

Normally this would be our Spring Break and I wouldn't normally send a Newsletter home but these are not normal times and I just wanted to keep in touch with you all and check everyone is ok.

This week has been Holy Week, with today being 'Good Friday'. Had we been in school we would have marked Holy Week through a series of assemblies and services. Sunday is **Easter Sunday** which is the greatest day in the Church's calendar. We remember how Jesus rose from the dead and this is a message of hope for us all during these strange times we are currently experiencing.

Myself and the staff would like to take this opportunity to wish you all a 'Happy and Blessed Easter'.

We know it will be a slightly different Easter this year but we have reliably heard that the Easter Bunny has been given special dispensation to carry out his responsibilities and will still be visiting houses so I am sure there will still be plenty of chocolate to enjoy!!!!

As it is still the Easter holidays, please enjoy the break if you can and enjoy the time to just be together. The teachers will be back up and running on SEESAW with lots of activities and learning tasks, week beginning 20th April. Mrs Ralph



Department for Education

The latest guidance schools have received from the Department for Education is -

Schools to remain closed until further notice

All early years settings, schools and further education providers will remain closed until further notice. We will only re-open settings when the scientific advice indicates it is safe to do so.

As soon as there is any change or we hear of any potential reopening dates of course I will update you.

I know it is beautiful to see the sun shining but please only enjoy it from the safety of your own homes and gardens. We have been urged to continue to follow the Government Advice and STAY AT HOME, STAY SAFE and PROTECT THE NHS.

Thursday Night clapping is becoming part of our weekly routine and I know in my own neighbourhood it is a very emotional time. If you haven't seen the videos being shared on social media of the clapping outside Arrow Park Hospital you cannot help but be moved. These



amazing NHS staff are risking their own lives to protect us. Please do the right thing for all of them and STAY AT HOME.

St Michael and All Angels Catholic Primary
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Coronavirus

A book for children



We have spoken to some parents who have shared concerns about how they are finding it difficult to explain the current situation to children who are worried or anxious. Earlier this week I emailed you all this book which explains the situation in a 'child appropriate' way so I would definitely suggest you share this with your children at home. If you follow the link below the NHS have produced 10 tips for coping with anxiety during this time.

<https://www.nhs.uk/oneyou/every-mindmatters/coronavirus-covid-19-anxiety-tips/>

'Young Minds' have also produced 10 tips for talking to your children about Coronavirus.

1. Try not to shield your child from the news, which is going to be nearly impossible at the moment. The amount of information on the internet about coronavirus can be overwhelming, so ask your child about what they're seeing or hearing online and think together about reliable sources of information.
2. Talk to your child about what's going on. Find out how they're feeling and what they're thinking about, let them know it is okay to feel scared or unsure, and reassure them that this will pass.
3. Try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
4. Reassure your child that it is unlikely they will get seriously ill, and if they do you feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
5. Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
6. Keep as many regular routines as possible, so that your child feels safe and that things are stable.
7. Spend time doing a positive activity with your child (such as reading, playing, painting or cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'
8. Encourage your child to think about the things they can do to make them feel safer and less worried.



9. Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.

10. Remember to look after yourself too. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.

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HOLY WEEK

If the children had been in school this week, they would have learnt about the importance and solemnity of this week as we near the end of our Lenten Journey.

Last Sunday it was Palm Sunday which marks the start of Holy Week and reminds us of the journey Jesus made on a donkey into Jerusalem. We think about how people welcomed Jesus as a King and waved palm branches and threw down their cloaks in the path of the donkey as they shouted 'Hosanna'. Palm Sunday was a happy and sad day. Happy because people were singing praises to Jesus and sad because we know Jesus died less than a week later.

Yesterday was Maundy Thursday when we think about the



final meal Jesus shared with his friends before he died.

Today, is Good Friday when we have remember the last journey Jesus made before being killed on the cross.

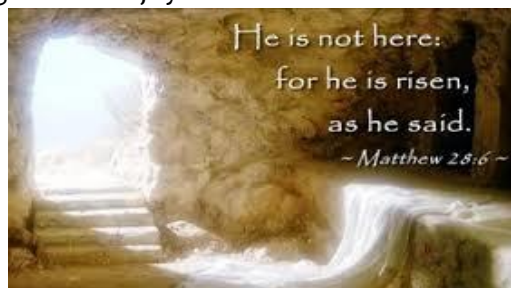


And on Sunday we celebrate Easter Sunday, the day Jesus rose from the dead, giving new life to us all. This is a time of such hope which is something we all need right now.

Share the Gospel reading at home and think about Easter being a time of joy and celebration.

Gospel: John 20:1-9 - *Early on Sunday morning, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been taken away from the entrance. She went running to Simon Peter and the other disciple, whom Jesus loved, and told them, "They have taken the Lord from the tomb, and we don't know where they have put him!"*

Then Peter and the other disciple went to the tomb. The two of them were running, but the other disciple ran faster than Peter and reached the tomb first. He bent over and saw the linen wrappings, but he did not go in. Behind him came Simon Peter, and he went straight into the tomb. He saw the linen wrappings lying there and the cloth which had been round Jesus' head. It was not lying with the linen wrappings but was rolled up by itself. Then the other disciple, who had reached the tomb first, also went in; he saw and believed. (They still did not understand the scripture which said that he must rise from death.)



Lord, we bring this pandemic and all our hopes and fears to you. Help us learn a new pace of life during this enforced global slow down. As a worldwide community, let this pandemic bring us together and not divide us. Easter is a time for celebration and spending time with loved ones. We remember those who are unable to celebrate in this way:

For families and loved ones separated by the current lockdown.

For people stranded abroad and unable to travel home due to the coronavirus.

For emergency services and NHS workers who willingly sacrifice their time and energy to serve others, often putting themselves at risk to do so.

For those who are ill and suffering alone to prevent further spread of the virus.

Father God, help these people know that they are never truly alone because you are with them. Send your comfort and peace to them today. Amen

Please try and stay positive during these sad and difficult times and look after those in your households. Stay safe and PLEASE take care. Mrs Ralph