



Hatfield Peverel St Andrew's Junior School

NEWSLETTER

5th February 2021



Dear Parents and Carers,

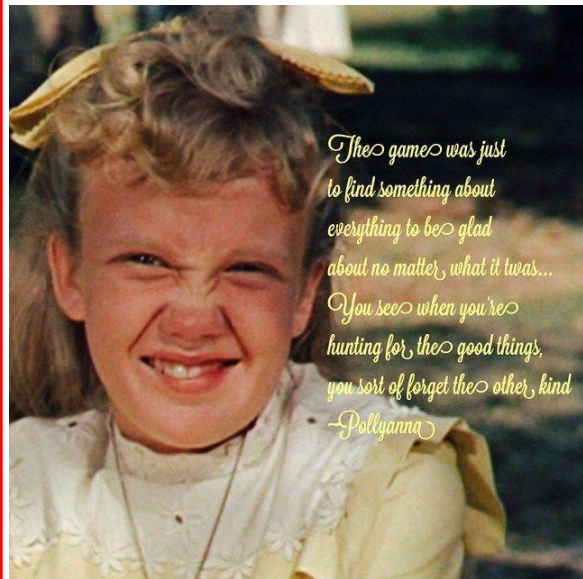
Well, another very wet and rainy week. Clearly for many of us it has felt a hard, sometimes overwhelming and very long week.

To remain constantly upbeat and cheery can be very hard- I know!

But in the words of Captain Sir Tom Moore- 'Tomorrow will be a good day' - maybe not the good that we would choose or a pre-lockdown good but there will be good aspects to it!

Holding on to this hope is good for our mental health!

When I think about 'glad' I think about the film Pollyanna- this reminds me of my Mum. She loves this film and I remember watching it together on rainy Saturday afternoons. She has always has a 'Pollyanna' approach and definitely tries to find the 'Glad' in life!



Looking for the 'Glad' in a situation can be exhausting and sometimes it feels hopeless- but know that we are all searching and that each day that passes is a day closer to a more 'normal' world that we all crave.

Wishing you all well and know that we are holding you in our thoughts.

Becky Black



Wishing a very Happy Birthday to the children who have celebrated their birthdays between:
February 1st and February 7th

Holly C, Phoebe, Orla-Mae,

Archie G, Rio,

Mrs Butler, Mrs Walton

The following children have been spotted shining by Mrs Waring! She had invited children in Years 4, 5 and 6 to create a 'Thank you' animation to send to the company GPS, who kindly donated 14 laptops last year. Mrs Waring was really impressed with their coding, ingenuity and creativity.

Harry G (Rowan)
Josh T (Maple)
Freya S (Maple)
Evie J (Maple)
Isabelle P (Maple)
George D (Fir)
Abigail R (Cherry)
Jake C (Cherry)
Lottie A (Cherry)
Stanley B (Oak)



**Please ensure your child/children join
Collective Worship on Tuesday at 1:30
Mrs Waring is doing a special Internet Safety Session!**

Congratulations to Harry B

Well done to Harry in Year Five who, during lockdown, has passed his Grade Two piano exam.

He received a merit and was two marks off a distinction!

We are really proud of this achievement and are looking forward to a demonstration when lockdown is over - if he is keen!





These are the children who have been spotted shining this week.
Whether as part of our school-learning or online in their home-learning.

Well done for continuing to demonstrate our CARE values during these challenging times.

Alexander D

Max M

Shaan R

Sharilyn M

Alice W

Otto B

Ellis S

Finlay B

Compassion Achievement Respect Enjoyment

Every child is known and loved.

Every child shines.

*Captain Sir
Tom Moore*



Thank you.

In Collective Worship we learnt about the amazing life Captain Sir Tom Moore had led.

We focused on the themes of Inspiration and Legacy.

I wonder what our amazing children and families have been inspired by?

I am sure that there will be some great stories when we return to school!

Probably better than my inspiration to be a teacher! Aged 6 I was inspired to be a teacher so that I could have my very own packet of Berol felt-tip pens!

I promise I care more about the important things now than felt-pens!



These resources maybe helpful in order to help with supporting yourself and your family:

- Getting Help in Essex: <https://www.essex-gethelp.uk/>
Find support groups, local services and resources to help you cope during the coronavirus (COVID-19) pandemic
- For your mind health get 'your mind plan' quiz, get 'your physical health quiz', plus NHS endorsed Apps:
https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&qclid=CjwKCAjw3-zBRBhEiwAgnnLCgr2g84Ag7XAbtbARWt6APSWPwt75UUcPUtsNkI6L37vTprESbG_wBoC8XwQAvD_BwE
- Mental health explained by the organisation Mind:
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/support-services/>
- The app by Action for Happiness is like having a little personal action coach in your pocket who; Gives you friendly 'nudges' with an action idea each day; sends you inspiring messages to give you a boost and; helps you connect & share ideas with like-minded people: <https://www.actionforhappiness.org/app>
- How to support someone experiencing mental health difficulties by the Mental Health Foundation:
<https://www.mentalhealth.org.uk/publications/supporting-someone-mental-health-problem>

· Parental mental health: How to help children living with parents with mental health problems by NSPCC:

<https://www.nspcc.org.uk/keeping-children-safe/child-protection-system/parental-mental-health/>

Young Minds for parents: <https://youngminds.org.uk/find-help/for-parents/>

· Activities for families whilst in self-isolation by Home Start: <https://www.home-start.org.uk/news/activities-for-families-during-self-isolation>

· Parent helpline and online counselling by Relate: <https://www.relate.org.uk/relationship-help/talk-someone>

· Mental Health Foundation Podcasts: <https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>

· Renew Counselling <https://www.renew-us.org/> / 01245 359353 or 01268 822 800

· Essex Family Wellbeing Resource Hub: <https://essexfamilywellbeing.co.uk/covid-19-pandemic-resource-hub/>

To support you and your family through the COVID-19 pandemic, Essex Child and Family Wellbeing Service has created a brand new resource hub.

