

THE ST CHARLES' COMMUNITY NEWSLETTER



Friday 24th April 2020

"Bring Forth Christ"



Determination Friendship Good Manners Respect Responsibility

THE 'EASTER BREAK' IS OVER

there's NO "right"
way to get through
these weird times.

Do what works

FOR YOU ♥

@lolicannomadotit

The children should be returning to school on Monday following the two-week Easter holiday however this isn't to be. The current lockdown situation with Covid-19/Coronavirus means that schools are still closed and there is nothing I have read or seen from any official sources which indicates a date which we will return.

I wouldn't normally do a newsletter at the end of a 'holiday' but these days, there is nothing happening which is normal. All the staff working in school and at home are keen to keep our St Charles' community alive and want to communicate in some way with you at home. The best way we can think of doing this at the minute is through activities which link us all together, like the Easter Egg Challenge video which had nearly 3000 views on our Facebook page. We are starting to have themed weeks in school and want to link this with what you are up to at home to help support you and give you some focus. The packs of work we produced before the Easter Holiday will run up to next Friday, 1st May, however, from the conversations I've had with people in school and at home, getting children to sit down and work at home can sometimes create tension which isn't needed which is why there is no pressure from school to complete this work. These activities will hopefully give you something different to do and allow you, as a family, to spend some quality time together. You can pick and choose from the list of activities or create an activity yourselves which links to our theme. There is no pressure at all. As always, we love to see what you've been up to and so please keep sharing your photos and videos with us and I'll keep them flowing onto the Facebook page (but please remind me if I haven't shared something you've sent in).

OUR FIRST THEME – UP AND ACTIVE

The first of our themes is 'Up and Active' and we are wanting to encourage our families to get moving and be healthy – something which is important in these times. Everyday, the children in school (and you can contribute from home if you want) will create a 10-minute workout video for you to use at home. This video will be made up of different 1-minute workouts with a 30 second rest and then pieced together. I'll be sharing this on our Facebook page and also uploading to our new YouTube channel (click [here](#) to access).

UP AND active

WAYS YOU CAN GET INVOLVED

- Why not film an activity to be part of the daily workout? Film yourself for one minute and send it in to: remotelarning@st-charles.lancs.sch.uk. You could film yourself doing star jumps, sit-ups, squats, lunges, jogging on the spot, step-ups, high knees – or anything else you can think of.
- Take a picture of you or your family getting 'up and active' on a daily walk/run/bike ride.
- Send us a picture of you doing our workouts or another celebrity/online workout.
- Have a go at the list of activities we've shared later on in the newsletter and on our website, and send in your videos and pictures from these.
- Check out the London Marathon 26.2 challenge on the next page for other ideas.

Upcoming themes (weeks beginning)

4th May – VE Day activities

11th May – Wildlife themed activities

18th May – Our Lady/Lourdes pilgrimage (linked to plans we already had in place in school).

WEEKEND LONDON MARATHON 26.2 CHALLENGE

This Sunday, 26th April, would have been the Virgin London Marathon. Thousands of people, from all over the world, would have put on their trainers and running vests to conquer the 26.2mile, long and winding course.



We'd like to acknowledge this, by getting our St Charles family up and moving - we hope you would like to join us. The ideas and activities will be based around the number 26. This can be miles, kilometres, minutes, hours or seconds.

Some ideas we have are:

- 26 keepy ups with a ball or tennis racket
- 26 second hand stand
- 26 forward rolls
- 26 laps of your garden
- 26 shots in a netball/ basketball hoop
- 26 throws and catches
- 26 scoots up and down your drive/street
- 26 skips
- 2.6mile bike ride
- 26 jumps on a trampoline
- 2.6k walk or run
- 26 second TIK TOK dance

Whatever your activity, we would love to see it and share it so others can join in too.

NEW SCHOOL WEBSITE

Before school closed, we'd started work on a new school website. This is now up and running and launched on the world wide web. The address is still the same (www.st-charles.lancs.sch.uk) but we hope you agree that it is a little bit more user friendly. The website is now something which we can easily update and edit from within school. One of the additions created this week is the Covid-19 section which can be found from the homepage. This is where you will be able to find activities for the week (and past weeks) and also request packs of work for your child which we can either e-e-mail out to you or print out and deliver. We're also going to put some of the regular sections from this newsletter onto the site so you can access them easily. There are some sections of the new website which aren't finished yet but we're hoping to have these populated next week. If you do spot any errors or have any feedback on the website, please don't hesitate to get in touch.



FREE SCHOOL MEAL VOUCHERS

Some of our parents have been receiving the FSM vouchers through the new system which has been put in place at great speed over recent weeks. There have been quite a few 'teething' problems with this system but we are hopefully now moving towards a position where the system works better. I was informed earlier this week that Aldi have joined the FSM voucher scheme and so parents who receive these vouchers worth £15 a week can now redeem them to be used at Aldi from Monday.

Since school has been closed, we have been made aware of some children who are now eligible for these vouchers and so are in a position to receive them. If you think your circumstances might have changed, please check out the information later on in the newsletter for more information.

