

# News on the Nineteenth

Wormley CofE Primary School (VC)  
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Have Faith, Show Respect, Take Responsibility and Achieve  
[www.wormleyprimary.co.uk](http://www.wormleyprimary.co.uk)

## April 2020

### CORONAVIRUS - COVID-19 UPDATE

**STAY HOME SAVE LIVES PROTECT THE NHS**



Dear all,

We hope you are keeping well and safe.

I was in school last week and it felt very strange without our children, families and staff. You are all very much missed.

Hopefully, you had some peaceful time with family over Easter.

As I write this, we have learned that the strategy to keep us all safe from COVID-19 and reduce the pressures on the NHS is at least another 3 weeks of lockdown. This means for us that school has been instructed to remain closed to everyone *except children of key workers critical to the Coronavirus response and vulnerable children.*

As a result, from **Monday 20<sup>th</sup> April** learning will begin again via Tapestry or the Google Classroom. A set of learning activities is being launched on Monday via the BBC website

<https://www.bbc.co.uk/bitesize/dailylessons> and also in special programmes broadcast on BBC iPlayer and BBC

Red Button. The teachers will tell the children what they want them to do each day but this government strategy tries to ensure that every child in the United Kingdom has access to education resources that support core aspects of the nation's school curriculum whether families have tablets, iPads, computers etc.



Having spoken with the teachers, they are keen to be in touch with the children again because they have missed them too.

We know home learning can be very tricky and want to reassure parents and carers that you can only do what is possible in difficult circumstances. Some of you are trying to work from home; many are sharing resources, spaces and time; you are not familiar with the curriculum and learning strategies; and it can be hard to motivate children at home. Please don't worry, you can only do your best. Mr Emmett and I are happy to talk to children if they are struggling to get motivated to learn at home. It may be helpful to tell them that the learning will have to be done at some time, so it's best to get on with it now rather than in their free time when back at school! In the meantime, recognise that the children will be gaining so much from this time - sustained time with siblings and parents who usually have to work, resilience in the face of challenge, compassion for others, creativity, empathy, resourcefulness, appreciation for the natural world and freedom, love for family ...

The easiest way to manage each day is to get into a routine - perhaps start at 9 with a Joe Wicks' workout, learn until break at 10:30, take part in a daily mile/physical activity, continue learning until 12 when it is time for lunch .....



This might not be possible for everyone but a routine certainly helps shape each day - however that routine looks. Please limit screen time and gaming.

If you are a key worker and need a place in school so you can continue with your critical role, please email [admin@wormleyprimary.co.uk](mailto:admin@wormleyprimary.co.uk) as soon as possible. This will help us to plan provision for your children. Children can only attend school if they are well and their families are symptom-free so that everyone in school is protected.



Our kitchen will open again on Monday and we will be preparing packed lunches for all our children who are entitled to a free school meal. All you need to do is contact school before 9:30 each day to request one and it will be ready for collection from 11:30. Mrs Harris is happy to deliver packed lunches to anyone who is in isolation and unable to leave the house. Vouchers are available for families who do not live in walking distance to the school.



## MESSY CHURCH

A message from Anne Sentence ...

Dear Messy Church community,

We hope you've been able to access and enjoy the Messy Church stories and crafts on our Facebook Page @bwmessychurch.

Until our next Messy Church 'at home' post, there will be a weekly children's Sunday service posted on our page. This week's is about Jesus' disciple, Thomas, who over the years has been given the nickname 'Doubting Thomas'.

You can enjoy interactive songs and prayers and watch rabbit take part in a surprise trick. Hope you and yours enjoy it.

[https://www.youtube.com/watch?v=q2uKPvMVMz8&feature=emb\\_logo](https://www.youtube.com/watch?v=q2uKPvMVMz8&feature=emb_logo)

Sending love and prayers for you all,

Blessings,

Anne.



## THE ROYAL ALBERT HALL GALA



I thought I would share some images from when our pupils sang at the



Royal Albert Hall the week before schools closed.



## READING CHALLENGE

We will be extending the **Reading Challenge** whilst we are not at school. Please make sure the children are reading and recording their reading in their reading records. The sets of family cinema tickets are waiting to be won once cinemas open again.

So much learning and pleasure can be gained from books: fiction and non-fiction. It is an opportunity to escape into a different world!

