

15 th January 2021



St Louis Catholic Academy News



Free School Meals and Vouchers

We are sorry about delays in paying vouchers

We are about to replace the meals for home learners with vouchers. Please bear with us for having difficulties with this. We will cover meal costs back dated from 5 th January 2021 because the parcels we were delivering have not taken place as planned.

- ◆ If Covid has changed anyone's financial situation, you may now be eligible for Free School meals or home learner food vouchers food vouchers to cover the costs of a midday meal (£3 per day per child). **Your child may be able to get free school meals if you get any of the following::**
- ◆ Income Support
- ◆ income-based Jobseeker's Allowance
- ◆ income-related Employment and Support Allowance
- ◆ support under Part VI of the Immigration and Asylum Act 1999
- ◆ the guaranteed element of Pension Credit
- ◆ Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- ◆ Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit

<https://www.suffolk.gov.uk/children-families-and-learning/schools/school-meals-uniforms-and-trips/apply-for-free-school-meals>

Dear families, we are getting lots of useful information sent to us, so we've added an extra Covid Lockdown Newsletter to put it altogether in one place. We are continuing to teach the curriculum as planned and we are adapting to meet the needs of our many home learners so that they have a similar learning offer. We hope to have our new website launched within the next 2 weeks and then we'll be able to share Covid information there. If you need any help, St Louis welcomes your calls, Best Wishes Sue Blakeley



Stay at home – only leave for work, essential shopping, exercise or medical appointments. No household mixing indoors or outdoors, **unless** in your support or childcare bubble (if you are legally permitted to form one). This is the law. If you break lockdown rules you could be fined by the police.

Schools and colleges are closed except for vulnerable pupils and children of critical workers. All other children will learn remotely. Higher education provision is online, with some course exceptions.

Hospitality, e.g. pubs and restaurants are **closed**, but takeaway food is permitted. Non-essential shops, leisure and entertainment venues are **closed**. Essential shops, e.g. supermarkets, food shops and pharmacies can **open**. Banks, post offices, places of worship, petrol stations, laundrettes and vets are **open**.

Exercise is allowed outdoors once a day, in your local area. You can exercise on your own, with your household, support bubble, or with one other person.

Get tested if you have symptoms: a high temperature; a new continuous cough; a loss of, or change to, your sense of smell and taste. If you or anyone you have been in close contact with has symptoms, follow the guidance on self-isolation.

You must only travel for work, education, medical treatment, or caring responsibilities. If you must travel, stay local and reduce the number of journeys. **You must not leave your local area** or stay overnight away from home.

SUFFOLK NEEDS YOU Become a Covid-19 message cascader www.suffolk.gov.uk/message-cascaders 07/01/2021

Our Lady Immaculate and St. Etheldreda Catholic Church, Newmarket

For all church dates and news, check the weekly church bulletin <http://www.olise.co.uk/wordpress/> Link to the latest newsletter from the parish home page



Laptops for home learning

So far, we have issued more than 20 laptops to families with none. If you are sharing a laptop between more than 2 children, we'll try to issue a further one. The Jockey Club has kindly funded 3 new laptops for St Louis home learners.

If you lose your codes or have any connection problems, we'll re-send and we can talk you through solving connection issues.

You should have

Microsoft Teams

Purple Mash

Times Tables Rockstars

MyMaths



Suffolk Advice and Support Service

Get **free** professional advice in confidence on a range of things that you might need some help with.

Call us to have a chat about:

- your mortgage or credit cards
- rent arrears or other debts
- COVID-19 related concerns and what it means for you and/or your family
- access to food
- one off grants for things such as:
- white goods
- fuel vouchers

OTHER UNFORESEEN EXPENSES

HELPLINE: 0800 068 3131

- Monday to Friday 9am to 5pm.



Weekly live art class with Miss Hutchings

These will take place on Tuesday 19th January at 2pm for KS2 and Thursday 21st January at 2pm for KS1 with a focus on bird drawings. Just have a pencil and paper ready for lesson one.

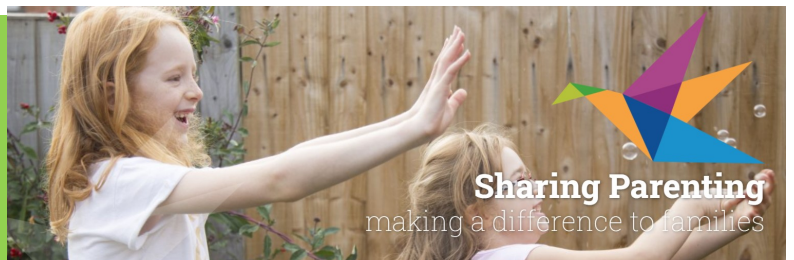
We hope to record too and post – we keep learning as we go. Look at the art space on our Birdwatch Prezi

<https://prezi.com/p/lrqbbdogzwcw/?present=1>



Sharing parenting

Let us know if you are finding it difficult to parent during lockdown. We can access help for you.



