



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)

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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 timetables for our students to follow which should be more straightforward than the times of a usual school day. We offer these as examples and a suggested structure and realise that you are all juggling many different responsibilities at home at this time. Please do not be concerned if you cannot follow it and please adapt as necessary.

Early Years Suggested Timetable

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)
Monday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	Phonics/Literacy	Maths Knowledge and Understanding the world:Science	Handwriting Puzzles and games
Tuesday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	Phonics/Literacy	Religious Education (R.E) Maths	Art Knowledge and Understanding the world:History/family
Wednesday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	Phonics/Literacy	Maths Handwriting	Music Home-learning topic project
Thursday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	Phonics/Literacy	PSED/ Heartsmart Handwriting	Food technology
Friday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	Phonics/Literacy Knowledge and Understanding the world:My home	Maths Coding/ICT	Singing Garden games/House 'I spy'



Key Stage 1 Suggested Timetable

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)
Monday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	English/Phonics	Maths Handwriting	Science
Tuesday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	English/Phonics	Maths PSHE	DT/Art
Wednesday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	English/Phonics	Maths Handwriting	Research project
Thursday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	English/Phonics	Maths Dance and Music	RE
Friday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	English/Phonics	Maths Oracy/Drama	Computing

Key Stage 2 Suggested Timetable

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)
Monday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	English (Including 20 minutes of reading aloud) Spellings	Maths	RE
Tuesday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	English (Including 20 minutes of reading aloud)	Maths	Science PSHE
Wednesday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	English (Including 20 minutes of reading aloud)	Maths	RE
Thursday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	English (Including 20 minutes of reading aloud)	Maths	Art Geography
Friday	P.E with Mr. Smith (Twitter) or Joe Wicks (YouTube - live everyday)	English (Including 20 minutes of reading aloud) Spelling Test	Maths	Spanish

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.



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

Homework:

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

Please note that work for feedback needs to be uploaded via the **student** Class Charts account. If you have not already done so, you will need to set up the student account. To access the student accounts you need the student code which was sent home in November plus your child's date of birth. Over 300 student accounts are already set up at primary, but if you need a reminder of your child's unique code, please email office@smsj.london clearly stating your child's name and class. The office will reply when they are able with this information.

Parents of children in **Nursery and Reception** should continue to upload pictures and comments about their child's learning using Tapestry. This has been working really well for our youngest children.

In addition to Class Charts **Year 5 and 6** will be using the Socrative platform alongside Class Charts to access questions on reading, maths, science, writing, RE, geography, Spanish and spellings. This will be refreshed at approximately 9am every morning. Socrative provides instant feedback on many tasks and empowers the Year 5 and 6 children to attempt the task again should they feel this is appropriate based on their scores.

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](#)

Wishing you and your family the very best of health.

Yours faithfully,



Simon Atkinson
Head of Primary