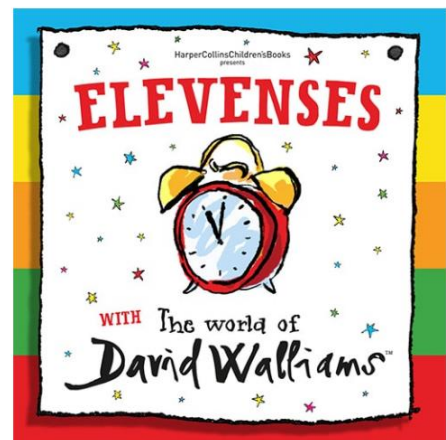
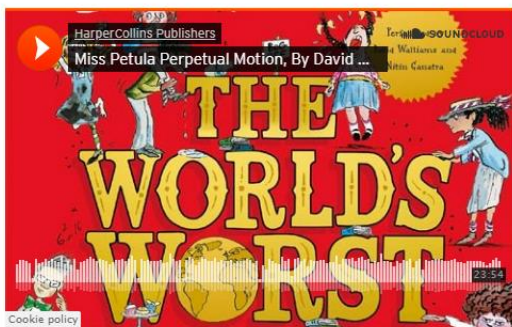


The children really do love to be read a story, and to make a change from it being you, David Walliams has recorded some free audio stories. Follow the link

<https://www.worldofdavidwalliams.com/elevenses/>

### Miss Petula Perpetual-Motion

Click the play button below to listen to today's free audio story from The World's Worst Children!



## ZOO WATCH

### **Penguins at Dublin Zoo**

You can watch the peckish penguins enjoy their lunch every day at 2.30pm. The live stream also continues to run around the clock, so you can see them "do what they do best - swim, waddle, hop and play". There's also cameras on the elephants and giraffes.

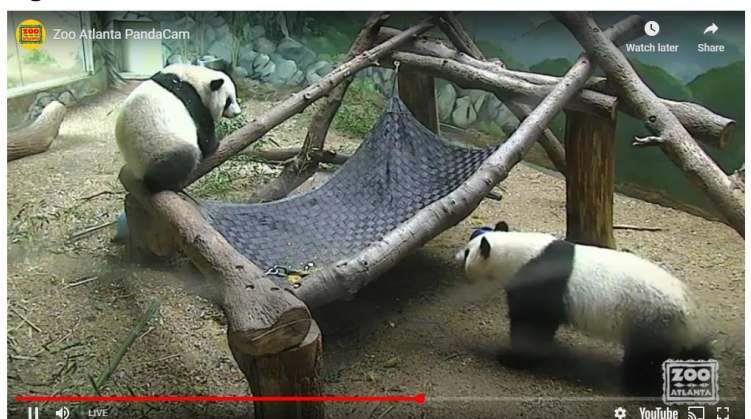
<https://www.dublinozoo.ie/animals/animal-webcams/>

### **Pandas at Zoo Atlanta**

The pandas bring a lot of joy as they play together

<https://zooatlanta.org/panda-cam/>

There are many more zoos offering cams on different animals.



## RECEPTION PLACES

Our next cohort of YR children have been allocated their places.

This year nearly all of our Nursery children secured a place here at Wormley.

## NATIONAL ASSESSMENT

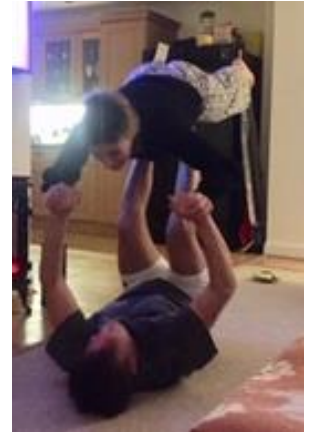
Children in Y6 will no longer be sitting their SATs exams during the week commencing 11<sup>th</sup> May.

There will be no assessment for Y2 children.

Y1 Phonic Screening will no longer take place.

## THINGS TO DO TO ENTERTAIN THE KIDS

Build a den    **Make a rainbow for the window**    Hamma beads    **Pebble Art**    Form a penpal group  
**Life size inside the body diagram**    Grow your own veg    **Make a sun catcher**  
Decorate eggs    **Create a bird box from a milk carton**    Treasure Hunt  
Bug Hunt  
Make a clock and learn to tell the time    Tea Party  
**Make a puppet show with sock puppets**  
Speed stacking    Board games    Pointillism with kitchen paper  
**Shadow drawing with small world figures**    Hopscotch    **Milk bottle Elmers**  
Family Tree  
Play shops    **Sew a button**    Bike ride    Perform a play  
Create a dance ...



Here's one from the Gaiteri household!

## UPDATE PERSONAL INFORMATION

Please ensure we have your up to date information: phone numbers, email addresses, home addresses etc.

Please email any updates. This will allow us to keep in touch with you.

## THANK YOU



A big thank you for all the thank you letters for key workers and images of rainbows many of you did. I have sent some to the Lister hospital and local shops. Some of the rainbow pictures will be placed in the windows of local police vehicles.

