



## St Francis Xavier Catholic Primary School

Part of the St Catherine of Siena Multi Academy Company  
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*Head Teacher:*

**Mrs J Downes**

Sunday 22<sup>nd</sup> March 2020

Dear Parent/Carer,

It is the beginning of some unusual times for us all. I would like to assure you that we will be here for you throughout the period of school closure. You may just want a chat or inform us about how your child is dealing with the social distancing requirements in the fight against COVID-19; please call or email!

**We care very much about you and your child.** Crucially, we are acutely aware of the need to look after you and your child's mental wellbeing. We want you to know that we will do all we can to try to retain some form of normality and routine in your child's life. We also want to support their education so they are not disadvantaged during the closure. By working on the educational tasks set, children will reduce a sense of boredom or frustration. This will improve their mood and feelings.

Another massively important factor is prayer life, you will find prayers on our website – everything can be found via the title **Home Learning During School Closure** on our website.

There will be PE activities posted on our **school website every Tuesday**, in order for your child to remain active and not fall into unhealthy patterns of behaviour, which in turn can make them feel worse.

Here are some ideas from the NHS website of what you can do as a family to support your wellbeing:

- spend time doing things you enjoy – this might include reading, cooking, other indoor hobbies or listening to the radio or watching TV programmes
- try to eat healthy, well-balanced meals, drink enough water, exercise regularly, and try to avoid smoking, alcohol and drugs
- keep your windows open to let in fresh air, get some natural sunlight if you can, or get outside into the garden

You can also go for a walk outdoors if you stay more than 2 metres from others.

Stay safe and well everyone, I will keep in touch with you. Thank you for your continued support.

Yours faithfully,

Mrs Downes  
Principal



*'Jesus holds us in the palm of his hand.'*

