



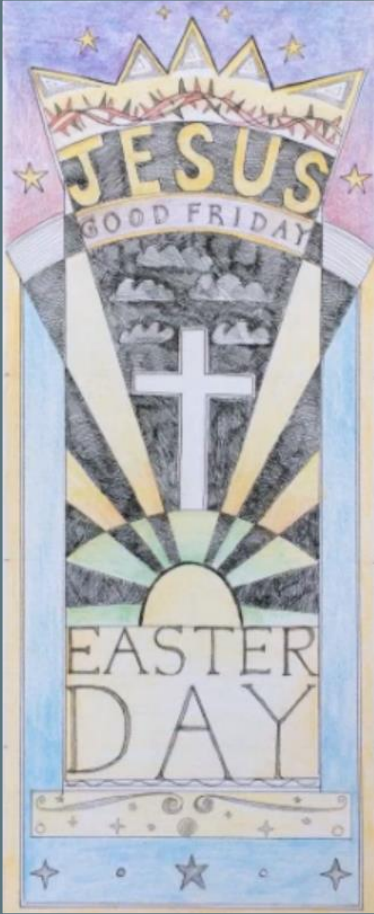
Keeping in touch with

# ‘NON-CONTACT’

one small  
positive thought  
can change your  
whole day

RESPONSIBLE	AMBITIOUS	HARD WORKING	RESILIENT
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# WEEKLY WORSHIP

We are St Catherine's

## Why?

As members of the St Catherine's College community, it is important that we remember to take a few minutes out of the daily rush to reflect upon who we are and what we are doing.

I would also encourage everyone to think, *"what can I do to help others today?"*

## What, Where and When?

You'll find a brief Worship and reflection on the home page of our website (under Latest News):

<https://www.stcatherines.college/>

## Prayer

Dear God  
Thank you for today,  
Yesterday and tomorrow,  
My family, my joys, my sorrows,  
For all that made me stronger.  
Amen.



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**COLLEGE**  
A CHURCH OF ENGLAND ACADEMY

Preparing students to stand shoulder to shoulder with their peers: locally, nationally and globally.

**If you need to contact the School, please do so via your child's class teacher, form tutor or Head of Year.**

Class teachers and form tutors will make contact weekly to check-in with students and provide pastoral support whilst working from home. For subject-specific support, please contact the relevant teacher.



**For safeguarding concerns, please contact Mrs Guppy at [kguppy@stcatherines.college](mailto:kguppy@stcatherines.college)**

## 10 TOP TIPS

### Remote Learning For Parents

- Take an active interest in your child's learning
- Monitor your child's communication and online activity
- Establish a daily schedule and routine
- Encourage screen breaks away from devices
- Ensure your learning device is in a public space in the home
- Implement safety controls and privacy restrictions on apps and software
- Ensure your child only uses official school communication channels
- Familiarise yourself with relevant school policies
- Maintain feedback with teachers
- Monitor your child's wellbeing and mental health

## EAST SUSSEX YOUNG CARERS

East Sussex Young Carers provided by Imago Community, are asking that schools take this time to promote support for Young Carers. A Young Carer is someone aged between 5-18 years old who is responsible for caring for a member of the family with a long-term condition, disability, mental health or a substance misuse issue. The Young Carer could be providing physical, practical or emotional support. For support please [Click Here](#). Alternatively, please contact Mrs Guppy who can make a referral on behalf of the family. For further information, please contact 0300 111 1110.

## WORRIED ABOUT A CHILD?

If you're worried about something a child or young person may have experienced online, you can contact the NSPCC helpline for free support and advice. Call 0808 800 5000 or contact online at <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/what-if-suspect-abuse/>. Children can contact **Childline** any time to get support.



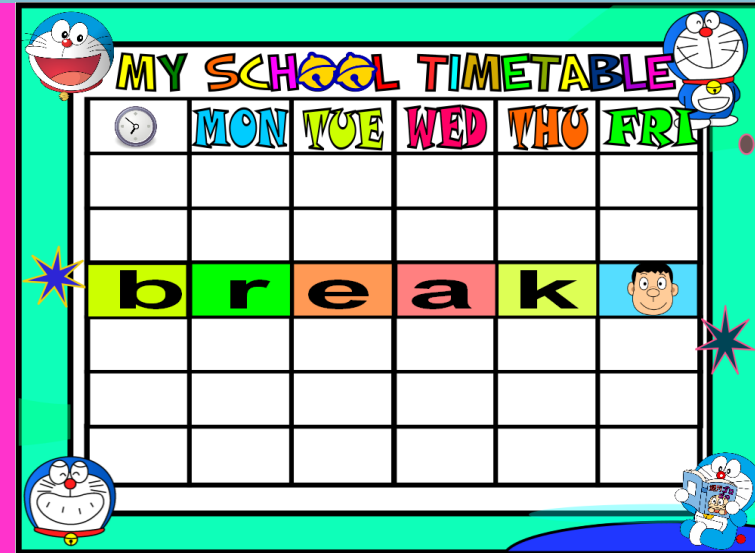
# PARENT HELPSHEET: HOW TO SUPPORT HOME LEARNING

## BE REALISTIC ABOUT WHAT YOU CAN DO

- You're not expected to become teachers, and your children aren't expected to learn as they do in school. Simply providing your children with some structure at home will help them to adapt. Use our tips to help you make this work for your household.
- Experiment in the first week, then take stock. What's working and what isn't? Ask your children, involve them too!
- Share the load if there are two parents at home. Split the day into 2-3 hour slots and take turns so that you can do your own work.