## SELF-ISOLATION

### **Self-isolation is different to social distancing**

Please see below the latest guidance from **Public Health England** regarding staying at home and self-isolating:

- if you live with others and you or one of them have symptoms of coronavirus, then all household members must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill
- it is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- for anyone in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period
- if you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period
- if you cannot move vulnerable people out of your home, stay away from them as much as possible
- if you have coronavirus symptoms:
  - do not go to a GP surgery, pharmacy or hospital
  - you do not need to contact 111 to tell them you're staying at home
  - testing for coronavirus is not needed if you're staying at home

if you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online coronavirus service. If you do not have internet access, call NHS 111. For a medical emergency dial 999

Social distancing is remaining 2m apart when around other people.



## STAY IN TOUCH STAY SAFE

We have a school APP, Twitter and Facebook account.

Register to receive our regular posts,

@wormleyprimary (for Twitter)

and find us on Facebook through

Wormley Primary



## SAFER PLACES - SUPPORT FOR DOMESTIC VIOLENCE

**Janet Dalrymple, CEO of Safer Places said:** "Safer Places provide life changing and life saving support services across Essex and Hertfordshire. Our new Live Chat service will allow us to reach more people affected by abuse and give survivors the opportunity to safely access non-judgemental support and advice. Coronavirus (COVID 19) is impacting upon us all and we are seeing a dramatic rise in the numbers of those wanting to access our services and how they wish to do so. It can be incredibly difficult to talk about abuse - and making a call can be difficult, now more than ever with abusers in the home. That's why we have worked around the clock to create our [Live Chat service - https://www.saferplaces.co.uk/](https://www.saferplaces.co.uk/). Our qualified expert staff are now available by phone and live-chat every day, day and night. We want to reassure everyone in the communities that we serve that we are here for you, when you need us and how you need us, our support is led by you".

The new service will initially be open between 8:30am and 5pm Monday to Friday and 8pm - 8am Fri - Sun 8pm - 8am

## SURVIVING LOCKDOWN - ADVICE FROM HABS



- Take one day at a time!
- Try to keep some structure and routine - you could design/ develop a timetable of school work and leisure time
- Spend some time outside if you can (if you live in a flat with a shared communal space then try to make a rota with other residents so you can follow the social distancing advice)
  - Go for a walk - remember to stay at least 2 meters away from others
    - Try to exercise daily - use online exercise workouts
    - Listen to music/ radio
  - Do something creative - draw, act, sing, design, cook, etc
  - Talk to someone/ stay connected - friends, family, professionals, helplines
- Use all the wonders of technology to communicate - Facetime, Skype, Zoom, Text, Email, Whats app, Facebook, Instagram, Twitter etc
- Build networks of support in your local community - start What's App groups so support can be offered to neighbours when needed
  - Practice breathing to reduce stress and anxiety - breathe in through your nose and out through your mouth (it's helpful to do it to a count of 5/7)
- Try Mindfulness - there are numerous apps - Calm, Headspace, Breathe etc. Mindfulness helps you to stay present/ in the moment and gives your brain a break from the stresses of everyday life
  - Practice self-care. Do things that help you to feel calm and nurtured e.g. have a bath or shower, have a treat, watch your favourite TV programme, read a magazine etc.
  - Write a journal - this can help to get your thoughts and feelings down on paper but also how amazing would it be in the future to have these weeks / months documented!
  - If emotions/ behaviours escalate use the STOP system - Stop, Take a step back (or remove yourself), Observe (think about) what is happening and why, Problem solve and positive actions - teach this to your kids too!



- Use problem solving skills e.g. what could we do next time, how can we make things better?  
Stay calm and talk things through
- Focus on the things you can control (e.g. we can't control whether the virus exists but we can lessen the risk of contracting it by following the government guidelines)
- Try to practice positive thinking - the way you think about a situation has an effect on your feelings and behaviour so try to focus on the positives e.g. spending time with the people you love, enjoying the sunshine, slowing down the pace of life etc.
  - Use praise and rewards with kids rather than punishment
- Designate areas of the flat/ house that each person can go to when they need space/ time out
- Share the load - get the kids to help with easy jobs e.g. recycling, washing up/ emptying the dishwasher, polishing, vacuuming etc
  - Plan meals to utilise the food you have most effectively
  - Have regular family meetings to see how everyone is doing and to discuss any issues
- Choose your battles - the next few weeks are going to be challenging at times so try to stay relaxed and don't put too many rules in place
  - Allow time to watch TV/ Films or play on PS/ Xbox etc
- Make a list of all the activities you can do individually and as a family so the children can choose from the list each day
  - Have a spring clean and declutter the house
- Try to distance yourself and your children from the endless media coverage of Covid 19 - it can be overwhelming to hear constant updates/ statistics etc
- Keep things in perspective - this is a serious and stressful situation but the vast majority of people will stay well or recover fully
- Plan something special to look forward to once life is back to normal - you could write a family bucket list?