Sharing Parenting
making a difference to families

Live PE Lesson at 3.30pm every Wednesday

Mr Shaw and Mr Mannell will lead children in a live lesson at 3.30pm weekly.

We are keen to help home learners stay active because of the positive impact upon their wellbeing.



<https://teams.microsoft.com/l/team/19%3aaco0cc395124c4d8280bd62aac864193%40thread.tacv2/conversations?groupId=ddc20149-fc65-46c8-aadd-c4faa197523b&tenantId=688c7397-dod3-42c0-a239-a6f4e0bd4c13>

Weekly Whole School

Assemblies

The Whole school assembly will be weekly at 9.30am on a Friday, led by Mrs Blakeley. Join Microsoft Teams on:



<https://teams.microsoft.com/l/team/19%3aaco0cc395124c4d8280bd62aac864193%40thread.tacv2/conversations?groupId=ddc20149-fc65-46c8-aadd-c4faa197523b&tenantId=688c7397-dod3-42c0-a239-a6f4e0bd4c13>

Head of School Certificates

We will post out certificates to home learners who have done brilliantly each week. *We can still issue pen licenses by post too – so keep working on your handwriting.*



Wellbeing

There will be a midweek chat about keeping safe and well each Wednesday at 2.30pm led by Mrs

Blakeley with an opportunity to share ways to stay mentally healthy at home or in school.

<https://teams.microsoft.com/l/team/19%3aaco0cc395124c4d8280bd62aac864193%40thread.tacv2/conversations?groupId=ddc20149-fc65-46c8-aadd-c4faa197523b&tenantId=688c7397-dod3-42c0-a239-a6f4e0bd4c13>



Dates for your diary



January 6th 2021 - February 21st 2021—RSPB Big School Birdwatch

7th January 2021 Food Bank Collection Day. We'll keep going until we fill a trolley

15th January 2021 non uniform day. A fundraising day towards the Friends of St Louis who support the school in its ongoing improvements.

1-7th February 2021 Children's Mental Health Week. This year's theme is Express Yourself.

4th February 2021 Food Bank Collection Day.

22nd February to March 7th 2021: Fairtrade Fortnight

12th February 2021 non uniform day. A fundraising day towards the Friends of St Louis who support the school in its ongoing improvements.



Season of Lent 17th February 2021 - 29th March 2021 Catholic Charitable Giving.

Fairtrade Fortnight 22nd February 2021—7th March 2021

4th March 2021 Food Bank Collection Day.

4th March 2021 World Book Day We love the **World Book Day** led by the National Literacy Trust! The annual celebration of authors, illustrators, books and reading is one of our favourite **days** of the year. **World Book Day 2020** is coming on Thursday 4 March with this year's theme to 'share a million stories'. Children are invited to dress as their favourite book character. Please donate towards the Friends of St Louis School Fund. Start making your costume now!

5th—14th March School Science Week—a celebration of all STEM teaching and learning including a whole day of science with lots of fizzes and bangs

12th March 2021 Mad Scientist dress up day. A fundraising day towards the Friends of St Louis who support the school in its ongoing improvements.

15th April 2021 Food Bank Collection Day.

16th April 2021 non uniform day.

6th May 2021 Food Bank Collection Day.

14th May 2021 non uniform day. A fundraising day towards the Friends of St Louis who support the school in its ongoing improvements.

10th June 2021 Food Bank Collection Day.

18th June 2021 non uniform day. A fundraising day towards the Friends of St Louis who support the school in its ongoing improvements.

1st July 2021 Food Bank Collection Day.

9th July 2021 non uniform day. A fundraising day towards the Friends of St Louis who support the school in its ongoing improvements.



Each term, we build our teaching around a chosen theme. We plan to launch each theme with a learning visit off-site but for now, we are adapting to launch in school with an extended day-long event. Our exciting programme of launch dates is as follows:

14th January - LKS2 - Raging robots - A fun-filled opportunity to be engineers and design robots



14th Jan - KS1 - Out and About - wellies, garden tools & binoculars at the ready. A day of outdoor learning about our environment all. 18th January

- Nursery and Foundation - Freezing and thawing - wrap up warm! Children will be investigating the science behind the weather



2nd February—UKS2 - Wartime Britain -dress up ready for stepping back in time.



