



OLA NEWS



12th June 2020

Dear Parents, Carers, Children and Governors,

This week we have welcomed back some of our Nursery and Reception children. It has been great to see them, and they have been so excited to see their friends and teachers. They are getting used to being in their 'bubbles' and learning the new routines. On Monday, we look forward to welcoming our Year 1 children back too. If you are not currently planning to send your Nursery, Reception or Year 1 child into school, but change your mind over the coming days or weeks, please don't hesitate to let us know.

As you are probably aware, the Government announced that they no longer expect schools to open for all pupils before the end of term as they acknowledge that it would not be feasible. All the staff at OLA are sad that we will not be able to welcome all our pupils back – like you, we can't wait to return to normal.

We will keep you updated with any changes to the current situation as best we can.

The Church

The Church will be open from next week on a Tuesday, Wednesday and Saturday from 10:30am – 12:30pm for private prayer, anybody attending must wear a face mask.

Nursery Places

We still have places available in our Nursery for September 2020. If you would like to apply for a place, please contact the school for an application form.

PTA News

YOUR SCHOOL LOTTERY

READY, SET, WIN!

SHOPPING FOR PE KIT?
WIN A £150 JD SPORTS GIFT CARD

- Tickets cost just £1 per week
- Cash prize every week
- Win up to £25k
- Help boost school funds

To start supporting, visit:
yourschoollottery.co.uk
and search for: OLA Coventry

Supporters must be 18 years of age or older. Offer ends 18th July 2020. T&Cs apply, see website for details.

School Lottery

Next draw date: 13 June 2020

£25,000 JACKPOT and £7.20 Guaranteed Prize to 1 OLA supporter

Congratulations to our latest School Lottery guaranteed prize winner who won £7.20

WIN £150 to Spend on PE Kit!

READY, SET, WIN! If you are shopping for PE Kit, don't let it put a dent in your budget. Support your school this term and you could win 1 of 3 £150 JD Sports gift cards.

***Offer ends 18th July 2020**

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<https://www.yourschoollottery.co.uk/lottery/school/our-lady-of-the-assumption-primary-school-coventry>

Our ticket sales have gone up by 1 and now stand at 25 per week, this is still only 50% of our weekly sales target.

Can you help spread the word? Once ticket sales increase the guaranteed jackpot will also increase PLUS with the school closing and the cancellation of all our forthcoming fundraising events this is our only way of raising much needed funds for the PTA and ultimately for the pupils of OLA! During this challenging time, we hope that you can continue to help us raise funds.

PTA Facebook Group

You will have received a link to join the Facebook group – this is a friendly group where you will find information on PTA events plus helpful tips on entertaining our children whilst at home.

Here is the link again - <https://www.facebook.com/groups/OurLadyOfTheAssumptionPTA/> you will be asked your child's name and year group to confirm you are eligible for membership, please answer these or else approval cannot be granted to the group.

Digital Update

Information about the latest resources from the library service is on Coventry Council website at the following link

https://www.coventry.gov.uk/info/229/schools_library_and_resource_service/3573/primary_digital_update/9

Singing Workshops

Armonico Consort have recently introduced some **interactive, fun singing session for children** which take place **every Wednesday at 2pm**.

Sing 'n' Shine are weekly singing workshops with songs aimed at the KS2/3 age range, although of course anyone can join in and sing along! The sessions last for 30 minutes and are interactive via the comments box in the side bar. They typically involve some fun physical and practical warm-ups, some fun songs and a bit of interactive chat. The words are posted in the description bar below the video. Here is a video to explain a bit more: <https://youtu.be/w7u5bLTPWXA>

The sessions are open to anyone - just click on the Armonico Consort YouTube channel on Wednesdays at 2pm to view them - the word 'live' will pop up when the session starts: www.youtube.com/user/ArmonicoConsort

Mass

Even though you can't attend mass in the usual way, services are being streamed on the parish YouTube channel: [Our Lady of The Assumption and St John Vianney livestream](#)

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Coventry School Nursing Newsletter



June 2020

School Nursing has been working as normal supporting children and families at home and at school. We are thinking of you all and would like to remind you that our team are still here to support you.



Plans to go back to school

At the time of writing, schools all across the country are planning to start to open to certain year groups at first.

Social distancing and handwashing will of course be high on the agenda for all schools to keep their pupils safe.


This can provoke some anxieties in both parents and children. It is important to talk to your children to understand their worries about going back to school and find out about their day on their return, getting them to think about the differences before lockdown and now.

Try to end the conversation on a positive note e.g. being nice to see your teacher and / or your friends again.



Smiling Is Infectious by Spike Milligan

*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 smile 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!*

 <https://www.facebook.com/coventryfamilyhealthandlifestyleservice/>

 @CoventryFHLS

Who We Are:

When your child first enters school, health advice is transferred from the Health Visiting Service to the School Nursing Service. This service continues until your child leaves education. The School Nursing Team provide an accessible service to children, young people, families, carers and members of the local community.

