
*Achieving quality outcomes*



FOLLOW US ON...

**FACEBOOK**  
**INSTAGRAM**  
OR VISIT OUR WEBSITE

### WHO WE ARE?

**DSPL (Developing Special Provision Locally)** is a Hertfordshire-wide partnership approach. Parents, staff in early years settings and schools, further education colleges, local authority officers and representatives from other agencies work together as part of an area group. We review and develop the range of provision and support services available to the local community.

**For more information:**



**FACEBOOK**

**DSPL4**



**INSTAGRAM**

**dspl\_4**



**WEBSITE**

**[www.dspl4.co.uk](http://www.dspl4.co.uk)**

# What's on at HENRY this winter?

**Mondays**

**GREENFIELDS NURSERY, WALTHAM CROSS**

**1-3PM**

**Tuesdays**

**BROADWATER FAMILY CENTRE, STEVENAGE**

**1-3PM**

**Wednesdays**

**HOLYWELL COMMUNITY CENTRE, WATFORD**

**10-12PM**

**Wednesdays**

**ONLINE 5.30-6.30PM**

We will have free crèche facilities available. All programmes start w/c 23rd January 2023, and will run for 8 weeks with a break for February half term.

To register or find out more about our services contact us on 01707248648 or [info@beezebodies.co.uk](mailto:info@beezebodies.co.uk)



## Healthy Families Programme: Inclusion criteria

Eligibility	Exclusion
<ul style="list-style-type: none"> <li>Family with child aged 0-5</li> <li>Registered with a Hertfordshire GP</li> <li>BMI &gt;91st Centile</li> <li>Targetted children with 2 Risk Factors <sup>1,2</sup>:                             <ul style="list-style-type: none"> <li>1- parent overweight/obese</li> <li>Older sibling overweight/obese</li> <li>Rapid weight gain (2 centiles crossed)</li> <li>Height and Length centiles more than 2</li> <li>Parent has poor diet</li> <li>Child has less than 1 hour physically active / day</li> <li>Child screen time 2 hours + / day</li> <li>Parent has weight/eating/oral health concerns</li> <li>Early intro of solids (&lt;6months)</li> <li>Poor responsive feeding techniques</li> <li>Poor sleep patterns</li> <li>Fussy eating</li> </ul> </li> </ul> <p><sup>1,2</sup> only if spaces not filled by &gt;91st centile</p>	<ul style="list-style-type: none"> <li>Families who have done HENRY before (Can attend Masterclass / Signpost</li> <li>Children with complex comorbidities (need GP / Dietetic Support)</li> </ul>





## A great start for babies and young children

Everyone wants the best for their children, but it can be hard to know what to do as a parent in the early years. That's where HENRY comes in.

The HENRY programme helps you give your child the best possible start in life.



*"This programme changed my life."*

[www.henry.org.uk](http://www.henry.org.uk)

### About the programme

The programme is for parents or carers of children aged 0 to 5 years old. It is free to join.

Everyone wants the best for their children, but with so much conflicting advice it can be hard to know what to do for the best as a parent, especially in the early years.



The HENRY *Healthy Families: Right from the Start* programme is running locally. Join the thousands of families across the country who have benefited from the support and tips it provides for young families.

Research shows that the key ingredients to ensuring babies and young children have a healthy start in life are:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

The programme covers these 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start.

### Weekly sessions

Each week helps you provide a healthy, happy, supportive environment for the whole family.

**Week 1** – Decide what changes you want to make and set your own goals

**Week 2** – How to juggle life with young children so you all get what you need

**Week 3** – How to respond to children's needs without giving in to all their demands

**Week 4** – Positive mealtime tips for a happy family – reducing mealtime stress for everyone

**Week 5** – Ideas for active play to help children learn, develop and stay happy

**Week 6** – Food groups, food labels, portion sizes for under 5s, first foods, and snack swaps

**Week 7** – Understanding and managing your child's behaviour for a happier home

**Week 8** – Celebrate your success as a parent and plan the future for your family

*"I highly recommend it. It was brilliant."*



### Is the HENRY programme for me?

The HENRY programme can help everyone with a baby or young child. Every parent who joins learns something new and useful.



If you have at least one child under 5 years old and can answer 'yes' to any of the questions below then HENRY is for you:

- Would you like to feel more confident as a parent?
- Would you like some support to give your child a healthy start?
- Do you wish your child would eat more fruit and vegetables?
- Would you like to reduce mealtime stress?
- Would you like to enjoy being active together as a family more often?
- Are you interested in some ideas to get children away from the TV?

Eligibility applies family needs to be registered with a Hertfordshire GP, priority will be given to families with a child above the 91st centile. After this, any free spaces will be offered to families who meet 2 of our secondary criteria including concerns around eating habits, sleep, oral health, screen time, activity levels and parents or siblings being overweight or obese

### What do other parents say about it?

- 97% of parents would recommend it
- 89% feel more confident as a parent

*"I'm so glad I did this programme. Do it!"*

*"This was the best thing I could possibly have done to help me be a better mum"*

### What do I get on a HENRY programme?

Every parent joining a HENRY programme receives a HENRY toolkit which includes everything you'll need during the programme and helpful resources to use in your family.

The HENRY toolkit will help you give your child a great start in life, get the whole family involved, and keep track of how well you're doing.

### What is HENRY?

HENRY is a charity working to give babies and young children a healthy start in life.



The HENRY Parent Toolkit

### How can I join a programme?

HENRY programmes are running in different areas across the whole of Hertfordshire and also online. Talk to your local Child Health Assistant, Health visiting service or local family centre to find out more, help you decide if you would enjoy it, or to ask to join a programme.

### Contact Us

01707 248648

[info@beezeebodies.co.uk](mailto:info@beezeebodies.co.uk)

@HENRYinHerts

### For more information about HENRY go to:

[www.henry.org.uk](http://www.henry.org.uk)

[henryinhertfordshire](https://www.instagram.com/henryinhertfordshire)

[facebook.com/HENRY.HealthyFamilies](https://www.facebook.com/HENRY.HealthyFamilies)



Charity number 1132581 | Company number 6952404

## A CHRISTMAS PRAYER

Loving Father,

May the joy of the angels, the eagerness of the shepherds, the perseverance of the wise men, the obedience of Joseph and Mary and the peace of the Christ-child be yours this Christmas; and the blessing of God Almighty, the Father, the Son and the Holy Spirit, be among you and remain with you always. Amen



*May the Lord Bless You And Keep You*

**WISHING YOU A JOYFUL CHRISTMAS AND A HAPPY NEW YEAR  
PLEASE STAY SAFE**