**Saturday—Date to be confirmed:
Friends of St Louis Spring Grounds Tidy-Up Day (in bubbles) 10am to 2pm**

Our new website will be launching soon. Meanwhile, please use this as your most up to date calendar for events .

Our Lady Immaculate and St. Etheldreda Catholic Church, Newmarket

For all church dates and news, check the weekly church bulletin <http://www.olise.co.uk/wordpress/> Link to the latest newsletter from the parish home page



We will keep adding more to this list throughout the year but we hope that you find it helpful

School signed up to Chefs in schools in December

Save the date! Join us on Wednesdays at 4pm (from 20th January) for live-streamed cooking classes with Chef Tom – the Head Chef and Food Educator at the Hackney School of Food.

Each week, Tom will teach a simple but useful recipe that chefs of any age can make. The classes will last about 45 minutes - but these are recipes that you'll use for life!

The shopping list will be available on the website the week before. The class will be live-streamed on Chefs in Schools webpage

Week one will be Root Veg Soda Bread – a great recipe for bakers of all abilities.

https://www.youtube.com/channel/UCV_F5VzGMXhfDKaE53ffPlw

<https://www.chefsinschools.org.uk/live-cook-along>



CHEFS IN SCHOOLS
REVOLUTION IN SCHOOL FOOD

Shopping list

*To make 1 Loaf or
4 Small buns*

1 Medium Sized
Parsnip/Beetroot/
Carrot etc – *if you
can't get veg, you
can add in a little
extra water.*

500g Wholemeal
Flour (plus extra
for the kneading).

*Wholemeal flour is
our favourite but
spelt flour is a
great alternative.*

*If you only have
plain flour in the
cupboard – that
will work too.*

300ml Buttermilk
or thin yoghurt

2 Teaspoons Bak-
ing Powder

1 Teaspoons Salt
(4g)

2 - 3 Tablespoons
Cold Water

Optional – a hand-
ful or mix of Pump-
kin, Sunflower,
Poppy, Flax Seeds
and Porridge Oats

Free online books

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/>

The screenshot shows the BookTrust website interface. At the top, there's a navigation bar with links for Home, What we do, Books and reading, News and features, About us, Support us, and a prominent purple 'Donate' button. Below the navigation bar, the page title is 'Storybooks and games'. The main content area features a heading 'Storybooks and games' followed by a sub-heading 'Here you can find lots of lovely interactive books to read online or watch with signing.' Below this, there's a paragraph of text mentioning classic children's stories like 'Hairy Maclary from Donaldson's Dairy' and 'Owl Babies', along with newer favorites like 'Oh No, George!' and 'Everybunny Dance!'. At the bottom of the screenshot, there's a note stating that the storybooks and games are free to use, but some older devices may not support them, and a link to a 'Storytime playlist' on YouTube is provided.

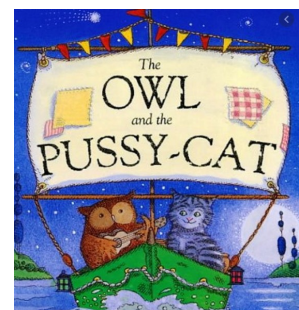
<https://www.gutenberg.org/ebooks/search/?query=children%27s+books>

Welcome to Project Gutenberg

Project Gutenberg is a library of over 60,000 free eBooks

<https://etc.usf.edu/lit2go/genres/12/fable/>

Read and listen together from Shakespeare to Aesop to the Owl and the Pusseycat



SERVICE UPDATE COVID-19 - January 2021

THE HUB

TELEPHONE

01473 835477
Weekdays 8am - 5pm

ONLINE CHAT

www.suffolkfamilycarers.org
Weekdays 8am - 8pm
Saturday & Sunday 9am - 1pm

We continue to deliver assessments and wellbeing support via video call or telephone. Please check ParentMail and our social media pages for online respite activities.



@_giveusabreak_



Suffolk Young Adult Carers



Should you or your young person wish to speak with an Advisor please email hello@suffolkfamilycarers.org or call 01473 835477

kooth
Free online counselling support for young people! Discover everything Kooth has to offer

Sign up for free at Kooth.com

First Response

Call: 0808 196 3494 (Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.



NHS
Norfolk and Suffolk
NHS Foundation Trust

SFC-YAS-COVID-2021-V1

**AT HOME
SHOULDN'T
MEAN AT RISK
OF DOMESTIC ABUSE
#YOUARENOTALONE**



If you are controlled or physically, sexually, economically or emotionally abused by a partner, ex-partner or family member, this is domestic abuse. Household isolation rules do not apply.

Police and support services remain available.

