



15 April 2020

Dear parents and carers,

I hope that you and your family are staying safe and have been able to enjoy time together this Easter period. Monday 20<sup>th</sup> April was due to be the first day of our summer term but for most of us, it will be the start of our fifth week of lockdown. May I take this opportunity to thank all of you for everything you are doing. Following government guidelines at this time is not easy: distancing from family and friends; working from home; only going out when essential or providing vital frontline services. Not only are you doing all this but you are also juggling looking after your children, entertaining them and structuring activities for them.

### **New Term**

You will receive a call next week from your class teacher to check in on how you are doing and also to provide some further guidance on learning opportunities at home. From Monday, the BBC are massively stepping up their education output and there will be an even greater wealth of resources available on their website. <https://www.bbc.co.uk/bitesize/primary> I have reposted the original home learning links on our school website should you wish to revisit any of them; there really is so much available.

### **Keeping Active**

It is really important to try to stay active as much as possible during this period. The team at Think Active have pulled together a range of resources for home exercise, try to complete one daily. [#stayinworkout](#)

### **Mental Health**

It is especially important during this period to ensure we are looking after our mental health. Below are a list of helpful resources:

[Mind – lots of tips and information](#)

[Mental Health tips – short video](#)

[Childline resources – what to do if you are worried](#)

[Anna Freud – Self care](#)

[Government advice](#)

## Entertainment

Audio books: <https://stories.audible.com/start-listen>

David Walliams is reading a book every day at 11am on his 'Elevenses' Youtube channel.

*Art Club* with Noel Fielding is a great weekend activity – we'd love to see any entries!

## Easter reflections

For Christians around the world, this Easter will have been celebrated in a somewhat different way. However, for many the central message of hope in the resurrection of Christ was more pertinent than ever, it is hope which helps us look forward towards a better tomorrow.

I miss our wonderful community being able to meet together but I am delighted and encouraged by the wonderful examples of work and kind messages sent in. I'm so pleased you are all staying safe and am looking forward to a time when we can all be together again.

Finally from me, a little something to make you smile (or laugh/cry): [Isolation dance](#)

Yours sincerely,



Mr. A. Taylor

Headteacher

A prayer for all those affected by coronavirus:

Keep us, good Lord, under the shadow of your mercy. Sustain and support the anxious, be with those who care for the sick, and lift up all who are brought low; that we may find comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen



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