Confidentiality

Whilst we offer confidentiality, members of the School Nursing Team work in partnership with other agencies, where information may need to be shared in the best interest of your child.

Consent

The School Nurse Team will obtain consent from parents and carers before supporting children and young people. In secondary schools young people can access the School Nurse independently for advice and support without parental consent, although we would always encourage young people to speak with their parent /

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Helping your child transition back to school. Being away from school and returning to an environment that has changed can be anxiety-provoking. Here are some ways you can support your child.

- **Get back into routine.** Routines are safe and familiar which can help reduce anxiety.
- **Focus on what you can control.** It's hard getting caught up in the unknown and 'what-if's'? Helping your child identify what they can control and practical things they can do can help them be more in the present moment and reduce anxiety. Practical strategies can include getting organised, making plans for the weekend, preparing their school bag, etc.
- **Revisit social distancing rules and good hygiene practices.** Reviewing these can help your child feel more at ease about their safety when in public spaces.
- **Provide reassurance.** Sometimes we can't solve all our children's problems, but they don't always need solutions – just to feel understood and supported.
- **Explore the positives.** Even if they are worried about returning to school, there may be some things they are looking forward to. It can be helpful to chat through these together if they seem open to this.



Anxious about Returning to School?

Many children will have anxiety about:

- leaving their parents and returning to school
- what happens if they catch coronavirus at school
- the safety of the families and siblings they're leaving behind
- **So take the time to talk about their worries -**

Ways you can help your child

- **Chat**-keep it light & positive
- **Ask**-how they're feeling
- **Plan**-things to do
- **Teach**-breathing techniques

For more information visit

<https://youngminds.org.uk/blog/what-to-do-if-your-child-is-anxious-about-going-back-to-school/>

This is a great story about anxiety for young children:

Text your School Nurse:

#Parentline

Parents/carers of 5 -19 year olds can text a School Nurse for any advice. Just text us on 07507329114 and we will reply back.

#ChatHealthNHS

For Young people aged 11- 19 can text our ChatHealthNHS on

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To all Coventry school aged children... Coventry School Nursing would love to know "What makes you happy?" Please draw a picture or write a poem to enter our competition.

Let's share our happy thoughts to each other in Coventry

To enter the competition, send your drawing or poem with your name, age and address to:

Post: Coventry School Nursing, Moat House Leisure and Neighbourhood Centre, Winston Avenue, Coventry, CV2 1EA.

Post: Coventry School Nursing, 312 Charter Avenue, Coventry, CV4 8DA.

Email: gillian.gillies@nhs.net



Competition closes end of August 2020



Our School Nurse "What Makes You Happy"? competition is open till the end of August, so go on the Health for Kids and Health for Teens website for more information and to enter.



Road Safety – Social Distancing



Over the last couple of months you will have noticed changes in how we are using roads and pavements. More families on bikes and social distancing may mean having to step off the pavement. Also fewer cars, meaning emptier roads, but emptier roads can see cars going at higher speeds.

It can be hard for families to navigate this new normal and keep their children safe.

For a free safety resources parents pack visit <https://www.caot.org.uk/contact>



DON'T FORGET - PROTECT YOURSELF AND OTHERS
Wash your hands more often for 20 seconds
Use soap and water (or hand sanitizer) when you:

- Get home or into school
- After going to the toilet
- Before eating or handling food
- Blow your nose-into a tissue,- try to sneeze or cough into your elbow
- After playing outside
- After stroking animals

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RESOURCES

Check out a few of the great resources which may be of help to your School, families, primary and secondary school children:

Returning to school after COVID-19

<https://kidshelpline.com.au/parents/issues/returning-normal-after-covid-19>

<https://beaconschoolsupport.co.uk/newsletters/the-new-normal-returning-to-school-after-COVID-19>

<https://www.autismhampshire.org.uk/index/covid-19-resources/transition-back-to-school-after-lockdown-resources -Helping with autism>

Dealing with Anxiety – Help for Parents

<https://youngminds.org.uk/blog/what-to-do-if-your-child-is-anxious-about-going-back-to-school/>

Great resources for anxiety

- A book you can purchase on Amazon for £6.50 called 'Helping your child with fears and worries' (Second Edition) by Creswell & Willetts – highly recommended
- Sam App (lots of useful resources for children & young people)
- Anxiety UK – www.anxietyuk.org.uk
- https://www.barnardos.org.uk/blog/what-anxiety?gclid=EAlaIQobChMI6pTv_5zW6QIVdoBQBh3fVgJMEAAAYASAAEgLeqvD_BwE (Bernardos – Understanding Anxiety/ Tips & Advice)
- <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/managing-your-anxiety/> (Childline- Managing your anxiety)

<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

Child Accident Prevention Trust Advice for Parents on Road Safety plus much more.

<https://www.capt.org.uk/contact>

<https://www.facebook.com/ChildAccidentPreventionTrust>

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