## KEEP TO A TIMETABLE WHEREVER POSSIBLE

- If you can, create and stick to a routine. This is what children are used to. For example, eat breakfast at the same time and make sure they are dressed before starting the 'school' day.
- Where possible, involve your children in setting the timetable. It's a great opportunity for them to manage their own time better and it'll give them ownership.
- Check in with your children and try to keep to the timetable, but be flexible.
- If you have more than one child at home, consider combining their timetables.
- If possible, designate a working space.
- Distinguish between weekdays and weekends.



## MAKE TIME FOR EXERCISE AND BREAKS

- Start each morning with a PE lesson at 9.00am with Joe Wicks. [Joe Wicks PE](#)
- If you have a garden, use it regularly. If you don't, try to get out once a day.



## OTHER ACTIVITIES TO KEEP CHILDREN ENGAGED THROUGHOUT THE DAY

- Where you have more freedom in the timetable, make time for other activities. Add some creative time or watch a dance or exercise video.
- Get your children to write postcards to their grandparents or to pen pals.
- Give them chores to do so that they feel more responsible about the daily routine at home. Ask them to help you cook and bake.
- Accept that they will probably watch more TV/spend time on their phone - that's ok but you might want to set/agree some screen time limits.

Get your children to write in a diary what they did each day – this can be a clear sign that the 'school' day has ended.





# HERE ARE SOME TIPS ON HOW TO KEEP HAPPY AND BUSY WHILE YOU'RE STUCK INSIDE

## BE KIND

This is a difficult time for everyone. So if your little brother or sister is getting on your nerves, before arguing, see if you can understand how they're feeling – and maybe help them!

## LOOK AFTER EACH OTHER

We all might feel a bit worried or lonely along the way, it's good to take care of each other, and sometimes helping someone else, makes you feel better!

## DON'T WORRY TOO MUCH

This won't last forever, and even when times are tough, everyday can have something amazing up its sleeve.

## ORGANISE YOUR DAY

Make time for school work, but also for relaxing.



# Use Social Media

- No, we can't believe we are saying that either! However, now more than ever, social media can be a power for good!
- A number of students tell us that they have set up social media groups so that they can Facetime or video WhatsApp to support each other in their home studying. This is not only a great idea for study support but also to maintain those all important friendships.





# CREATE A JAR OF WISHES



Every time you think of something you want to do (maybe something that you have always taken for granted), write it down and pop it in a jar. When lockdown is over, you will have a list of activities to look forward to. If you would like to, you could share some of your wishes with us too!

I wish I could  
go shopping

I wish I go out  
for dinner

I wish I could go  
and see grandad

I wish I could  
meet up with  
my friends

I wish I could go to  
the cinema

I wish I could  
go to the  
beach





## 'THANK YOU' LESSON

Many households have put 'thank you' signs in their windows for NHS and Key Workers. We would like to show our thanks at St Catherine's College by putting images of thanks together from **all our pupils**. In the first instance Mrs Wootton, our wonderful Art Technician, will put them together to be displayed on the School social media channels. When we return to school, we will put the images on display as a reminder of our gratitude for the hard work these people are doing for the sake of our nation.

### TASK

**Create a poster showing your thanks for NHS and other key workers.** There may be a particular sector you want to thank, for example if a family member is out working hard, or you might want to thank a number of different areas.

Spend some time planning and working on your poster to show how grateful you are. It would be great to see some colour, but if you only have black and white materials at home they will look effective too.

Many of the signs I have seen have hearts or rainbows which are a great symbol but if you want to include other images that is great too.

**Please take a photo of your poster and email it to [kwootton@stcatherines.college](mailto:kwootton@stcatherines.college) by Friday 1 May.**

**Try to take the photo straight on so that we get the best view of your image.**



# THE ST CATHERINE'S COLLEGE CHALLENGE

Choose ONE of the following three challenges:

**LEGO BUILDING**  
**ART WORK**  
**BAKING A CAKE**



The student who produces the best piece of Lego, art work or cake will win a £10 Amazon voucher. What you design, is up to you!

For your chance to win, please send a picture of your creation to Mr Watts at [lwatts@stcatherines.college](mailto:lwatts@stcatherines.college). The winner will be announced in our next bulletin.



