



St Patrick's Catholic Primary School

Nova Lane, Birstall, West Yorkshire, WF17 9LQ

Telephone: 01924 423220

Website: www.stpatricksbirstall.co.uk

Headteacher: Mrs C Moulding

Deputy Headteacher: Miss J Smith

Email: office.stpatricksbirstall@kirkleeseducation.uk

Monday 30th March 2020

Dear Parents and Carers,

I hope you are all as well as can be expected during this very difficult time.

Due to the unique situation we find ourselves in, with school only open for identified pupils, I would like to keep in regular contact with you. Therefore, I will send a newsletter by email and the school APP every other week during regular term time (There will be no newsletter week beginning 13th April).

This newsletter will contain information to support you and your family with mental health during this very difficult time. I know you are all aware that daily learning updates are posted on your child's class home page, tapestry for EYFS and lots of information, links and support is on the Coronavirus Home learning pages (Our Home Learning and EYFS Home Learning) on our website. I am also adding a short daily message for our pupils and of course yourselves as parents.

Please take care and always follow the Government advice on social distancing and self-isolation.



*Only go outside for food, health reasons or for ESSENTIAL work where this cannot be done at home.

*Stay 2 metres away from other people – social distancing.

*Wash your hands regularly for 20 seconds with soap and warm water – especially when you return to the home, before and after eating, after using the bathroom and as regularly as you can.

As a community we recognise the challenges that pupils and families face during this unprecedented time, and our thoughts and prayers are with you always. Throughout this time it is important that you feel we are here to support you – if you have any general concerns you can contact us through the usual channels of school office 01924 423220 or through my email: head.stpatricksbirstall@kirkleeseducation.uk

If we can help we will support you, or we will signpost you to other agencies in the community.





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Please ensure you read the latest guidance on how to stay safe at

<https://www.nhs.uk/conditions/coronavirus-covid1-19/> and keep up to date on the school website where I am adding the latest information for schools from the DFE as I receive it.

LOOKING AFTER YOUR HEALTH AND WELLBEING:



Wellbeing:

Following the official guidance is really important to keep yourselves and your family well.

If you are finding your child needs support around their mental health, the app [CombinedMinds](#) aimed at parents supporting young people with mental health difficulties, is available. Made by the same charity who produced the apps [CalmHarm](#) and [ClearFear](#), the information produced is all evidence based.

The website <https://stem4.org.uk> is also good for supporting young people and parents / carers around mental health, and also has information about Covid-19.

Community Response

How to request support, or OFFER support

Anyone can contact us to advise about areas they need help with, or about someone who they are concerned about that might need help. Individuals, organisations and businesses can also tell us about the support they may be able to offer to others:

*Online forms: Covid-19 Community Response

*Community Response helpline: 01484 226919

The helpline is managed by Kirklees Direct, and is currently open 8am to 6pm weekdays.





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Emotional Wellbeing Support:

During this time, many of us may be experiencing a range of emotions. To support young people with this, Young Minds have released this information:

<https://youngminds.org.uk/blog/what-to-do-if-you-are-anxious-about-coronavirus/>

As adults, it is important for us to take care of ourselves too. This website may be useful to you:

<https://www.mind.ork.uk/information-support/coronavirus-and-your-wellbeing/>

I hope you will find the information I have shared useful. Let us all join together to support one another at this very difficult time.

Please join us in prayer:

Loving, ever-living and compassionate God

You are a light that shines in the darkest times,

Guide us and heal us in our sickness and sorrow.

You comfort us in times of fear,

May we comfort each other, even as we keep apart.

You console and lead us in times of doubt and confusion,

May we follow the light of your love and spread hope.

You move our hearts to acts of generosity,

May we be led to share what we have with those in need.

God of life,

We thank you for the signs of your light in the midst of our darkest times,

May we be signs of your compassion in the heart of your world.

AMEN



With best wishes

C. L. Moulding

Headteacher

