

# St Thomas of Canterbury Newsletter

Friday 15th January 2021



Dear Parents and Carers,

This week in the Gospel we heard the story of the Baptism of Jesus. Jesus was baptised in the River Jordan by his cousin John the Baptist. As he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from Heaven, "You are my son, the beloved, with you I am well pleased." (Mark 1:9 - 11). For Christians Baptism is the first sacrament we take as we become part of God's family. We are all God's beloved children and God is well pleased with us. Baptism is a sign of new beginnings and hope. In these times, we need to keep our connection with God and remember there is always hope.

## Home Learning

Thank you for all your support with the children's home learning. It is important that all the children do engage and join the daily meets with their teachers. I have had a look at some of the work being produced and am very impressed. Well done! We know it is a real challenge to juggle your own work commitments and to help you children with their learning, So thank you!

If you are struggling with devices, we still have a couple that we can loan out, this will be strictly first come, first served basis. Getting internet can also be challenging at the moment, I have applied for a number of free BT Wifi codes, if you require one, please email [office@st-thomascanterbury.merton.sch.uk](mailto:office@st-thomascanterbury.merton.sch.uk) and we will supply you with one. There are also a number of other providers that will also provide free wifi for children who are working remotely. I have attached the details to this newsletter.

## Key Worker Provision in School

The Government has asked us to reduce face to face contact to try and suppress the spread of the virus. The current infection rate in Mitcham Town is currently 1313 per 100,000 which is dangerously high. The Department for Education has stated that if you are able to educate your child at home then you should do that.

<https://www.gov.uk/government/publications/coronavirus-covid-19-maintaining-educational-provision/guidance-for-schools-colleges-and-local-authorities-on-maintaining-educational-provision>

As the number of children attending school is considerably higher than previously, we may need to prioritise children for places as we are reaching our capacity in terms of staffing. Thank you for your continued support in helping us to keep our school community safe.



To Love and To Serve and To Be The Best We Can Be

# St Thomas of Canterbury Newsletter

## Online Safety

Now we are using devices and digital technology more as part of our every day life, please see some guidance for parents to help keep their little ones safe online

Online safety toolkits for online learning (Primary) (thinkuknow.co.uk)

In addition the esafety-adviser (Alan Mackenzie) has produced a Parents Online Safety Newsletter - Ditto. This edition includes items on YouTube influencers, tiktok - family safety mode, like farming, gaming and how to report harmful content.

[https://www.esafety-adviser.com/wp-content/uploads/2021/01/DITTO-Ed-23-January-2021\\_compressed.pdf](https://www.esafety-adviser.com/wp-content/uploads/2021/01/DITTO-Ed-23-January-2021_compressed.pdf)

## Well Being

On Friday afternoon, the children will be set well being activities that they can follow independently. This may be a time for you to also do something nice with your child, such as learning a new skill or trying out a new recipe. We would love to see some of the activities you have been trying. Please use this as time away from the demands of digital devices and to appreciate the world around us. The google stream will be turned off from 12pm on Friday. The Key Worker children in school will also take part in well being activities, such as mindfulness, yoga and nature walks. Please see the links below for some ideas:-



- <https://www.actionforhappiness.org/>
- Supporting your Child with Anxiety: <https://www.youtube.com/watch?v=mxVpykpZGko>
- Managing your Child's Emotions during Lockdown: <https://www.youtube.com/watch?v=BtBlf4D2Aqs>
- Returning to School after Lockdown - Supporting your Child with Anxiety: <https://www.youtube.com/watch?v=KvZ8HZb0jIM&t=11s>

## **Food parcels and Free Meal Vouchers**

If your child is entitled to Free School Meals, vouchers will be sent to you via email if your child is not attending school. We still have a well stocked Community Kitchen, if you need a food parcel please email [jpowell@st-thomascanterbury.merton.sch.uk](mailto:jpowell@st-thomascanterbury.merton.sch.uk)

## **COVID 19**

If during this time your child develops symptoms, please organise for a test and if they test positive **you must** notify the school ASAP as we have a duty to inform any close contacts that they need to self isolate. We have set up a designated email that you should use with any Covid-19 related issues. [covid@st-thomascanterbury.merton.sch.uk](mailto:covid@st-thomascanterbury.merton.sch.uk)  
<https://www.gov.uk/get-coronavirus-test>



Happy Birthday to the following people:

Nursery - Emerson  
Reception - Rafael, Aleks  
Year 1 - Elianna  
Year 2 - Jasmine-Sky, Martin  
Year 3 - Karthi, Ella  
Year 4 - Olaf, Nicola

**Mrs Joyce**

Have a lovely weekend, please stay home and stay safe.

Mrs Tucker  
Head Teacher

**Parking Restrictions** — These have been in force since September 2019 during Term Times at our Commons side East Entrance. Please **DO NOT** drive there between the hours of :- 8:00am—9.30am and 2.30pm—3.30pm

# St Thomas of Canterbury Newsletter

## Public Service Announcement

Parents: What we are being asked to do is not humanly possible. There is a reason we are either a working parent, a stay-at-home parent, or a part-time working parent.

Working, parenting, and teaching are three different jobs that cannot be done at the same time.

It's not hard because you are doing it wrong. It's hard because it's too much. Do the best you can.

When you have to pick, because at some point you will, choose connection. Pick playing a game over arguing about an academic assignment. Pick teaching your child to do laundry rather than feeling frustrated that they aren't helping. Pick laughing, and snuggling, and reminding them that they are safe.

If you are stressed, lower your expectations where you can and virtually reach out for social connection. We are in this together to stay well. That means mentally well, too.

Emily W. King, Ph.D.