Most importantly, take care of yourself and the people around you and keep as positive as you can - focus on what you have/ can do and not on what you have lost/ can't do. We will get through this and we might even come out of it with a different and better perspective on life!

#### CONTACT DETAILS

Organisation	What do they offer?	Contact Details
Children's Services	Emergency safeguarding	0300 123 4043
Samaritans	Crisis mental health support	116 123
Childline	Support for children and young people	0800 1111
National Centre for Domestic Violence	Providing emergency injunctions within two weeks of police involvements	0808 2000 247
Sunflower	Domestic abuse helpline	0808 808 8088
Out of hours mental health support		01438 843322
Hertfordshire Nightlight	Out of hours crisis support	01923 256391
Child Law Advice	Advice on legal matters to do with child law	0300 330 5480

Organisation	What do they offer?	Contact Details
Young Minds	Great resources and ideas about things adults and young people can do to manage any stress and anxiety they may experience in relation to coronavirus	<a href="https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-aboutcoronavirus/">https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-aboutcoronavirus/</a>
Young Minds	The following Young Minds link addresses how to look after your mental health when self isolating	<a href="https://youngminds.org.uk/blog/looking-after-your-mental-health-while-">https://youngminds.org.uk/blog/looking-after-your-mental-health-while-</a>

		selfisolating/ <a href="https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html">https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html</a>
Centre for Disease Control	Helpful messages on how to talk to children about Coronavirus	<a href="https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html">https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html</a>
Every Mind Matters	Provides general information about looking after your mental health which would be relevant during this challenging time as much as at any other time and provides top tips to improve emotional wellbeing	<a href="https://www.nhs.uk/oneyou/every-mindmatters/">https://www.nhs.uk/oneyou/every-mindmatters/</a>
Mind	Provides useful information about how to cope if people feel anxious about coronavirus, how to manage staying well at home if being asked to self-isolate and taking care of your mental health and wellbeing among other tips and advice	<a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</a>
Video for parents	Regarding the Coronavirus	<a href="https://www.youtube.com/watch?v=ZnANLAcPRZ4&amp;feature=youtu.be">https://www.youtube.com/watch?v=ZnANLAcPRZ4&amp;feature=youtu.be</a>
Video for children and young people	Regarding the Coronavirus	<a href="https://www.youtube.com/watch?v=ME5IZn4-BAK&amp;feature=youtu.be">https://www.youtube.com/watch?v=ME5IZn4-BAK&amp;feature=youtu.be</a>
Healthy Young Minds	There will be a weekly update via the Healthy Young Minds in Herts website where the information will be shared.	<a href="https://healthyyoungmindsinherts.org.uk/schools/how-lookafter-your-mental-health-and-emotional-wellbeing-during-covid-19-outbreak">https://healthyyoungmindsinherts.org.uk/schools/how-lookafter-your-mental-health-and-emotional-wellbeing-during-covid-19-outbreak</a>
Just Talk	We will also ensure there is helpful safe advice around managing self-care. There will also be a webpage for young people and families, focussed on how to cope during periods of self-isolation, appearing very soon	<a href="http://www.justtalkherts.org">www.justtalkherts.org</a>
Unicef	Information regarding Coronavirus	<a href="http://www.unicef.org/coronaviruses/covid-19">www.unicef.org/coronaviruses/covid-19</a>

Organisation	What do they offer?	Contact Details
Single Point of Access	Mental health triage for access to mental health support	0300 777 0707
Mind	Mental health support	0300 123 3393
Young Minds	Parent helpline for children and adolescents with mental health issues	<a href="http://youngminds.org.uk/find-help/for-parents/parents-helpline/">youngminds.org.uk/find-help/for-parents/parents-helpline/</a> 0808 802 5544
Rethink / Give us a shout	Mental health support and advice - online, by phone and via text	Text 'SHOUT' to 85258 <a href="http://www.giveusashout.org">www.giveusashout.org</a> <a href="http://www.rethink.org.uk">www.rethink.org.uk</a>
Mind Hertfordshire Network	Provides a crisis helpline for anyone experiencing mental health distress or requiring emotional support and signposting. Professionals, family/ friends can call on	01923 256 391 <a href="https://www.hertsmindnetwork.org/">https://www.hertsmindnetwork.org/</a>

	someone's behalf with the individual's consent.	
Sane Line		0300 304 7000 www.sane.org.uk
<b>Organisation</b>	<b>What do they offer?</b>	<b>Contact Details</b>
Family Lives		0808 800 2222  familylives.org.uk
NSPCC	Positive parenting tips	www.learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/
Care for the family		www.careforthefamily.org.uk/family-life/parent-support
Action for children		actionforchildren.org.uk/support-for-parents

**Keep well and stay safe!**  
**You are all in our prayers.**