



Good Shepherd Newsletter

Friday 29th January 2021

Lockdown Lunches and Meal Plans

Change4Life have created recipes and shopping lists for families which can be used to create lunches for around £15 each week.

<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>

Marks and Spencer's have created a meal plan as well for families to use.

[FINAL 8739 MSF Downloadable Meal Planner 2021-updates A4 FApdf.pdf](https://www.cxnmarksandspencer.com/FINAL_8739_MSF_Downloadable_Meal_Planner_2021-updates_A4_FApdf.pdf)
([cxnmarksandspencer.com](https://www.cxnmarksandspencer.com))

Both of these links have some delicious ideas of lunches to try.

School Closure

Unfortunately Good Shepherd will not be reopening to all pupils after February half term.

Boris Johnson has told MPs this week that the government hopes to start reopening English schools on 8th March, depending on factors including the rate of vaccination amongst priority groups.

We will all have to hope and pray that this date doesn't have to change again and children can return to school and can start getting back to normal again.

Bird Watching

Don't forget that this weekend is the RSPB Garden Birdwatch.

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>

Don't worry if you haven't registered for a pack as it is still something fun for families to do and a great way of helping children to learn the names of different garden birds. It doesn't matter if you are not sure of the names of all the birds you see as there is an excellent bird identifier guide on the website.

[Bird Identifier | British Garden Birds and Many More - The RSPB](#)

Coronavirus Testing

All primary schools have now been provided with test kits for staff to use twice a week in an effort to screen for asymptomatic positive cases of COVID-19 in order to reduce transmission of the virus. This will be an additional measure to help support schools to be as safe and as robust as they can be in managing the virus. Staff at Good Shepherd started testing this week (the tests are only for staff use and children will not be part of this testing programme).

Mission X 2021

The UK Space Agency has launched a free resource this week called Mission X 2021 to help children learn about health and fitness and train like an astronaut! Children are guided by videos from real astronauts to complete [the challenge](#).

[Other free space related home activities/learning resources](#) are available here.



Zoom Backgrounds

Please can parents be very mindful of what is happening at home when children are on their Zoom lessons. Having partially clothed family members in view can be very distracting for the rest of the class as I am sure you can imagine!

Respect

Responsibility

Determination

Positivity

Teamwork

A Reminder of the Timetable for Lessons on CBBC

More details can be found on: [Lockdown learning with the BBC in 2021 - BBC Bitesize](#)

	MON	TUE	WED	THUR	FRI
9:00	Bitesize age 5-7	Bitesize age 5-7	Bitesize age 5-7	Bitesize age 5-7	Bitesize age 5-7
9:20	Bitesize age 7-9	Bitesize age 7-9	Bitesize age 7-9	Bitesize age 7-9	Bitesize age 7-9
9:40	Bitesize age 9-11	Bitesize age 9-11	Bitesize age 9-11	Bitesize age 9-11	Bitesize age 9-11
10:05	Celebrity Supply Teacher	Celebrity Supply Teacher	Celebrity Supply Teacher	Celebrity Supply Teacher	Celebrity Supply Teacher
10:15	Horrible Histories	Horrible Histories	Horrible Histories	Horrible Histories	Horrible Histories
10:40	Our School	Our School	Our School	Our School	Our School
11:05	Art Ninja	Art Ninja	Art Ninja	Art Ninja	Art Ninja
11:30	Operation Ouch!	Operation Ouch!	Operation Ouch!	Operation Ouch!	Operation Ouch!

Handwriting

Please remember the importance of ensuring children are encouraged to hand write each day in lockdown. The children are great at using computers but it is important that they practise their hand written skills too.



When we return to school, children will be back to using books and pens/pencils so doing a little writing each day in lockdown will make this transition so much easier for everyone.

You could ask them to write a prayer, help with the shopping list, write some jokes or make up a poem. It all helps as daily handwriting keeps the muscles in their hands strong and helps them to practise their spelling and grammar at the same time without the aid of the spellchecker!

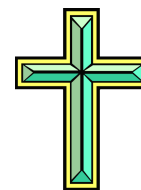
Headteacher Certificates

Next week, I will be looking for which children are contributing really well in their Zoom lessons for some virtual certificates.



A Prayer for Your Family

Father God,
You made me,
You love me,
Your look after me.
Thank you, God.



Mental Health Week

We will be doing lots of activities next week including an additional Zoom call. Please check Google Classroom next week for information from the class teacher.

If you need to contact the office, please email if possible rather than telephoning.

office@goodshepherd.croydon.sch.uk

Reminder: Friday 12th February is a staff training day. There will not be any Zooms/ Google Classroom work and the school will be closed to key worker children.

*Have a good weekend
and stay safe, Mrs Day*