@cathedralplym

Love Resilience

spiration Honesty Teamwork Courage

Term: Spring | Date: January 29, 2021

THIS WEEK'S NEWS

There has, once again, been some really great engagement with the remote learning this week from a lot of our pupils - well done to you all. I know how hard it is for you as parents and carers, particularly if you have more than one child to consider, but those that are engaging with the remote learning will come back to school and will be able to hit the ground running. We are chasing those who are struggling to keep up with the remote learning each week please don't take this as a criticism if you are contacted. Our children have missed so much education in the last 12 months so it is critical you do what you can to engage them at home. If technology is a barrier, please get in touch with us or let us know when we contact you.

This week's gospel reading from Mark talks about Jesus as a teacher. It got me thinking that school staff across the country have been incredible during the pandemic. Sometimes we forget that they are just human beings and deal with the anxieties of the pandemic that everyone else is facing, yet have worked harder than they ever have done before. I am full of admiration of our school staff for all they have done and continue to do for our children and our school.

Have a great weekend, God Bless, Mr Dyson

HALF TERM AND BEYOND

It has now been confirmed that schools will not be open for half term. As we did at Christmas, if your child has been in school with us this half term and are tested positive during the half term, please let me know using the school's email address so I can sort Track and Trace. We have a training day on Monday 22nd February so children will return on Tuesday 23rd February.



THIS WEEK'S HEART OF GOLD AWARD WINNERS ARE...

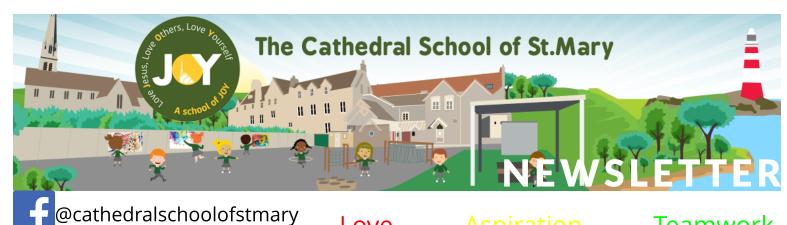
Class 1 - Liliana for COURAGE. Liliana has been showing a positive attitude towards her learning, making fantastic progress with phonics and writing! She is also becoming more vocal during learning time, showing us what she can really do and is also beginning to have the courage to speak to adults when she needs help.

Good girl Liliana, we are so proud of you!

Class 2 - Samual for ASPIRATION. Samual has been working really hard with his home learning and sharing a lot of pictures of his work too - I particularly enjoyed the creativity have been incredible during salad cream, ketchup, mustard and hot sauce! Keep up the good work!

Class 3 - Lidia for ASPIRATION. Lidia has completed everything that I have set for home learning and regularly sends me evidence so I can see what a wonderful job she is doing. She signed on this week for a live English lesson and asked questions when she needed to. Your perseverance will serve you well when we return to school. Keep up the good work.

Class 4 - Gabi for ASPIRATION. Gabi has engaged in all of the home learning lessons and shown a real desire to ensure that she continues to learn new things despite not being in the classroom. Well done Gabi! We're very proud of you!



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WELL DONE CHARLOTTE!

She did it! A huge well done to our brave Charlotte who had her hair cut off to raise money for St. Luke's. Charlotte was hoping to raise money by doing this in school but lockdown has stopped this. I have attached the just giving link if anyone wants to donate - this is a very special cause. St Luke's helped Charlotte and her family when her dad sadly passed away. Please give what you can.





https://www.justgiving.com/fundraising/charlotte-ransom

Help & Support

LIVEWELL - FIRST RESPONSE SERVICE

The Adult 24 hour First Response Service now has a free number to call, helping to reduce barriers for access to support when there is crisis. Livewell's First Response Service is available to contact 24/7 for people in Plymouth aged 18 or over experiencing mental health crisis or if you are concerned about someone by calling 0800 923 9323.

LIVEWELL CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS)

The Livewell CAMHS continues to work incredibly hard to respond to the COVID-19 pandemic and meet the needs of our children, young people and families. In line with NHS requirements we have set up a 24/7 urgent advice line open to young people, parents/carers and professional who require advice out of hours. CAMHS 24/7 Urgent Advice Line 01752 435122

YOUNG DEVON COVID-19 WELLBEING TOOLKIT

 $\underline{\underline{\mathbf{T}}}$ ips, Tricks and Techniques for maintaining positive mental health during lockdown and beyond.

https://www.youngdevon.org/coronavirus-resource-hub-covid19-wellbeing-toolkit

WELL-BEING WEDNESDAYS

While school remains open for the minority, we will be starting a well being Wednesday which will take place every other Wednesday.

On these days, teachers will not be setting learning that requires screen time, nor will they be providing online, live lessons. It is important that children are active, out and about and exercising after spending an increased amount of time in front of a screen. As good as remote learning is through our live learning, we want to encourage children to do other things. We will share more about this with you during the next week - our first well-being Wednesday will be Wednesday 10th February.