

Frettenham Primary School
Hainford Primary School
Horsford Primary School
Old Catton Junior School
White Woman Lane School
St. Faiths' Primary School



Nebula
where stars are born

Ashley Best-White
Executive Headteacher

1 May 2020

Dear Parents/Carers

COVID-19 Update



Another message seen on Twitter, that I would like to share with you all;



Shout out to the KIDS!

Everyone is applauding everyone except our children. These little heroes have stayed indoors more than they've ever known in their lives. Their whole worlds have literally been turned upside down. All these rules they've never known. A life they couldn't have imagined. All the things they love like sports, being with friends, going to school, or just being kids have all been taken away from them. Adults talking about others becoming unwell, news reporting death after death. Our poor children's minds must be racing. Every day they get up and carry on despite all that's going on.

So, here's to our little heroes: today, tomorrow, forever.

Many thanks to Kate Connelly, our Head of School at Old Catton, for sharing this with me.

It's now the end of week 2 of the Summer term. Although it seems that we have been in this situation for a very, very long time, it is only 18 actual school days that the schools have been closed to all pupils. I know that it seems much, much, longer.

So, a shout out to our parents too;

Look how much you've already managed to adapt to...

Look how resilient you have already been...

There's no 'right' way to respond to this, because it's never, ever happened before

Give yourself some credit ★

Reading and Sharing Books

I would like to draw your attention to this beautiful book that has been shared on many of our school websites. It is an anthology called 'The Book of Hopes' edited by Katherine Rundell, with contributions from more than 100 children's authors and illustrators. It has been written to comfort, inspire and entertain children in lockdown. Please take a look to share with your children.

<https://literacytrust.org.uk/family-zone/9-12/book-hopes/>

There is also another book that you can access online. It's a nice little book, which is easy to read and has an important message about exploring different feelings children may have whilst in lockdown.

<https://www.lucysblueday.com/product-page/lucy-s-in-lockdown>

Home Learning Update:

All of the schools in the Nebula Federation continue to provide updates to the learning that children can access and do at home.

BBC Bitesize has proved to be very popular with families across the country. During the first week they had over 10 million visitors to the BBC Bitesize website and the Bitesize content on the BBC iPlayer was requested over a million times! They are adding new content to the website every day as well as new daily programmes on the BBC iPlayer and Red Button. The Bitesize Daily schedules for the next two weeks are now available and I have attached these for your information. As a reminder, the BBC Bitesize home learning programmes are available here : <https://www.bbc.co.uk/bitesize/articles/zn9447h>

You can also continue to use **OAK National Academy** as an additional resource to support home learning;
<https://www.thenational.academy/>

Virtual Norfolk School Games

The Norfolk School Games 2020 will not be taking place as normal, this summer. However, your children can participate in the Virtual Norfolk School Games. Please do encourage your children to enter as many of the virtual School Games activities as possible, not only will it be a great challenge, and but also some fun for them. Take a look;

<http://www.norfolkschoolgames.co.uk/news/>

Mental Health

I have also included an action calendar called 'Meaningful May' this week. It has 31 actions that you and your families can take during the month of May to look after yourselves and each other.

Need Help?

We are continuing to support all of our families in as many ways as we possibly can. If you are struggling with things such as accessing essential food items then please do let us know and we will try our best to support you if we are able to. We may also be able to signpost you to some relevant help for mental health needs, health needs, housing or other things that may be affecting your family at this time.

Please contact our Pastoral Manager, Natalie Brown, directly by email or text:

pastoralmanager@nebula.norfolk.sch.uk

Or Text: 07748 255679

Contact: For any other questions or support, please email your child's school office. These email accounts are checked daily and someone will get in touch with you.

Stay safe and stay kind,



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The Nebula Federation