If you are in immediate danger, or suspect someone else is, call 999.

If you are unable to talk, call 999, listen to the operator and then either press 55 on a mobile, when prompted, or wait on a landline to be connected to the police, who will be able to help.

If you're worried you, or someone you know, may be experiencing domestic abuse:

Refuge
The Freephone 24-hour National Domestic Abuse Helpline run by Refuge offers support for women: 0808 2000 247

Respect
Men's advice line
The free Respect Men's Advice Line offers support for men: 0808 801 0327

Galop
Galop's free National LGBTQ+ Domestic Abuse Helpline offers support for LGBTQ+ people: 0800 999 5428

Respect
PhoneLine
The free Respect PhoneLine offers support for men and women who are harming their partners and families: 0808 802 4040

NSPCC
The free NSPCC helpline offers support for anyone worried about a child: 0800 800 5000

Find more support, online and text relay services at gov.uk/domestic-abuse

**Has the impact of
Coronavirus left you
worrying about your bills,
your job or your home?**

There are people that can help.
Call us free on **0800 068 3131**



The Suffolk Advice and Support Line is open from 9am to 5pm, Monday to Friday.



HOME, BUT NOT ALONE

Connecting volunteers and vulnerable people in Suffolk

DOWNLOAD
Tribe - Volunteer
APP TO VOLUNTEER



Need a volunteer's help? Call: 0800 876 6926

#COVID19SUFFOLK

We plan to have our new website working next week but this is what the site will tell you about what we are doing for

Remote Education Provision at St Louis

Remote education provision: information for parents

This information is intended to provide clarity and transparency to pupils and parents or carers about what to expect from remote education in lockdowns and if local restrictions require entire cohorts (or bubbles) to remain at home. It also explains what happens if families are required to self-isolate. The remote curriculum: what is taught to pupils at home.

Initially the classwork for each day's lessons will be posted on Teams for each class. Every Yr. 1 - 6 child has been issued with log ins for Microsoft Teams, MyMaths, TTRS (Times tables) and Purple Mash. Work can be completed and returned for feedback in the same way. If you have contacted us with difficulties accessing online education, we will get back to you on that day wherever possible. Teachers will be available to support learning via Teams and we will be providing face-to-face online support. We will make contact with you by phone at least once each week to check how your family are. We are able to supply laptops on loan by request in most situations. During lockdowns, a number of Broadband suppliers are providing internet access and free upgrades to help home learners.

Following the first few days of remote education, will my child be taught broadly the same curriculum as they would if they were in school?

We teach the same curriculum remotely as we do in school wherever possible and appropriate. However, we have needed to make some adaptations in some subjects. For example, PE, Art, DT and Computing. Pupils in EYFS and KS1 will need parental support to access remote learning. We are continually innovating and learning. In lockdowns, we are offering some live art and PE lessons as additional opportunities for face time with staff. Weekly Head of School Assemblies are delivered live, as are weekly classroom assemblies. Sometimes, we will organise live links for special events (for example School Council and Fairtrade Meetings).

Remote teaching and study time each day

How long can I expect work set by the school to take my child each day?

We expect that remote education (including remote teaching and independent work) will take pupils broadly the following number of hours each day:

Primary school-aged pupils	- Key Stage 1: 3 hours a day on average across the cohort, with less for younger children below 7 years Key Stage 2: 4 hours a day - The amount of work completed will depend on the speed and depth with which tasks are completed by pupils. Younger pupils will need more discussion and parental input but will complete shorter tasks Pupils in EYFS will be learning through play and therefore the hours of learning will be less easy to quantify.
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We plan to have our new website working next week but home

Accessing remote education

How will my child access any online remote education you are providing?

If my child does not have digital or online access at home, how will you support them to access remote education?

We recognise that some pupils may not have suitable online access at home. We take the following approaches to support those pupils to access remote education:

The school has a number of laptops, which are ready to be loaned to pupils. St Louis has been given funding from Godolphin for three laptops and we have received some donations. Please contact the school if this applies. Please note there are protocols for the use of these laptops at home which parents will be asked to agree and sign.

In the event of disruption to face-to-face education, the school will be able to help you access broadband.

The Government has committed to:

Providing internet connections through free mobile data increases or 4G wireless routers for students who meet all 3 of these criteria. The student:

- does not have fixed broadband at home

- cannot afford additional data for their devices

- is experiencing disruption to their face-to-face education

At times of lockdown, some suppliers are offering support to families too.

How will my child be taught remotely?

We use a combination of the following approaches to teach pupils remotely:

The timetable will follow broadly the same pattern as a normal school week. Maths and English will be taught daily and RE twice a week. Other subjects will be on a weekly basis.

