

OLW School Update – Friday 22nd May 2020

We pray:

*God of compassion, be close to those who are ill,
afraid or in isolation.*

In their loneliness, be their consolation;

in their anxiety, be their hope;

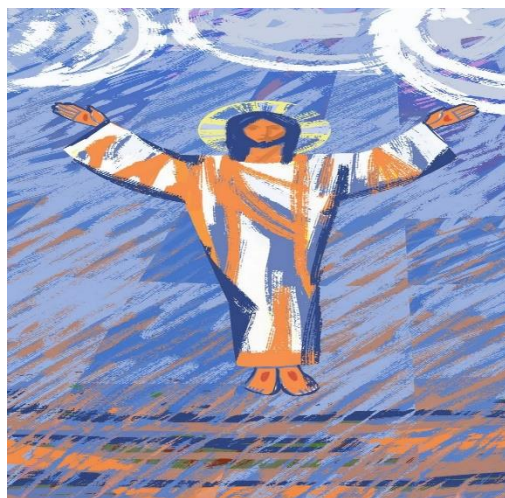
in their darkness, be their light;

through him who suffered alone on the cross,

but reigns with you in glory,

Jesus Christ our Lord.

Amen



Schools Reopening

Moving from Phase 1 (full lockdown) to Phase 2 (partial lockdown)

You will now have received our plan for the reopening of Our Lady of the Wayside School, thank you for all your kind messages of support.

I must stress the reopening of schools in England is still subject to final Government approval and this might not come until 28th May. If we do receive approval, we plan to stagger our reopening. This will give us time to embed our new procedures before we increase our numbers. Our timescales are:

Monday 1st June – begin Phase 2 of childcare provision, 8:40am to 3:00pm.

Monday 8th June - begin Phase 2 schooling provision for Nursery, Reception, Year 1 and Year 6 children.

Please don't forget to book your schooling place. Our booking system will open tomorrow evening (Saturday 22nd May), you will receive an email with the booking code. We are asking for all parents to book a schooling place for their children to include Year 2, Year 3, Year 4 and Year 5 children. We have no idea of when we will be able to welcome these children back to school but we will be ready with our schooling groups when the time is right.

We will write again next week with a final update of Phase 2 procedures.

Please take care, stay safe and keep well.

Mr Taylor

Food Donations

Thank you so much for your continuing kindness and generosity in supporting our food donation scheme. We are still collecting donations of food, which will be distributed by school staff, to members of our community and St Chad's Sanctuary. Donations can be placed in the shopping trolley located outside the front door of school, please do not come into school. The trolley will be outside every day. Please do not make a special journey but drop in your donations when you have been food shopping and you are passing school. The trolley will be available over the weekend.

The Benefits of Challenge

Attached to this week's School Update is the latest newsletter from Solihull's SEMH (Social, Emotional and Mental Health) team. This week their theme is challenge. During difficult, uncertain times, it is easy to become unmotivated, and this can have a negative effect on our emotional wellbeing. If we take time each day to learn or practise a skill, this can help us to feel more positive, boost our self-esteem and enable us to achieve more. Having a sense of purpose and focus can reduce stress, whilst helping us to connect with other people. So, are you and your family ready for a challenge? The attached SEMH newsletter suggests some ideas which you can try. The 'Take 7 days' challenge below shows how accomplishing a small task can lead to finishing those bigger, trickier challenges.

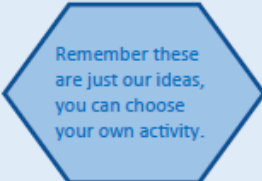
Take 7 days!

W. McRaven's famous address to army cadets.... *'If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task and another and another. And by the end of the day, that one task completed, will have turned into many tasks completed'*

This is a powerful though simple message. It isn't only about the satisfaction of doing this task but also of doing a task that is uncomfortable, which we don't want to do, or we just can't be bothered to do. Completing the task means that we have a sense that we can overcome challenges and have self discipline. It can give us confidence to stick with other trickier tasks. You'll be amazed at the effects throughout the day and week that this commitment can have. Why not try this yourself – blast the shower on cold for ten seconds every morning for a week (you may have to work up to ten!)

7 day Challenges (you don't have to stop on day 7)

- * Take a walk
- * Make your parent/carer a drink everyday
- * Break a task you have been finding difficult into 7 small steps and complete one of the steps. Do another step the next day and so on.
- * Say something nice to a brother or sister
- * Leave a nice message for somebody every day.
- * Make your bed
- * Meditate
- * Load the dishwasher
- * Help somebody
- * Practice your times tables



Remember these are just our ideas, you can choose your own activity.

Think about Captain Tom and his amazing achievement which began from a small daily challenge!

Family Liturgy in your Home

One Life Music are recording weekly family liturgies which are beautiful. This week's liturgy can be found at:

<https://www.youtube.com/watch?v=GiSF39uV4M4>

Birmingham Archdiocese has produced a full list of streaming services which covers Sunday Masses.

<https://www.birminghamdiocese.org.uk/parishes-with-live-streams>

COMMUNITY EDUCATIONAL PSYCHOLOGY

Family Telephone Support Line

In order to support families during the Covid-19 pandemic, the Solihull Community Educational Psychology Service is providing direct access telephone consultation services for parents and carers. This service is available, 5 days a week for all parents and carers who live in Solihull who feel they may benefit from a consultation with a Community Educational Psychologist to support them with concerns they may have at this time. Concerns might include:

How best to look after your own and/or your child's mental and emotional well-being on a daily basis

How to talk with children about COVID-19 and their worries related to it

How to support children to engage with learning whilst at home

How best to maintain social connections whilst complying with social distancing

How to manage behaviour that can be challenging or difficult to manage

If you would like to arrange a consultation please call 0121 779 1734. You will be offered an initial telephone consultation of 30 minutes with a Community Educational Psychologist. You will be asked to provide the following information:

Your name

The telephone number you would like to be contacted on

Email address

Times and dates you are available for a consultation.

Your child's school (where relevant)

A brief description of the area you would like support in. This service will, as far as possible, be confidential