

PILGRIMS SCHOOL NEWS UPDATE

8 May 2020

CORONAVIRUS
STAY HOME
PROTECT
THE NHS
SAVE LIVES



MESSAGES FROM OUR YEAR GROUP LEADERS ...

From the Little Pilgrims and Pre School Team:

We are delighted with the number of parents who are using the Evidence Me app to upload photographs and observations of their child's Home Learning. We have re-sent email invitations to parents who have not downloaded the app yet which sometimes finds its way into your spam or junk emails. Please do check there if you haven't received it and we look forward to receiving lots of lovely evidence from you soon.

Thank you for including more detailed notes in your submissions; this really helps us to find out how your child completed the activity and the level of support that was needed. Some examples of parent observations are shown below for reference:



X loved this task. She was able to cut for the first time independently and coloured in the characters. She needed assistance with drawing the arrows to the cow and needed templates to copy when drawing the barn and gate.



X independently subtracted the number from the items in the picture and calculated the right answer in her head.



X enjoyed some reading time, reading some of her favourite books. When we read Dear Zoo, we picked the animals out of her toys and made the animal noises. X anticipated the next word and joins in when reading aloud.

From the Reception Team:

WOW! what a busy week the Reception children have had – thank you all for working so hard. Andy's Safari Adventure took us to the Arctic to learn about the Arctic Fox. We are all proud of the wonderful mind maps and non-fiction books that have been made. The children have continued to grow in confidence in Teacher Time and never cease to amaze us with their resilience whilst learning in their new environments. Thank you for all the fantastic observations that are coming in via Evidence Me. By providing more information within the 'Notes' section and more 'Action shots' we are able to make more informed judgements about the tasks the children are completing at home.

We hope you all manage to enjoy some additional family time this weekend.

From the Year 1 and 2 Teams:

We would like to say a huge thank you to all parents for the support you have been giving your children at home. In Year 2 we were really impressed with the Rainforest Fact Files we received and some of the children's workout videos were inspired. In Year 1 we have enjoyed seeing all your wonderful Stickman paintings and hearing about his adventures in your story writing and postcards. Well done everyone.

On Friday next week Year 2 will be having a PSCHEE lesson focusing on e-safety and Year 1 will be having this lesson the following week (week 5).



As usual there is an input from us at the beginning of the lesson to explain what they will be doing and then the children will be watching a cartoon from the Thinkuknow website which we highlighted in the newsletter last week. Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

This would be an ideal time to talk to your children about their experiences online and reinforce what they should do if they ever feel uncomfortable or unsure.



We are all continuing to enjoy Teacher Time with the children however we would ask you to remind your children again of muting their microphone until they are asked to unmute by their teacher. The children should also not be using the 'mute all' button themselves!

Over the long weekend it is planned to implement several updates to our Microsoft Teams system. As a result of this, when the children join their class Teacher Time sessions they may see the following new message - 'Someone in the meeting should let you in soon'. When they see this message the children just need to wait and their Class Teacher will let them into the meeting.

We would also like to draw your attention to an activity which we have included in the weekly activity grid this week. We believe it is very important to maintain our links with the community, especially at this time, and we would like to send some pictures and cards to the residents of the local care homes that the school are linked to. If your child could create a card or drawing to send to the residents we would be very grateful.

Mrs Morales' Wellbeing Blog



As we approach week seven of lockdown I have been considering the actions of others. When faced with difficult times the worst in us can often emerge, such as panic buying (the toilet paper fiasco will forever be a mystery to me!) Nevertheless, difficult times can also bring out the very best in people and heart-warming stories have been in abundant. Key workers such as our wonderful NHS staff, emergency services, delivery drivers, shop workers, and not forgetting our very own teachers here at Pilgrims, are all working tirelessly around the clock. In such challenging times, we've also seen so many acts of selflessness from all walks of our society. Volunteers have come forward in their droves, inspirational individuals such as Captain Moore have raised millions for our NHS, as well as a new desire in people to protect our elderly and most vulnerable and our sense of community has never been stronger. So, whilst life can seem so dreary and bleak at this moment in history let us focus on the positives in human nature.

