



29th January 2021

## Spring 2021 newsletter 4

Dear parents/carers,

You will have seen that the government has announced schools will not open more widely until 8th March at the earliest. Personally, I don't think we will be fully open until the Summer term. It is important to manage our expectations around this - as being overly hopeful about returning to normality can be damaging to our mental health.

**We've got this- we can do this!** We will get back to normality - please keep the faith - keep going with the excellent job you are doing, as every day of learning counts. I gave loads of 'shout outs' to the children in Celebration Worship today. It is fantastic to see how great they are doing. Well done to Josh C, Eloise and Josh S for their charity fundraisers. The Community Challenge ideas so far are great too! And well done to Oli Roper for winning the Devon Junior Tennis player of the year award - quite an achievement.

I have included a nice extract below about hope and faith. I shared this with the school staff and they found it really helpful. I hope you do too.

We have also spent the last week devising ways to help you with home learning. There are a few things that have come out of this:

1. **WELL DONE EVERYONE!** Emily Sethi, a parent, has produced a lovely and heartfelt peer talk for you all. It's 2 minutes long - and will hopefully give you some reassurances and virtual pat on the back. I would like to do more of these each week - so if anyone else would like to offer to do one, please get in touch. Sharing experiences and giving support is a great way to get through this together. **Thank you so much Emily.** See her here - <https://youtu.be/BCcwLdC095g>
2. We want to support you as best we can to ensure we can all do the best for our children. **We have produced this helpful guide that I urge you all to read - it will make a huge difference!** <https://www.st-peters-school.org.uk/news/helping-your-child-to-become-an-independent-learner/> You may read it and be able to run with it, or refer back to the tips. *We are also putting on a special Zoom meeting with Mrs Beverley Cawthera next Tuesday. Please join if you would like to ask any questions, hear from or give support to other parents, or just to give us input into other ways we can help.* Joining details on the link above.
3. Each child has been asked to think about a **daily learning plan**. Loads of parents have told me what a difference this has made to home learning. The pupils are also using [this resource](#) to help them when they are stuck. It's called **3 B4 me** - and this has also had excellent feedback.
4. Please look out for the **'Time to Breathe' collective worship** every Wednesday in the Google classrooms. It is something for you to sit together and share as a family.
5. The first set of Chromebooks have arrived. **Please let me know if you need one - I have spares.**

On a separate note, can I ask that **if you need to collect something from school, that you do this in the morning**. The office staff are not there beyond 1pm, and dealing with any issues is much easier in the mornings. Lastly, I also thought I would share a link to this which I know lots of parents have used and recommended - <https://cookingonabootstrap.com/>

### In today's newsletter:

- Keep the faith



- PTA meeting **inc second hand uniform for when we're back**
- Community Challenge Page & Just Giving launch - reminder
- Safer In-Game Chat

## Reminders of helpful resources

- [Quick reference - ways we can help you](#)
- [Mrs Cawthera's top tips for reducing screen time, getting exercise and dealing with stress](#)
- [Reading support](#)
- [Home learning guide and tips](#)

**Please don't suffer in silence! Get in touch if you need help with anything,**

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## Keep the Faith

Admiral James Stockdale was a prisoner of war in Vietnam for seven-and-a-half years. Before meeting with the legendary naval aviator and statesman, Jim Collins (author of From Good to Great) read Stockdale's memoir and found its grim details hard to bear, despite his knowledge that Stockdale's later life was happy. Collins wondered, "If it feels depressing for me, how on earth did he survive when he was actually there and did not know the end of the story?"

When he posed that question to the admiral, Stockdale answered: "I never lost faith in the end of the story. I never doubted not only that I would get out, but also that I would prevail in the end and turn the experience into the defining event of my life, which, in retrospect, I would not trade."

Collins asked him about the personal characteristics of prisoners who did not make it out of the camps. "The optimists," he replied. "Oh, they were the ones who said, 'We're going to be out by Christmas.' And Christmas would come, and Christmas would go. Then they'd say, 'We're going to be out by Easter.' And Easter would come, and Easter would go. And then Thanksgiving, and then it would be Christmas again. And they died of a broken heart ... This is a very important lesson. You must never confuse faith that you will prevail in the end—which you can never afford to lose—with the discipline to confront the most brutal facts of your current reality, whatever they might be."

**So ditch the optimism. Keep the faith.**

## PTA meeting & uniform for when we're back

The first PTA meeting of 2021 was held via Zoom with another great turnout. We have had positive responses to the Christmas Cracker week, amazing donations from the wider Budleigh Community and great fundraising ideas to the entire community involved. Minutes from both last meeting and the AGM here

<https://www.st-peters-school.org.uk/about-us/pta/>

The PTA have also agreed to **give away all of the second hand uniform for free** when we return to school. We will organise a giant (and COVID safe) uniform collection a few weeks before we all return- so watch this space. This also means you can recycle school uniform that your child has undoubtedly outgrown!



## Community Challenge Page & Just Giving launch



We are excited and delighted to announce we now have a JustGiving Page for our School - you can find it here :  
<https://www.justgiving.com/stpeter-pta>

To launch our Just Giving page we would love every child and as many families, community members and businesses to join the "Budleigh Community Challenge!" Simply follow this link to create your own fundraiser linked to the Budleigh Community challenge page  
<https://www.justgiving.com/campaign/BudleighCommunityChallenge>

**There is more information about the Budleigh Community Challenge on our school fundraising website**  
[www.stpetersfundraising.com](http://www.stpetersfundraising.com)

If you would like any help with a challenge suggestion, getting a team together to achieve something brilliant or help setting up a Fundraising page, please email me [catherine@sps1.org.uk](mailto:catherine@sps1.org.uk) and we will help in any way we can

We'd love to hear about your challenges so please send those in too!

Thank you to all of our community for all of the support as always.



## Safer In-Game Chat - for parents

CEOP have a video that may be useful for parents. It is less than 4 minutes in length and explains what in-game chat is, which can be useful opening up conversations with children and young people. The link to the video, which is hosted on YouTube, is [HERE](#).

**NHS**

## SIMPLE TIPS FOR IMPROVING YOUR MOOD

**TIP 01**  
Learn how to manage unhelpful thoughts

**TIP 02**  
Stay active

**TIP 03**  
Talk to someone

**WHEN THINGS AREN'T SO GOOD OUT THERE... MAKE INSIDE FEEL BETTER.**  
Visit **Every Mind Matters** for more tips and advice

**Better Health** every mind matters