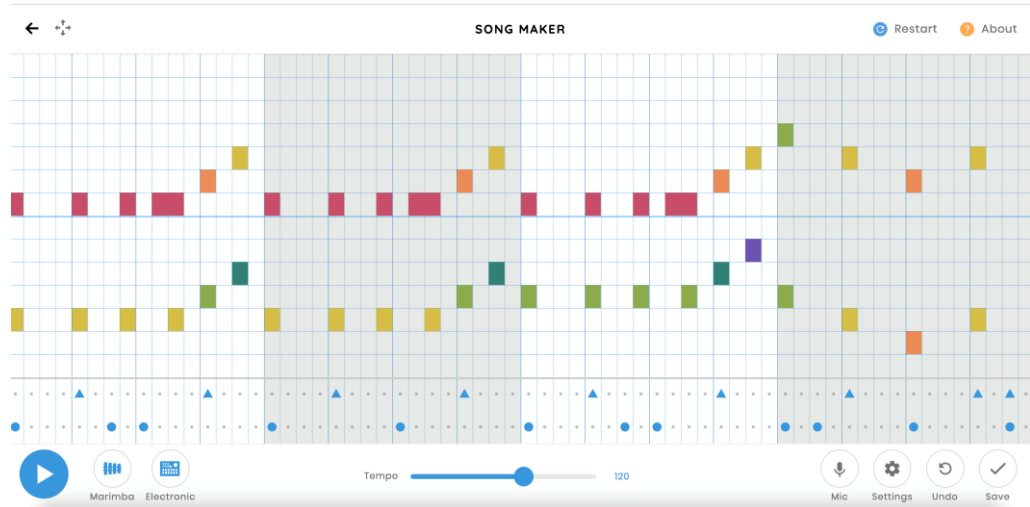
**Hello**, my name is Mr Healey and I'm the new Head of Music at St Catherine's College. I'm so happy to be working at this amazing school.

However, it would be much better if we were all in the classroom performing together!

In the meantime, I thought I would set you a challenge to keep you musically creative. Below is an example I've made using Google Music Lab.

It's very (very!) simple and fun to use.

**Your challenge is to make a cover version of your favourite song.** The best one will receive a £10 Amazon voucher. Please email me your songs and I will listen to them all. I can't wait to hear what you can do!



<https://musiclab.chromeexperiments.com/Song-Maker/>



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# COOKING CHALLENGE

## ‘WHAT’S IN YOUR FRIDGE?’

Using the recipe generator on the CBBC website [Click here](#) put in some of the key ingredients that you have in your store cupboards and fridges and it will come up with a recipe for you to make from them. There are adaptations and swaps at the bottom of the recipes too. This is a useful way to make good use of what ingredients you have at home.

## RAINBOW CAKE CHALLENGE

In support of our wonderful NHS and care staff  
lets bake some rainbow inspired cakes.

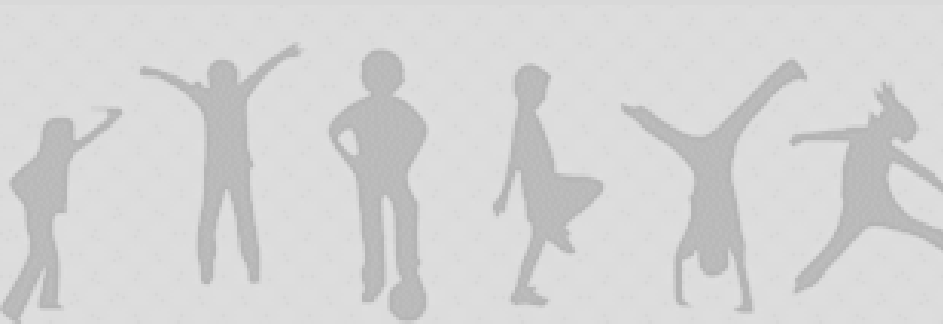


# MR WATTS' FITNESS CHALLENGE

Spell your name – for each letter of your name, perform the exercise for the letter.

Spell a different word everyday with a minimum of six letters.

Maybe even challenge your parents?!



<b>A</b> = 50 Jumping Jacks	<b>N</b> = 25 Burpees
<b>B</b> = 20 Crunches	<b>O</b> = 40 Jumping Jacks
<b>C</b> = 30 Squats	<b>P</b> = 15 Arm Circles
<b>D</b> = 15 Push-ups	<b>Q</b> = 30 Crunches
<b>E</b> = 1min Wall Sit	<b>R</b> = 15 Push-ups
<b>F</b> = 10 Burpees	<b>S</b> = 30 Burpees
<b>G</b> = 20 Arm Circles	<b>T</b> = 15 Squats
<b>H</b> = 20 Squats	<b>U</b> = 30 Arms Circles
<b>I</b> = 30 Jumping Jacks	<b>V</b> = 3min Wall Sit
<b>J</b> = 15 Crunches	<b>W</b> = 20 Burpees
<b>K</b> = 10 Push-ups	<b>X</b> = 60 Jumping Jacks
<b>L</b> = 2min Wall Sit	<b>Y</b> = 10 Crunches
<b>M</b> = 20 Burpees	<b>Z</b> = 20 Push-ups





## 7P1 SCIENCE

7P1 Science made model hands as part of our 'Living Things' topic. In class, they looked at the relationship between the skeleton, muscles and tendons and these models, made at home, show how tendons are aligned. Fantastic work 7P1!