In the spirit of commemorating the bravery of our ancestors during the VE celebrations this weekend, now seems like the perfect time to also celebrate the courage and resilience of our incredible front-line workers. On the subject of resilience, both The Mind Map Charity and Pilgrims School are passionate and committed to providing support and coping mechanisms for our young children to face these challenging times. Below are some of the resources on resilience The Mind Map Charity have kindly provided us with.

At 'the mind map charity' we believe that a significant part of preparing children for the eventualities of life, is to work towards building their sense of **resilience**. As mental health charity 'Young Minds' state, "*Resilient children can resist adversity, cope with uncertainty and recover more successfully from traumatic events or episodes.*" (Newham, 2002). If the stage is ever going to be set for us to build resilience in the children in our care, I think you would agree, now is it!

As a reminder, resilience is, essentially **"the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that children either have or don't have; it's a skill that children develop as they grow"**. Below is a diagram outlining what is needed in order to build resilience.



Building Supportive Relationships: we hope that the use of the Casey stories will provide an opportunity for teachers and parents to spend time connecting with children. With life so out of routine and many parents juggling working from home as well as home schooling, quality over quantity is the key. Finding even just a small window of time to really listen to children and connect with what they are feeling and experiencing, can be incredibly powerful in giving them a sense of security and support.

Managing Emotions: again, the Casey story, and in particular the Calm Time section is a great way for children to learn how to understand and manage their emotions – particularly as feelings may be complex and confusing at this time.

Building Autonomy and Responsibility: Allowing children some autonomy during this time of lockdown is very important in building their sense of self determination/identity as well as building their resilience. Whilst this is going to be a challenge given the limits imposed by lockdown, allowing children the opportunity to take some decisions, however small, will help to build their sense of autonomy and competence. Without allowing children to 'rule the roost', giving them small, managed choices will all help towards building a sense of autonomy and competence.

Opportunities for personal challenge: we are all living outside our comfort zones at the moment and it is worth actively noting this for children. Drawing their (as well as our) awareness to the daily challenges they are facing and how well they are responding to them, and using this as a platform to encourage them to go a step further, by expanding their learning for example or developing creative ways to 'do school', will go a long way in using this time to build children's resilience and reinforce their capacity to 'bounce back' despite the setbacks created by the lockdown.

Competition Time!

As well as suggesting ways you could build resilience and self-determination in the children in your care, we thought that we at 'the mind map charity' could offer an opportunity to support you in this.

To that end, we would like you to invite the children to enter our **Lockdown Competition**. The brief is that children should either write a story or draw a picture showing Casey experiencing some of the tricky feelings they themselves have been feeling during the COVID-19 situation – frustrated, bored, lonely etc. However, the story/picture must also show ways that they have shown resilience in overcoming these tricky feelings.

Please send any entries to info@mindmapcharity.co.uk indicating your child's school and year group. With your parental permission, we will endeavour to display as many entries as possible either on our website or on our Facebook page. Once lockdown is over, we will be choosing some winning entries who will receive a special "I locked down with Casey" T-shirt, which will be awarded in the autumn term.

Good luck!

Matthew and Thomas made their very own Feelings Flower – well done boys!
Great puzzle club challenges too!

Jacqueline Morales,
Pastoral and SEND Coordinator





Something for you!

VE Day 75th anniversary celebration 'Stay at Home' street party

Tomorrow's ALW musical is 'By Jeeves'.

<https://www.youtube.com/watch?v=jWWB2U3mntQ>

The National Theatre Live are showing Shakespeare's Antony and Cleopatra:

https://www.youtube.com/watch?v=IWc6_aCTqI0

Only available till tomorrow: The English National Ballet are showing Romeo and Juliet

<https://www.youtube.com/watch?v=DvZS5LJQwqo>

If you are missing watching sport on TV, You Tube have grouped classic sporting moments together for you to relive: [Classic sporting moments](#)

Instructions on how to join one of our Closed Facebook Groups

Once in Facebook, search for Pilgrims Pre Preparatory School Bedford and click +Join. You will then be asked a security question before approved to join. Once you are a member of the whole school page, you can then search the other individual groups as below.

Little Pilgrims
Pilgrims Pre School
Pilgrims Pre Prep Reception
Pilgrims Pre Prep Year 1
Pilgrims Pre Prep Year 2

You will then have to wait for final approval from us, before you can access/view/comment/post on the page(s).