

OLD CATTON NEWSLETTER

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Dear Children,

I hope that this newsletter finds you all happy and safe. If you have been at home this week, I hope you are keeping your spirits high and if you have been in school, I hope you are looking forward to the weekend. It's been another week of Bubbles at school. We have welcomed some new pupils back into school as their parents have needed to return to work and they have met the Critical Worker criteria. The children in school have been busy working in their classrooms. It's been much harder to go outside as much as we'd like, as the weather has been very wet! I imagine it has been the same for those of you at home; a very soggy week for everyone.



Olivia is very chilled out in her Bubble!

One of our Year 6 Bubbles working with Miss Richardson.



This week we recorded our first virtual assemblies and put them onto the website for you. We hope that you then log onto the Old Catton website and watch the assemblies just like the children did in school. It is exactly the same experience and means that we can feel like we do when we have assemblies together. I am

trying to make the format of the assemblies very familiar for you. The things I can't manage are signing altogether and asking you questions that you can answer. I miss hearing you all sing together – it's one of the loveliest things about Old Catton. However! I will ask you lots of questions that you can think about and we use this method a lot in assembly too. Hopefully if you watch the recordings you will find that it's similar to how we normally hold our assemblies and hopefully it will make you feel closer to school, your classes, your teachers and your friends.

This week's theme is friendship and there are now two assemblies online dedicated to this theme. Our friends are such an important part of our lives. We know that you will be missing this part of school much more than you are missing your lessons and work! Thinking about this theme together will hopefully help you all to know that everyone is struggling with not having their social lives like they normally are. We have to think of other ways to maintain our friendships and to make sure that people who we care about, know that we are still there for them.



This half term includes some of our biggest whole school events which sadly we won't be able to do this year. We are trying to think of ways that we can still take part in some of them but with all the restrictions we now have in place. One of these events is Sports Day. This is normally a day when the whole school and your parents and carers all come together for a great day of sport, competition and fun. Instead of our normal sports day this year we are going to be inviting everyone at home to take part in some sporting events, record their scores, times and distances and send them into school for us via email.

The children who are in our Bubbles will take part in the events too while they are in school and then we can add up all the score for a winning Bubble and House! Details about how to take part will be coming out soon so lace up your trainers, do some stretches and look out for the information!



We have also sent out an email to all our Year 6 families to ask if Year 6 would like to be part of an electronic year book. If you would like to be included in the year book we need you to send in a photo, a message and/or a drawing that you'd like to see appear in the year book. We'd love to have everyone in the year involved so if you can tell your friends about it please share, so we can make it a really special memento for you all. Please send in all your photos, messages and pictures to Mrs Wright at: gwright2nrc@nsix.org.uk



An email has also been sent out to all pupils in years 3, 4 and 5. We are putting together our classes for next year and would still like to be able to ask you for 3 friends that you would ideally like to be with. Just as we would normally explain, we will then make sure that you are with at least one of these friends in your new class. Please email us at gwright2nrc@nsix.org.uk with your list of 3!

As many of you will know I love to run and cycle and have been doing as much of both during lockdown as I can. It's been one of the things that has kept me feeling happy. If I've had a stressful day or I'm feeling really tired or I need a pick me up – I go for a run or get on my bike and it nearly always makes me feel better. This week I have started something new. I think I need to learn to slow down a bit. Sometimes I find it hard to stop being busy all the time and it's not always healthy to constantly be on the go. To try and slow down my body and mind I have done some online yoga classes this week. So far I have done 2 classes and I think I like it. It's completely different to the other exercise that I know and enjoy because it's so calm and relaxing! It's been a nice 30 mins in the day when I haven't been busy. I'm going to try and keep it up and see if I can get better at slowing down. I wonder if any of you have tried a new exercise during lockdown. Maybe you've mastered riding your bike because you've had time to practise, maybe you've tried an online workout like Jo Wicks in the mornings or maybe you've taken up something new

like me? If you have – send us an email so we can see and hear about it and we can add it to our school gallery.



Another idea that I'm going to try, is to focus on 3 things that I feel grateful for. At the end of every day I'm going to take a moment, before I go to sleep, to think about 3 things from my day that I have enjoyed, have made me smile or given me a lift. They don't have to be big things, in fact they can be something very small but noticing them and acknowledging them can be a powerful way to help us realise that there's good all round us. It could be that you are grateful for a lovely bubble bath, feeling the sun on your face, a chat with a friend, enjoying your favourite chocolate bar, the feeling of helping out at home or reading quietly by yourself. You could try it too – find 3 things everyday that you are grateful for. I bet you find there's a lot to choose from.



And finally, I am certain that you have all been sending your positive vibes over to our sunflowers! This week, the rain may not have been great for getting outside but it has been awesome for everyone's gardens! I think the sunflowers have well and truly settled into their new home now – they are growing well and seeming stronger every day. A little hope goes a long way!



I hope that you all have a lovely weekend.

Take care and stay safe,
Mrs Connelly