100 CLUB DRAW

School might be closed but our PTFA 100 club still goes on. The key worker children in school today helped me to draw the two £20 winners for March and April. Carter was in charge of the March draw and picked out number 46 – Nicola Pepper. Leticia took control of the April draw and selected number 36 – Demi Clarkson. Congratulations to you both. We'll be in touch next week to work out the best way of getting the £20 prize to you.



OUR THEME FOR THIS WEEK IS:
UP AND ACTIVE
HERE ARE SOME ACTIVITY IDEAS

Have a go at as many of these activities as you can! Worksheets to support this work will be posted in the Covid-19 section ahead of Monday.

- Why not write a letter/postcard/email to school telling us how you are keeping fit and keeping your minds healthy
- Create a daily exercise journal jotting down all of the exercises you have done each day
- Have a go at the A-Z alphabet sports challenge. How many sports can you note down for each letter of the alphabet
- Investigate 'Who's fitness work out gets your heart rate the highest?' Do each workout we share this week or explore this with the online celebrity workouts, e.g. Jo Wicks, and record your heart rate before and after. Which one will impact you the most?
- Create a healthy meal for you and your family. For extra challenges you could calculate the price of your healthy meal or you could have a go at creating the healthiest meal for a set price
- Why not produce a video explaining what healthy foods you are eating and why?
- Share things you can do to relax and have a healthy mind – colouring, chilling out in the garden, reading
- Have a go at creating your own instructional video making a healthy snack/meal
- Eat a rainbow a day (something red/orange/yellow/green/purple) – share pictures of your rainbows!
- Design your own running vest
- Create your own 'Up and Active' exercise gear – make a runners' vest out of an old t-shirt
- Design your own healthy eating poster
- Teach everybody a dance routine through pictures or a video
- Create different walking routes around the area – can you create easy walking routes (on the flat ground) and more challenging ones (involving a few hills)

Please share your own activity ideas and I'll make sure I update the list on our school website.

PHONICS AND EARLY READING

Here are some helpful phonics and early reading resources to help your child at home. As there are no home reading books going home at the moment, there are some great alternatives which you can access free of charge. If you are unsure of your child's current phonic's level/book band, please contact their class teacher who will be happy to provide this information.

READ WRITE INC. LIVE PHONICS SESSIONS

Read Write Inc. are doing live phonics sessions twice a day. Phonics lessons will be on Facebook and YouTube for children to watch at home; three short Speed Sound lessons with one of their trainers every day. Films will only be available at the times below:

Set 1 Speed Sounds at 9.30 am and again at 12.30 pm

Set 2 Speed Sounds at 10.00 am and again at 1.00 pm

Set 3 Speed Sounds at 10.30 am and again at 1.30 pm

https://m.youtube.com/channel/UCo7fbLgY2oA_cFCI9GdxtQ

OXFORD OWL E-BOOKS

Lots of books available to help children practise early reading and phonics. Children will be familiar with some of these books from school. You can search by age, book band or phonics level (your child's class teacher will supply you with this information). You need to register but it is completely free.

www.oxfordowl.co.uk

TEACH YOUR MONSTER TO READ

A free website full of phonics games and reading activities. You need to register but it is completely free.

www.teachyoumonstertoread.com

TT Rockstars

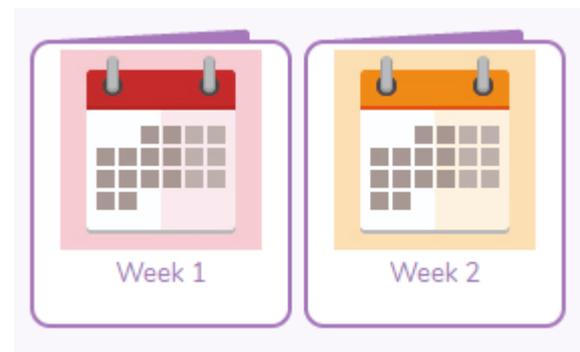
This week we have focussed on improving our School Studio Speed. This did have a positive impact but not necessarily in improving our school speed overall. The positive impact was that we have had a big uptake in the number of children taking part in TT Rockstars (i.e. children who don't normally log on and participate) but because of this, our Studio Speed has dropped as they get used to it. However, I'm confident that if we continue trying to improve our studio speed over the 'Easter Holiday' period, we can start to climb back up the table. Keep working hard on this one everybody!!

Purple Mash

There have been quite a few children on Purple Mash this week which has been fantastic. There are a whole host of resources on the site and can be accessed. Purple Mash have also created some packs of resources which will support you at home if you need it and which will be released on a weekly basis. These can be accessed on the site through the links on the right:



then clicking on the Week



ONLINE SAFETY

During these times, children will be using the internet more than usual which is why it's important to try and keep tabs on what they are accessing and doing. If you need specific guidance on any apps the children are using or want to ask any questions, please send a dojo or send an e-mail to the address on the front page. There are also a range of resources on our school website (<http://st-charles.lancs.sch.uk/internetsafetyforparents.asp>) which might help. I'll share some other resources on the school Facebook page when I come across them and hopefully they will be of some use for you. There are also some helpful handouts from the National Online Safety Centre (click on the links below).

