

Message from Mr Watson

Dear Parents/Carers,

It's been a great week at St. John's. The children are starting to feel more settled and our Recovery curriculum is enabling all children to shine. This week, our new Reception children have started attending full days; they are doing brilliantly! Year 5 and Year 6 had a Virtual Reality experience and Year 4 completed some fieldwork by the local stream. It's great to see the school getting back to as close to normal as possible! A big thank-you for supporting us with our new systems and procedures, particularly around drop-off and pick-up. Thanks for your support with wearing face coverings. Everything we have put in place is working really well. A reminder that both Miss Smalldon and I are available on the gate as points of contact. If you would like a message passed on to the teacher, please let us know. This will help support the flow of the adults and children at the start and end of the day. Also, remember you can leave a message via telephone or email each teacher direct. More guidance will be sent out later with regards to Covid-related symptoms and the steps we are advised to take by Public Health England. There will be other key documents sent home with children today as well. Have a great weekend!

Mr Watson
Headteacher



New faces— Meet our new members of staff



Louise Polding
Operations Administrator



Emma Neat
Music Teacher



Becky Addenbrooke
Teaching Assistant



Emma Bishop
Teaching Assistant

FACE MASK UPDATE

In addition, and in response to a number of headteacher concerns about drop off / pick up times, schools are advised to ask parents to wear face coverings when dropping off and picking up children. This was put in place from Monday 14th September. Thanks for your support with this!

A reminder that our office is open between the hours of 8:30am-12:30pm and 1pm-4:30pm.

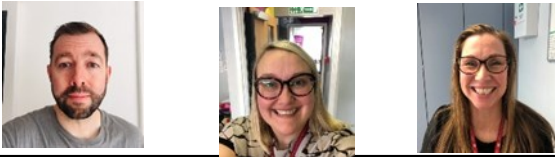
Our Amazing Learning with Miss Smalldon

Our Recovery curriculum is well and truly in full swing. It's been lovely to see the children experience a range of subjects from Art to Music to Computing; a fun and friendly start to the year!



Safeguarding Reminder

At St John's C of E Academy, we have a Safeguarding Team who work to keep children safe both in and out of school. Mr Watson, Miss Smallldon and Mrs Henderson are the school's safeguarding team so please contact them if you are worried about the safety of a child who attends our school.



Wellbeing with Mrs Henderson

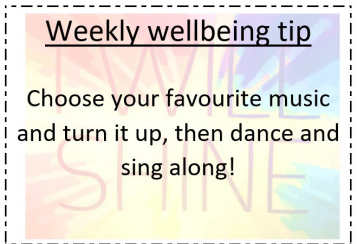
Sometimes you can feel like there is no escape, you are cross with one of your siblings or just fed up for no reason. Look at the different ways you can calm yourself on our Family Wellbeing Workout Page or do one of the many breathing activities we have been learning. Remember, it is ok to feel that way, just stop and think of a way that helps you to calm down. Remember we are here:

sara.henderson@stjohns.covmat.org



Weekly wellbeing tip

Choose your favourite music and turn it up, then dance and sing along!



Stars of the week!



Well done to everyone for a great week; all children at St. John's shine. Here are our 'super' Stars of the Week!



Reception: Louisa for her brilliant attitude in class. She has done some amazing counting in Maths and super independent 'Get Learning' time too. Well done!

Year 1: Hannah for always being a kind and polite member of the class and working hard in everything she does.

Year 2: Elisha for showing 'Excellence' in all the work she produces! Well done!

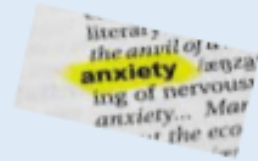
Year 3: Noah R for trying really hard with his learning this week, particularly in Maths, where he challenged himself when exploring place value.

Year 4: Lucy for her incredible attitude towards Maths, challenging herself every minute of every lesson. Awesome!

Year 5: Ruby for trying really hard with her presentation every lesson, trying to work towards her pen license!

Year 6: Eli G. for being a brilliant member of Year 6. Eli is always ready to learn and willing to contribute to class discussions. He is a great role model and friend to others and shines in all he does. Thank-you for being a ray of light and brightening up our days!





Have you any concerns around your child's wellbeing, specific needs, or potential SEN



concerns?



Mrs Henderson (SENDCo) will be available to chat and enable you to raise any concerns you have on:

Wednesday 16th September 3.10pm-4pm

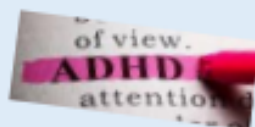
Wednesday 23rd September 4.30pm-5.30pm



at the front of school



Please observe social distancing between other adults.



Coventry's help and support during COVID-19

We know that during the COVID-19 emergency, a lot of people are feeling frightened and isolated.

- ? Do you need help to get food, medicines and other essential items?
- ? Are you worried about how you will pay your bills?
- ? Are you struggling or alone?
- ? Worried about a child or adult who lives with you or in your community?

