



Good Shepherd Newsletter

Monday 18th May 2020

Travel to Tokyo

The Tokyo 2020 Games may not be happening this year but you can still get active with Travel to Tokyo, Team GB and Paralympics GB's official programme for children aged 5-11 and their families.

I have registered Good Shepherd so you will need to type in the school's postcode (CR0 0RG) and click 'submit'.

You can do all sorts of different activities and log how long you spent doing them. Which class will do the most amount of activity by this time next week?

<https://www.getset.co.uk/travel-tokyo>



Keeping healthy

I hope you are all keeping safe and managing to get a little more fresh air now that some of the restrictions have been eased.

I have attached a letter to you from the Local Authority and there is also one for your children. Please make sure you share it with them.

A prayer for your family

Remind me each morning
Of your constant love,
For I put my trust in you
Amen

As we are in the month of May, why not say a decade of the Rosary together.

Remember to look on the website for :

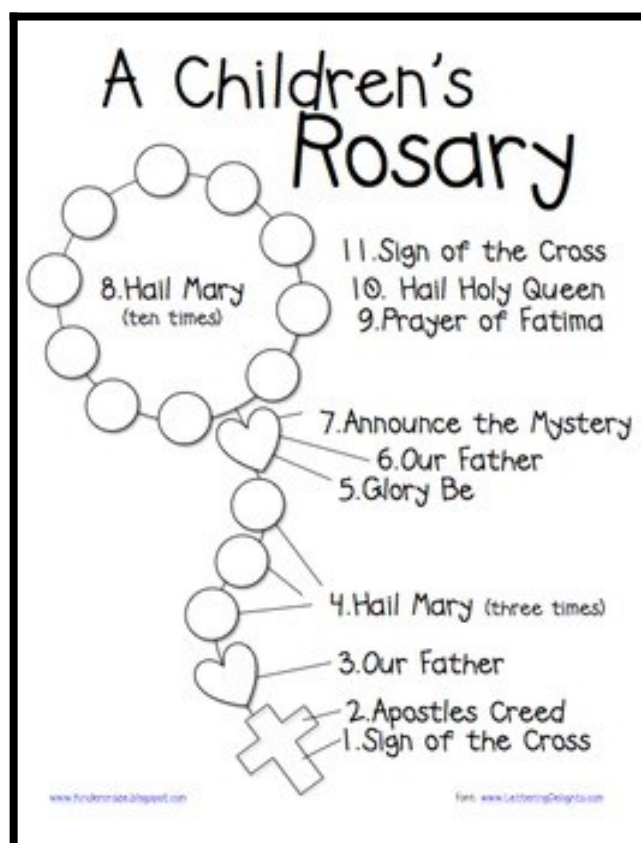
Home learning - Children should be doing a little work every day at home.

Fun things to do @ home - There are new ideas each week of things to do at home plus a Picture News topic for you to discuss as a family.

www.goodshepherdprimaryschool.co.uk/Pupils-Introduction

Contacting school

If you need to get an important message to the school, please email office@goodshepherd.croydon.sch.uk
Alternatively, text the school mobile number **07948 351 132**.



Respect

Responsibility

Determination

Positivity

Teamwork

Wellbeing activities

Sustrans have launched Sustrans Outside In, a free resource to help parents who are looking after their children at home.

Walking, cycling and scooting are great ways to keep active and healthy in body and mind. During this time where we are mostly required to stay at home, these activities become harder to do.

Sustrans Outside In provides fun ideas and inspiration for parents to bring education, health and wellbeing activities into their home.

Parents can access resources by registering for the free parent newsletter. Over four weeks, you will receive weekly videos, themed activities, games and challenges designed by their experienced school officers.

Visit www.sustrans.org.uk/OutsideIn to register for free.

Online Safety Follow the SMART rules to help stay safe online.

S Stay **safe** online by not sharing your personal information.

M Do not **meet** anyone who you have only become friends with online.

A Do not **accept** messages and friend requests from people you do not know.

R Not everything online is **reliable**. People online are strangers and you can't always trust everything they say.

T **Tell** an adult you trust if anything happens online that you do not like.

Be careful what you share online!
Stop and think before you share information online.
Don't say or do anything that you wouldn't do in the real world!

Make sure you regularly go through the SMART online safety rules with your children as this will really help them to remember the five rules.

Online safeguarding ideas to do together at home

ThinkUKnow have created a page to support parents and young people online. The site includes home activity packs with simple 15 minute activities support children's understanding of online safety at a time.

There is also parent support information for primary and secondary age groups.

The resources can be found here: <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets>.

Childnet have released six new easy-to-follow videos for parents and children to work through together. The 10 - 15 minute videos offer simple, clear online safety advice using fun activities, games and discussion. There are optional follow-up activities to extend children's learning.

The videos can be found here: <https://www.childnet.com/resources/video-lessons>.

Have a good week and stay safe, Mrs Day

Respect

Responsibility

Determination

Positivity

Teamwork