[Online Grooming Safety Guide for Parents](#)

[Screen Addiction Guide for Parents](#)

[Fortnite Battle Royale](#)

[Live Streaming Guide for Parents](#)

[YouTube](#)

[WhatsApp](#)

[FIFA](#)

[Instagram](#)

[Snapchat](#)

[Facebook](#)

[TikTok](#)

[Minecraft](#)

[Roblox](#)

Hand outs available by clicking on the school website link above



ONWARD – **1st CALL**

This information has been shared with me by one of the Lancashire School Advisers to inform parents about the support being offered to all residents in the Hyndburn Area. I have a copy of the referral form so please contact them directly or let me know if you would like me to share the referral form with you.



How to contact 1st Call Team

Please email: 1stcall@onward.co.uk

**** 1st Call Team are available to support ALL residents in the Hyndburn area**

**Customers/partners are asked to email their name and contact details and type of query
eg: support with HB Claim, advice about searching for jobs**

**The 1stcall@onward mailbox will be checked Mon to Fri throughout the day
1st Call will contact the customer direct via telephone or email to discuss their query**

HOW CAN 1st CALL REMOTE SUPPORT HELP YOU?

- a) **Advice/guidance to complete welfare benefit claims eg:**
 - o Assistance with Universal Credit Journal / notifying changes etc
 - o Housing Benefit Claims – assistance to complete online form
 - o Council Tax Support – online applications
 - o Carer's Allowance – advice and support with online applications
- b) **Social Housing and Be with Us**
 - o Online support with new/existing Be with Us applications
 - o Information / signposting Onward Tenants
- c) **HBC Homeless Portal**
 - o Support to complete HBC online form via portal
 - o General advice/signposting
- d) **Employment Related Support**
(including support through More Positive Together Project)
 - o Advice / guidance / information to support residents looking for future employment
 - o Support / advice to search for current job opportunities
 - o Advice to set up CV and cover letter documents
 - o Advice when completing online job applications
 - o 1-2-1 employment mentoring via telephone / email



FREE SCHOOL MEALS - CLAIMING OF BENEFITS- WHAT YOU CAN DO

We understand that this is a difficult time for everyone. Should you need help with understanding the many different situations you may find yourself in, and not sure where to turn, we have attached a few essential Government guides to assist you if you are off work during this period or if you've been made redundant.

This includes advice on:

- Statutory Sick Pay (if you are off work due to Covid-19);
- Universal credit;
- Self-Employed Income Support Scheme;
- Changes to your earnings;
- Employment and Support Allowance; and
- Benefit calculators.

Should you be in the situation where you need to claim any of these benefits, the Government has relaxed the waiting periods, .e.g Statutory Sick Pay usually has a 3 day waiting period before benefits are paid, this will now be considered from day 1. The main site for all the information is www.gov.uk However, below are some suggested links you may find useful.

<https://www.understandinguniversalcredit.gov.uk/coronavirus/>

<https://www.gov.uk/benefits-calculators>

<https://www.gov.uk/apply-free-school-meals>

Where your circumstances have changed, your child may now be able to get free school meals (FSM). This might not sound like it would be helpful at the minute but in the current situation, the Government are making available £15 vouchers which can be used at a range of different supermarkets. If this would be useful and you get any of the following support, then please get in touch and we will help you out.

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

If your child is eligible for free school meals, they'll remain eligible until they finish the phase of schooling (primary or secondary) they're in on 31 March 2022.

To apply: Go on the LCC Website attached to the above link. They will confirm if you are eligible within 5 working days. Alternatively, phone them on 01254 220747 with your name, date of birth and national insurance number. School will be notified by the Area Education Office.

Mental wellbeing while staying at home



Taking care of your mind as well as your body is really important while staying at home because of coronavirus (COVID-19).

You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you.

It's important to remember that it is OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these difficult feelings will pass. Staying at home may be difficult, but you are helping to protect yourself and others by doing it.

The tips and advice here are things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home. Make sure you get further support if you feel you need it.

The government also has [wider guidance on staying at home as a result of coronavirus](#).

Looking after your own mental health and wellbeing at this time is incredibly important, especially if you've got children or other people dependent on you. The NHS have a wide range of resources to help and support you at this time. These can be accessed on the Every Mind Matters section of the NHS website:

<https://www.nhs.uk/oneyou/every-mind-matters/>

There is specific guidance on how you can keep your mind health whilst staying at home:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

And there is also advice if you are feeling anxious during these times of uncertainty. This section has 10 simple things you can do to maintain your mental wellbeing and deal with anxiety brought on by the Coronavirus/Covid-19 outbreak.

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

Please make sure you access the necessary support you need at this time. It's ok not to be ok. It's ok to be struggling and to be finding this incredibly tough. But please don't struggle on your own. If you need to speak with somebody in school who can help, please get in touch and we'll help as best we can.