

OLD CATTON NEWSLETTER



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Issue 3 Friday 10th April 2020 Children's Newsletter

Dear Children,

I hope that you are all having a nice break and that you are treating the Easter Holidays as separate from term time. The weather has been so nice and hopefully that's made it easier for you to have some time outside either in your garden, if you have one, or on a walk outside.

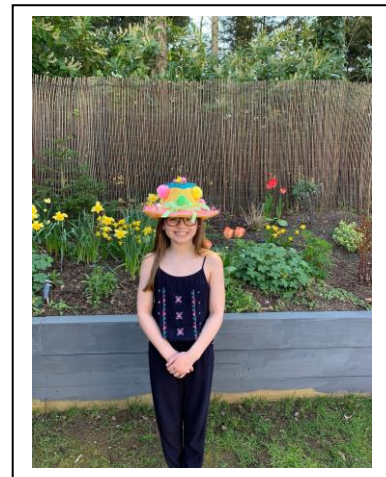


I know that finding things to do at home can get difficult. Thank you to all of you who have emailed me with photos and pictures of what you have been up to. I'm so proud of all of you for how you are coping with what is happening. You're all doing so well.

Without the routine of school work to fit in I have been trying to get Daisy and Freddie to do a variety of things so they don't spend too much time on their devices! I'm not sure about all of you but if I let them, they'd happily be on them all day but that's not healthy so I've been trying to mix it up a bit. They have time to play games on their iPads etc and to talk to their friends on FaceTime or WhatsApp but not *all* the time. I have also been getting them to read regularly, watch TV or a film, play outside, play games together, build with lego, colour or draw and we've been making Easter cards and bonnets with some craft things that we have at home. I think it's about trying to mix it up and find some variety every day. Hopefully you've been able to do that too in your own ways.

With Easter weekend approaching I'm planning on doing an Easter egg hunt for Daisy and Freddie. We would normally be with family and friends over the Easter weekend but this year it will just be the four of us. We are planning to FaceTime family and enjoy spending time together that way. I have a Grandma who lives in

Leicester – she can't operate things like FaceTime so we've written to her instead because she likes receiving post and letters. I also have a little nephew who is only one. He loves seeing Daisy and Freddie on FaceTime. The other day Daisy read him a story and he loved it! I don't think he has any idea what's going on at the moment and he's actually quite enjoying having both his mum and dad at home all the time! For him it's great!



This has got me thinking about the positives that can come from this situation. I know that we'd all rather it not be happening and of course it is a horrible event that we are living through – but... we all have this time and this moment to be part of history. This is a time that we will all remember for the rest of our lives. It's a time that will be part of the history books. Your children and grandchildren will ask you about this period of your life and they'll want to know what it was like. What will you tell them? How will you be able to share with them what we all did and how it felt? You could show them photos you've taken or make a scrap book to share with them what you did and how it effected your life. You could keep a diary to share how it felt and how each day or week changed as time went on. You could make a time capsule and put inside things that represent this moment and bury it in your garden for someone, someday to uncover and learn about your experience.

This is a time to think about how you want to be remembered. How were you kind to others? How did you keep your family's spirits high? How did you help? Who helped you and how? What did your parents do during this time and how did your local community respond and pull together?

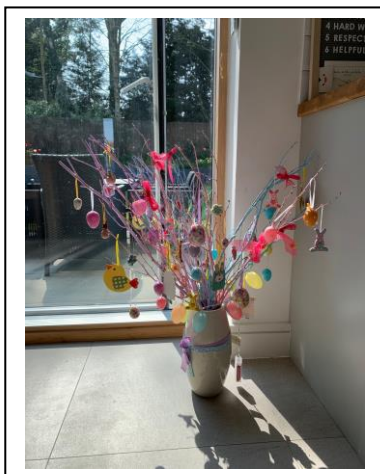
Already when I think about lockdown I think about the rainbows that children like you have painted and put into



their windows. I think about whole communities clapping for the work of the NHS staff and Key Workers. I think about how much better I already know my own neighbours and people in my street. I think about how people have reached out to help each other and care for each other. I think about how the world is slowing down and taking a moment. I know it feels like a long time to have these restrictions placed onto our lives but relatively speaking it is only a tiny proportion of our lives and one that I am sure we will recover from. Staying positive and finding positives is so important.



(Here is an update on how our sunflower seeds are growing!)



Today I found this poem, written by Spike Milligan – I think smiles are defiantly something we should pass around the world.

Happy Easter everyone from me and all of your teachers – take care and stay safe. We all miss you horribly and can't wait until we can see you again.

Smiling is infectious

Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.
I passed around the corner
and someone saw my grin.
When he smiled I realized
I'd passed it on to him.
I thought about that smile,
then I realized its worth.
A single smile, just like mine
could travel round the earth.
So, if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick,
and get the world infected!
(Spike Milligan)

