



# Good Shepherd Newsletter

Monday 13th April 2020

## Updated handwashing advice

"The most important thing individuals can do to protect themselves is to wash their hands more often. Soap and water and regular handwashing for at least 20 seconds is the best way of staying safe. Hand washing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin less hospitable to the virus. Hand sanitiser can be effective if soap is not available or the situation makes using soap less feasible (i.e. when outside) but using hand sanitiser provides none of the virus-destroying friction that rubbing your hands together and rinsing with water provides." (gov.uk). A video on hand washing can be found at: <https://www.youtube.com/watch?v=bQCP7waTRWU&feature=youtu.be>. There is a webpage for children's resources on hand washing and respiratory hygiene <https://e-bug.eu/>

## Safeguarding

Houseparty is an app that many people are using to stay in touch with their friends during the school closure. There is some very helpful information for parents and carers:

<https://www.childnet.com/blog/what-is-houseparty-a-guide-for-parents-and-carers-?>

## Home learning

Work will continue to be set during the Easter holidays to keep everyone's brain ticking over but this is optional for children to complete.

<http://www.goodshepherdprimaryschool.co.uk/Pupils-Introduction>

## Going to Mass

Fr Malachy broadcasts his Mass every day at 9:30am which is a lovely way to start the day when we can't physically go to Mass.

[www.catholicchurchsanderstead.org.uk](http://www.catholicchurchsanderstead.org.uk)

## Fun things to do @ home

There are lots of ideas of things to do at home. Have a look in the pupils' section of the website for ideas of some new things to do. There is also the picture News topic each week for you to discuss with your family.

## Contacting school

If you need to get an important message to the school, please email

[office@goodshepherd.croydon.sch.uk](mailto:office@goodshepherd.croydon.sch.uk)

Alternatively, text the school mobile number  
**07948 351 132.**

## A prayer for your family

### More like You

Lord of the loving heart,  
May mine be loving too,  
Lord of all gentle hands,  
May mine be gentle too.  
Lord of the willing feet,  
May mine be willing too,  
So may I grow more like to thee  
In all I say and do.



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

*Respect*

*Responsibility*

*Determination*

*Positivity*

*Teamwork*