Teaching videos will be available in core subjects. This may be your class teacher, other teaching staff in school or materials from White Rose Maths or Oak National Academy.

Supporting materials will be posted on Teams for pupils to complete electronically and submit daily for feedback during school hours. Engagement of pupils will be monitored and the school will make regular welfare calls.

We have access to support from external providers including Young Carers and the Jockey Club.

Pupils will have access to Times Table Rock Stars, Purple Mash and MyMaths.

Teachers can be reached during normal school hours via the Teams platform for questions, clarification or support. Each class has an email address to make contact too. If you have any difficulties, our Admin team are also here to help if you have not heard back from your teacher by the next day.

We will publish and share a weekly class timetable and the timetable for live whole school assemblies, wellbeing assemblies, extra PE, Art, and Cooking etc.

Engagement and feedback

What are your expectations for my child's engagement and the support that we as parents and carers should provide at home?

- The Teams platform is easy to access but younger pupils (Y1-4) will need parental support to identify the daily learning videos and tasks.
- Tasks for EYFS, Y1 and Y2 will need parental support to complete. Any feedback from work submitted may also need parental action to address, for example reminders about punctuation.
- We expect all pupils who are not suffering from coronavirus symptoms or other illnesses to complete work daily as set by teachers and submit for feedback. This will enable teachers to identify any misconceptions and step in promptly to address these.
- Lessons delivery is daily but we recognise that families will need to structure your day around your needs and availability. However daily learning and submission of work is expected.
- Teachers are available to support during school hours so please ask for help beyond the teaching videos if you need it.
- If the class teacher is unwell, the work will be set and feedback given by another member of the teaching team.

How will you check whether my child is engaging with their work and how will I be informed if there

How will you assess my child's work and progress?

Feedback can take many forms and may not always mean extensive written comments for individual children. For example, whole-class feedback or quizzes marked automatically via digital platforms are also valid and effective methods, amongst many others. Our approach to feeding back on pupil work is as follows:

- Feedback may be a written comment or a score
- We aim to provide feedback before the next lesson in any sequence as long as the work is submitted during school hours on the day it is set. (Unless a later date has been agreed).
- Work submitted late may not be marked. It is in the best interest of your child to complete work on a daily basis wherever possible because we often teach in a progressive sequence.

Additional support for pupils with particular needs

How will you work with me to help my child who needs additional support from adults at home to access remote education?

We recognise that some pupils, for example, some pupils with special educational needs and disabilities (SEND), may not be able to access remote education without support from adults at home. We acknowledge the difficulties this may place on families, and we will work with parents and carers to support those pupils in the following ways:

We recognise that parental support is essential for effective home learning for primary age pupils and that few pupils will access and submit work unaided.

If you have a child with additional needs, the teacher will provide work with alternative expectations where appropriate. If this is still a problem, please contact the class teacher for additional ideas or support. Daily 1:1 online lessons will not be possible. We aim to offer some online face to face support for children needing extra support.

We plan to have our new website working next week but this is what the site will tell you about what we are doing for home learners

Remote education for self-isolating pupils

Where individual pupils need to self-isolate but the majority of their peer group remains in school, how remote education is provided will likely differ from the approach for whole groups. This is due to the challenges of teaching pupils both at home and in school.

If my child is not in school because they are self-isolating, how will their remote education differ from the approaches described above?

Pupils who are self-isolating will still have access to the same broad and ambitious curriculum as those in school. Our school remote learning platform is Microsoft Teams and pupil passwords are available in their reading journals. We can reissue lost passwords quickly to avoid delays in your child's learning. Initially the school work from each lesson will be posted on Teams and can be returned in the same way for feedback. This is the platform used for homework so contact the school with difficulties you may be having accessing Teams at the earliest opportunity. Short teaching sequences from White Rose Maths and Oak National Academy will be available for some core lessons but others may be supported by a Powerpoint which may need parental support to deliver. Pupil engagement will be monitored in the same way.

Online retreats to help busy parents to pray

<https://www.loyolapress.com/3-minute-retreats-daily-online-prayer/>

Read an online book to your younger child using a Bible story—free books

<https://www.lostsheep.com.au/>

Dear Lord,

At this time of pandemic,

Let us foster respect and solidarity with others,
especially those who are weak or poor.

Let us remain calm and ignore unsubstantiated rumours.

Let us take advantage of living together as a family.

Let us attend to moments of prayer.

Let us cultivate responsibility, patience and hope.

Amen. *Prayer adapted from a radio message from Rodolfo Valenzuela Núñez, Bishop of La Verapaz,*

