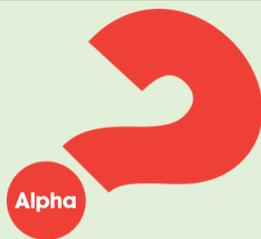


During Collective Worship on Monday Mrs Laithwaite encouraged us to be thankful and to think of things that we are thankful for. In these days, when it is easy to focus on restrictions and things that we cannot do, it was good to be reminded to have an attitude of gratitude.

During Collective Worship this morning Mrs Rowlands reminded us that Wisdom is the value of this month and that Christians believe God is with them in all things. Making wise decisions can be challenging for all of us, but especially so in these uncertain times. I would encourage you to focus on the physical, emotional, and mental health of yourself and those whom you love and to seek support from others whose advice and wisdom you value. We have also included some ideas for supporting your wellbeing later in this document. Please do not hesitate to contact class teachers or the [school office](#) if you feel you need any further support or advice.

Tim Edwards-Grundy



In the last couple of weeks, online searches about prayer have surged. Many people are asking questions about God and prayer.

The *Alpha* course is an opportunity to ask questions about life and faith. It is a relaxed and safe place to share concerns and talk about these big issues. Many people have found the course to be a source of great hope.

At St Mary's Cogges we are launching an online *Alpha* course, which you would be very welcome to attend. To find out more details, or to register your interest, please click [here](#).

The members of St Mary's Cogges continue to pray for their local community. If you have any prayer requests, please do email them to [prayer@coggesparish.com](mailto:prayer@coggesparish.com)

With my prayers and best wishes at this time,

Simon Kirby (Vicar of St Mary's Cogges)

This week we asked Mrs Raven, who leads the choir and recorder club and teaches in Year 5, about her experience of being at home in the lockdown.

### **What are you finding hardest about being at home?**

I miss not being able to chat and interact with everyone without using a screen! I am missing all the children in 5ZL, as well as singing with the choir and playing with the recorder group.

### **What is the best thing you have done now that you are not in school?**

I have used the time to start to tidy my house!

I have also enjoyed doing some gardening, reading books, going for walks, catching up on films and making music with some of my children. 'Jurassic Park' is the latest piece that we are playing together.

### **What message do you want to give to the children who are at home?**

Enjoy the time you have at home.

Try something new! Maybe you might like to learn a new song, which you can teach me and everyone else when we are back at school.

Be creative and helpful and show everyone how amazing you are.

I am missing you all and look forward to seeing you all when we are back together.



## Where can we go during the lockdown?

This week why not visit the [Natural History Museum](#) in London. You can delve into the museum with a self-guided tour of the galleries and join an interactive experience about Hope the blue whale.

You can also join the Nature Live Online Team on Tuesdays at 12 and Fridays at 10.30 for interactive talks featuring topical discussions

At this time, it is more important than ever that everyone looks after their mental wellbeing. For adults this might look like -



[Mindfulness monsters](#) have produced some resources for supporting children's wellbeing. Twelve monsters each suggest an activity to help children with a different aspect of their mental health.

Following the success of the seminars earlier in the month, Oodles are running two more thirty-minute live [webinars for parents](#).

Email [hello@oodlestraining.com](mailto:hello@oodlestraining.com) to book your place on either First Aid (27<sup>th</sup> April or 5<sup>th</sup> May) or Mental Health and Wellbeing (28<sup>th</sup> April or 6<sup>th</sup> May). All the webinars run from 8 – 8:30pm.

If you have any safeguarding concerns you can still report these to Tim Edwards-Grundy the school's Designated Safeguarding Lead (DSL). You can contact him on [head.3600@blake.oxon.sch.uk](mailto:head.3600@blake.oxon.sch.uk).

[MASH \(Multi-Agency Safeguarding Hub\)](#) – 0345 050 7666 For advice regarding concerns about a child.

Doodle Maths, DoodleEnglish and DoodleSpell are all now up and running. If your child is experiencing any problems logging in, please do get in touch with your child's class teacher.

This Monday will see the start of two 14-day challenges. Children are invited to work in their green target zone in DoodleEnglish and DoodleSpell for fourteen consecutive days, to increase the chances of their class winning a bundle of literacy games.

If a sense of competition encourages your child to engage with these sites, please do use these competitions as an incentive!

The BBC, in conjunction with '[Tiny Happy People](#)' has published ways to enjoy the outdoors (even if it's from your balcony or window) and using things you probably already have at home -

1. Make your own binoculars
2. Play weather bingo
3. Have a game of skittles
4. Listen for sounds
5. Try some cloud spotting
6. Create a nature collection
7. Make and fly paper planes
8. Have a toy picnic
9. Try Messy play
10. Look after easy to grow plants
11. Play 'I-Spy'
12. Get creative with pebbles
13. Learn through laundry
14. Play memory games
15. Build a den
16. Play hide and seek

Look [online](#) to find out more details and ideas for each of these activities