If you need help in finding the right support in Coventry due to COVID-19 (Coronavirus), you can:



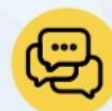
Phone - our freephone hotline number 08085 834 333, available Monday to Friday 9am till 5pm

Outside of these hours you can leave a message. We can give you advice and support on a range of issues and direct you to other organisations that can help. With our partners we are helping with Universal Credit and Council Tax support, food and supplies, a safe place to stay, befriending in the community.



If you have the internet, visit our website at www.coventry.gov.uk/coronaviruscommunity

Use our online map to find advice and information, community support groups, food delivery options or emergency food



Use our online chat at www.coventry.gov.uk/coronaviruscommunity

You can chat to our Customer Services



Out of Hours

If it's after 5pm and you're worried about a child or adult who may not be safe you can call our Emergency Duty Team on 024 7683 2222

Other telephone numbers you might find helpful:

Domestic abuse and sexual violence

CRASAC
T: 024 7627 7777
www.crasac.org.uk

Safe to Talk helpline
T: 0800 111 4998
www.safetotalk.org.uk

Mental Health – Adults

Mental Health Matters
T: 0800 616 171
www.mhm.org.uk/coventry-warwickshire-helpline

Safe Haven
T: 07921 876 065

Samaritans
T: 116 123 free from any phone
T: 0330 094 5717 local call charges apply
www.samaritans.org

Mental Health – Children and Young People

Coventry and Warwickshire Partnership Trust - Rise Mental Health and Emotional Wellbeing Service
T: Between 8am and 8pm please call 024 7664 1799
T: Between hours 8pm and 8am please call Coventry Crisis Team on: 024 7693 8000

Positive Choices
T: 07741 900 799



St. John's Rules for Online Internet Safety



- Tell an adult straight away if you come across anything that upsets you or you think is inappropriate.
- Never give out any personal information such as full name, address and phone numbers
- Never send a picture of yourself to a person that you don't know or haven't met.
- Only use a computer when an adult is nearby.
- Never give out your password to anyone (even your best friends) other than your parents.
- Check with an adult before downloading anything as it could damage the computer.



**Some information from Coventry and Warwickshire
Partnership NHS Trust**

**Children and Young Person Advice Helpline number to support crisis intervention and
prevent mental health crisis**

Coventry and Warwickshire Partnership NHS Trust (CWPT) want to support you during the difficult times we are facing due to the Covid 19 situation. To do this we have developed a 24 hour 7 day a week telephone Advice Helpline run by qualified mental health clinicians to be there for you to contact when you need. We know that the feelings you may be experiencing at such difficult times are frightening and can make you feel that your emotional wellbeing is in crisis. We know that these emotions can lead to a mental health crisis which often means that you no longer feel able to cope or be in control of your situation. You may feel great emotional distress or anxiety, cannot cope with day-to-day life, intense sadness and may be thinking about suicide or self-harm or experiencing thought disorientation that can feel like hallucinations or hearing voices.

We want to be there for you to support and give advice, to work with you to feel more able to be in control of your emotions and manage the distress you are feeling together with you.



Children and Young Peoples Specialist Mental Health service in CWPT have with the current crisis team worked together to develop a CYP response that will allow us to support you 24 hours 7 days a week and where needed continue to support you within the Rise Mental Health and Emotional Wellbeing service directly for Children and Young People.

Contact details

If you are calling between the hours of 8am and 8 pm please call Childrens Crisis Team at Whitestone on:

024 7664 1799

If you are calling between the hours of 8pm and 8 am please call Coventry Crisis team Crisis team:

024 7693 8000

What to expect when you call:

The mental health clinician who you speak to will want to know about you and will ask you some questions to help understand your feelings and emotions. They are doing this to help understand how to best help you and make sure that they get the right support for you.

Listening to you is so important and hearing your voice in terms of what you are experiencing, the feelings and the situation.

We may ask you about your family and the adults who are able to also support you or be part of your coping plan. This may mean we need to speak to an adult in your house as well but we will do this with you.

At times we may need to call you back to offer ongoing support and advice to do this we will need to have a contact number.

We also may need to think with you about other agencies that can support you but we will talk these suggestions through with you and or the adults you feel able to involve.

Most importantly we want to be able to offer advice and support over the phone as you need it to prevent a crisis feeling becoming too overwhelming.

As well as our 24 hour 7 day a week phone advice helpline we have also been working hard to provide resources on line to provide more direct advice and guidance.

We acknowledge that these Covid 19 times are presenting challenges for all of us and we want to make sure that we are reaching out to you all - children and young people, parents, career's and families.

On the Rise website you will find a wealth of up to date links, advice, guidance and support to help support during these times.

In addition the following resources are available to all to telephone or contact via their website that are children and young people focused.

Young Minds parent helpline

Tel: 0808 802 5544

Website: <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Papyrus

Tel: 0800 068 4142

Website: <https://papyrus-uk.org/hopelineuk/>

Opening hours: Weekdays 9am – 10pm, Weekend / bank holidays 2pm – 10pm

ChildLine

Tel: 0800 1111

Website: <https://www.childline.org.uk>