



# St Mary's and St John's CE School

*"With God, all things are possible" (Matthew 19:26)*

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*Wisdom Service Hope*

Principal: Martin Serrão BA, MEd (Camb)

24<sup>th</sup> March 2020

Dear Parents/Carers,

Thank you for the many messages of support we have received during this difficult time. I hope this letter finds you and your family well.

We would like to keep in touch with you throughout this period of school closure with updates; please feel free to contact us via the SMSJ website and a member of staff will respond as soon as possible to your query.

### **Structuring your child's day**

It is important for our mental health and well-being to maintain a structure to our days but this can be a challenge at home and so we have designed a timetable for our students to follow which should be more straightforward than the times of a usual school day.

### **Key Stage 3**

The Key Stage 3 Timetable also includes a 'Research Project' – we would like our Year 7 and 8 students to make a project about something that interests them. This could be in the form of a collage about current events, a digital presentation, a scrapbook or a fact-file. The format is your child's free choice and we would like every child to have created something they would be proud to share with us on their return to school.

<b>Day</b>	<b>Session 1 (09:00 - 09:30)</b>	<b>Session 2 (09:30- 11:00)</b>	<b>Session 3 (11:30 - 1:00)</b>	<b>Session 4 (2:00 - 3:30)</b>
<b>Monday</b>	P.E with Mr. Smith ( <a href="#">Twitter</a> ) or Joe Wicks ( <a href="#">YouTube</a> - live everyday)	Maths	Oracy/Drama	Religious Studies
<b>Tuesday</b>	P.E with Mr. Smith ( <a href="#">Twitter</a> ) or Joe Wicks ( <a href="#">YouTube</a> - live everyday)	English	Dance and Music	Science
<b>Wednesday</b>	P.E with Mr. Smith ( <a href="#">Twitter</a> ) or Joe Wicks ( <a href="#">YouTube</a> - live everyday)	History	Maths	Research Project Time
<b>Thursday</b>	P.E with Mr. Smith ( <a href="#">Twitter</a> ) or Joe Wicks ( <a href="#">YouTube</a> - live everyday)	Science	Computer Science	Geography
<b>Friday</b>	P.E with Mr. Smith ( <a href="#">Twitter</a> ) or Joe Wicks ( <a href="#">YouTube</a> - live everyday)	French/Spanish/Mandarin	English	Art / D&T / Food Technology

## Key Stage 4

Day	Session 1 (09:00 - 09:30)	Session 2 (09:30- 11:00)	Session 3 (11:30 - 1:00)	Session 4 (2:00 - 3:30)
<b>Monday</b>	P.E with Mr. Smith ( <a href="#">Twitter</a> ) or Joe Wicks ( <a href="#">YouTube</a> - live everyday)	English	French/ Spanish/ Mandarin	Option subject 1
<b>Tuesday</b>	P.E with Mr. Smith ( <a href="#">Twitter</a> ) or Joe Wicks ( <a href="#">YouTube</a> - live everyday)	Religious Studies	Maths	Option subject 2
<b>Wednesday</b>	P.E with Mr. Smith ( <a href="#">Twitter</a> ) or Joe Wicks ( <a href="#">YouTube</a> - live everyday)	Science	History/Geograp hy	Option subject 3
<b>Thursday</b>	P.E with Mr. Smith ( <a href="#">Twitter</a> ) or Joe Wicks ( <a href="#">YouTube</a> - live everyday)	English	Maths	Option subject 1
<b>Friday</b>	P.E with Mr. Smith ( <a href="#">Twitter</a> ) or Joe Wicks ( <a href="#">YouTube</a> - live everyday)	Science	Option subject 2	Option subject 3

## **Class Charts**

In light of school closures the website Class Charts has introduced some new features to support students and their parents/carers through these unprecedented times.

### Wellbeing:

Students can now alert the school if they are struggling with their emotional wellbeing. They can do this by going to the 'Wellbeing' tab on the homepage and clicking the drop-down menu which allows them to record if they are feeling sad, anxious or stressed. These emotions can be ranked as shown below. Certain key members of staff will then receive a notification from the student so we can contact them if appropriate.



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This feature is to support students through these challenging times; please encourage your child to use the feature appropriately.

### Home Learning:

As you will be aware, remote learning is now being set via the home learning tab on Class Charts. Staff can now ask students to submit completed work for marking or checking - please look out for the option to upload the home learning at the bottom of each assignment.

If there are any issues with accessing the resources that have been set for your child in a particular subject, please contact the class teacher in the first instance. Please remember that our response to queries may be slower than usual as many of our teachers are working from home while also managing childcare and their own caring responsibilities. If you are unable to see the work set at all it may be that you need to click 'Show by Issue Date' to see all the work set rather than 'Show by Due Date'.

## **Talking to your child about the Coronavirus**

The coronavirus (now officially named COVID-19) has been declared a public health emergency by the World Health Organization (WHO) and uncertainty around this can bring about fear and worry with our children. It is important to remember our children are looking towards us for reassurance and cues on how to react and respond. Please find attached some advice from the British Psychological Society regarding talking to children about the Coronavirus.

Please also find a list of helpful websites below for you to use over the coming weeks.

[BBC: How to protect your mental health](#)

[ChildMind: Talking to Children](#)

[CBBC: Video and Questions](#)

[Young Minds: Feeling Anxious about Coronavirus](#)

[Anxiety and world news from Hey Sigmund](#)

[Talking about world trauma with kids](#)

[This is a great website for parents/carers containing the latest psychological news and research](#)

[Supporting Students Experiencing Childhood Trauma: Tips for Parents and Educators from the National Association of School Psychologists](#)

[Smiling Mind is a great mindfulness app/website for the whole family \(Age 7+\).](#)

Helpful books:

[Something Bad Happened: A Kid's Guide to Coping with events in the News. How to process different world events by Dawn Huebner \(Ages 6-12\).](#)

[What To Do When You're Scared & Worried: A Guide for Kids.](#)

[Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids by Carol McCloud -Encourages positive behaviour and expressing kindness and appreciation](#)

## **Safeguarding**

Please find attached a helpsheet from 'thinkuknow' to support you in keeping your child safe on-line during this period of school closure. Should students or parents/carers have any safeguarding concerns during school closure, please email our Designated and Deputy Safeguarding Leads:

Sarah Pittaway [secondaryhead@smsj.london](mailto:secondaryhead@smsj.london)

Simon Atkinson [primaryhead@smsj.london](mailto:primaryhead@smsj.london)

Marcelina Silva [msilva@smsj.london](mailto:msilva@smsj.london)

Please note that this will be monitored during usual school opening hours only. Please do not use these contacts in an emergency. If a child is at risk of immediate danger please call the Barnet MASH team on 020 8359 4066 or contact the police on 999.

**Childline** also operates a 24 hour helpline service on 0800 1111.

Other support available for young people includes:

**Mind UK** (a [Mental Health Charity](#) with information and an online mutual support community)

**Kooth** is a free to use anonymous digital mental health and wellbeing support and information service available to anyone aged 11-25.

Support can be accessed through [www.kooth.com](http://www.kooth.com) 365 days a year, Monday-Friday: 12pm-10pm, Saturday-Sunday: 6pm-10pm. Online resources are accessible any time.

Wishing you and your family the very best of health.

A handwritten signature in black ink, appearing to read 'Sarah Pittaway', with a stylized flourish at the end.

Ms S Pittaway

(Acting) Head of Secondary