

# St George & St Martin Catholic Academy

(Member of The Newman Catholic Collegiate)

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Principal: Mrs. D. Farmer BA (Hons), MA, NPQH



'Growing, Learning and Loving; United in Play, Prayer and Peace'

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20<sup>th</sup> March 2020

## Dear Parent/Carer

On this unusual last day of school, 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 email us for support.

A reminder the collegiate has set up an email for information [info@newmancc.co.uk](mailto:info@newmancc.co.uk)

**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.

Staying active will be vital and so we will try to post some ideas on the website to support you. Please encourage them to run around in your garden and stay as active as possible while social distancing.

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.

In the words of Boris Johnson. We will get through this.

Yours sincerely

Mrs Farmer  
Principal