



Newsletter 30
1st May 2020



Dear Parents,

I hope this newsletter finds you well and coping with the continued lockdown. We, like you, await news of when children will be returning to school.

In the meantime, I hope that you have managed to set up a routine at home that has provided some sort of normality/structure for the children.

We appreciate that every family will have their own challenges in this new situation so please do not feel pressured by the daily work set for your child in the class blogs.

The class blogs are there to support your child; to give them some daily focus and keep them in touch with school and their learning. We want children to comment to their teachers as much to stay in touch with them and appreciate what they are doing as keeping up and refreshing their learning.

We are also conscious of the pressure on children's mental health. Please do reassure your child that whatever their response to the blogs – their work is appreciated and valued.

The focus of my newsletter this week is mental health. I have put some links that have been shared with me at the end of this newsletter. There are ways we can help or signpost if you are suffering difficulties, even if we can't meet up face to face. So please let us know.

I do know that the class teachers have been overwhelmed by the wonderful effort and work of our pupils and the support of parents. The class blogs now have additional pages to not only celebrate work from children but share news of what they have been doing.



Above are some paper mosaics made by the children and staff with our key worker children in response to Fr Brian's appeal for pictures and devotion to Mary this month. I am sure he will share them in his live-streaming of Mass at some point soon.

May is the month of Mary and a time to show devotion to Mary. Usually in school we would stop at 11am and say the Hail Mary. At this time it seems all the more relevant to pause, reflect and make out special intentions to Mary – who brought new life into the world with Jesus. With Spring around us, we want to celebrate life as well as the lives of those we have left us in their journey and make our special intentions. We have had news this week of a new baby boy for the Manning family and a baby girl for former pupil Mrs Lavelle-Murphy (Luke Daniels' aunt). Congratulations and best wishes to both families.

Sadly we are also celebrating the lives of those who have left us and our thoughts and prayers are very much with them. It has spurred us on to do something we have been planning for a while – to create a Remembrance Garden. Our vision is for children to be able to enjoy celebrating and reflecting on the lives of those loved ones who have died and we will be asking them to actively participate in creating the area. More news on that in the coming weeks and if you have any ideas we would love to hear from you.

The Diocese are holding a weekly Praying the Rosary for all those who are suffering emotionally, spiritually and physically as a result of this pandemic. This week the decade of the Rosary is Pentecost. You can pray with the Diocese education staff on this link: <https://youtu.be/la--sRTzxx4>

Our whole school pupil blog continues with a focus on activities and news – although much of the excellent work is now shared directly on the class blogs.

News for the pupil blog can be sent to blog@cuthbertmayne.herts.sch.uk and the blog viewed and comments made at www.communitycuthbert.edublogs.org This is also on the website under Our School, School Life, Community Cuthbert. Well done to all our children who have supported a variety of charities in the 2.6 Challenge. We heard news this week from the Bowers family, raising money for the Royal Zoological Society (see blog).

Positive Minds

Year 6 are being offered participation in Positive Minds online via the class blogs starting this coming week. This Watford FC Education Trust provided this valuable mental health course for pupils which is particularly relevant at this time of transition.

The 5 Week curriculum will consist of the following topics

Session 1 – Introduction to Mental Wellbeing

Session 2 – Coping Strategies

Session 3 – Support Network

Session 4 – 5 Ways to Wellbeing Presentation

Session 5 – Growth Mindset and Moving Forward

Year 6 parents, please do encourage your child to engage with this. Watford FC will also be running a summer course outside of school that several of our pupils benefitted from last year. More details to follow.

Fitter Future

Well done to the highest users of Fitter Future this week:

Freya (3N) 8 times; Piotr (3N) 5 times; Grace (5M) 4 times; Fraser (4J) 3 times. Best class 3Nightingale, 2nd 5Mandela. Well done and Mr Collingwood will award House Points – which will be reported on from next week.

Individual and group music lessons

Hertfordshire Music Service is now offering tuition online! If you have instrumental lessons in school, you will have been contacted / will be contacted soon to offer this service.

Useful links for mental health and bereavement support

Rainbows - [Click Here](#) (Information for parents on Rainbows National Programme)

Winston's Wish - [Click Here](#) (Support for parents on helping children dealing with grief and loss)

Sue Ryder - [Click Here](#) (Information for parents on helping their child through grief and loss.)

Young Minds - [Click Here](#) (Information for parents support children and young people with grief and loss)

Hertfordshire County Council have shared these guides which include some practical support when someone has died during the Covid-19 lockdown:

A bereavement guide for adults

www.hertfordshire.gov.uk/media-library/documents/coronavirus/adults-bereavement-and-grief-during-coronavirus-156kb.pdf

A bereavement guide for parents and carers who are supporting children who have been bereaved

www.hertfordshire.gov.uk/media-library/documents/coronavirus/coronavirus-bereavement-and-childrne-guide-for-parents-and-carers.pdf

We have the 75th anniversary of VE Day on Friday (8th) which is officially a Bank Holiday. There will be no new work set on the class blogs and no key worker childcare on this day but please do share anything special you are doing via blog@cuthbertmayne.herts.sch.uk

Our thoughts and prayers are with you all.

Have a good weekend with, I hope, time to relax,

Best wishes

Fionnuala Smith
Head Teacher