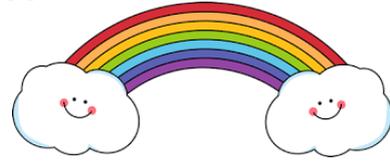




ST. JOHN CHRYSOSTOM FEDERATION

St Chrysostom's Newsletter 2 September 2020



Dear Parent / Carers,

Physical activity is important to many aspects of our lives. It helps our physical health and wellbeing, mental health and wellbeing and even helps our learning by increasing attention, focus and concentration.

We have recently had a path built around our grassed area and we are encouraging children to jog around this path for 15 minutes (3 times a week). If your child is able to complete 6 laps, this is approximately a mile!

This challenge has been launched this week and I am amazed how many children were able to achieve this already! Do not worry if you have not achieved this yet – we will have plenty of practice! I cannot wait to see how well you progress.

Lockdown

We acknowledge that lockdown has been a difficult time for all – both parents and children. Everyone responds differently to daily challenges. At times, we find additional support in the networks around us - through family and friends, or school or our workplace. This is OK.

For some people, this is not enough. Sometimes we can feel overwhelmed by situations or life in general. **it is OK not to feel OK.** Please be assured that we care. Miss Penny has signposted to strategies that may help should you need additional support. This can be found on the website:

Federation Information/Mental Health and Well Being/Family Support Strategies

St John's CofE Primary School
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Tel: 0161 224 7752 admin@sjcfederation.co.uk
Head of School: J Francis
Executive Headteacher: G.F Elswood

Staying Safe

In each classroom, children have access to a book that supports them to make the right choices and stay safe. This includes online safety.

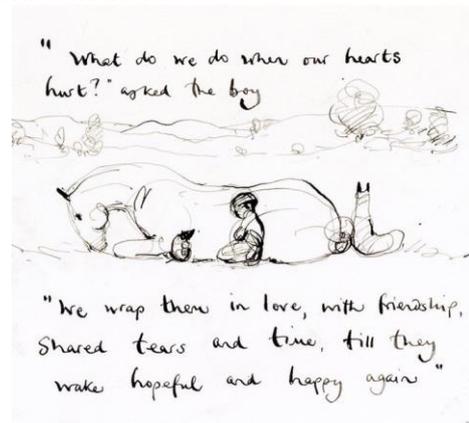
Emotional Wellbeing

As a school, we felt it important to acknowledge the lockdown through a `rainbow` mini topic. Rainbows are symbols of hope. Every year group has been assigned a colour of the rainbow and literacy work has been planned around this theme. This explores feelings, thoughts and hopes for the future. Please take a look at Twitter for images of this work.

During lockdown, I was moved by the story of Captain Tom Moore. In difficult times, he has proved to be an inspiration. I have used his story to share with children to show how determination and positive thought can lead to unexpected and amazing outcomes!

Mental Wellbeing

Positive thinking can help to reset our emotions. Books are a great way for children to understand different emotions and feelings. Mrs Losada introduced me to the most beautiful book that children can understand. Its images and messages are powerful and uplifting. It is called `The Boy, The Mole, The Fox and The Horse` by Charlie Mackesy. This book guides children through difficult times and gives them hope and belief in themselves. Overleaf are other child friendly books that may help your child deal with different emotions.



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