



Bishop Douglass Catholic School Parent Newsletter

In Pursuit of Excellence

27th March 2020

INTRODUCTION

Dear Parents,

We hope and pray that our whole school community is keeping safe and healthy and that we are following the latest government advice on preventing the spread of the virus:

- Stay at home
- Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home
- You can spread the virus even if you don't have symptoms.

A reminder that the school continues to be open for Key Workers' children, those who are vulnerable or have an EHCP. For those of you keeping them safe at home, we have included in this newsletter some activities and suggestions to keep them busy and to help all of us to keep calm. We have also attached a useful booklet to give you information on how to support yourself and your children during this unprecedented time surrounding coronavirus and COVID-19.

Our main point of contact for parents will be via email. If you have any enquiries please contact us via: schooladmin@bishopdouglass.barnet.sch.uk and we will do our best to answer queries promptly or redirect questions on to the relevant teacher/member of staff. Remember that if pupils have any issues accessing Show My Homework or other online platforms they can email:

it@bishopdouglass.barnet.sch.uk

Inside the bulletin you will see the names of students who teachers want to give a special mention to for their excellent effort with their work together with poems written by a selection of Year 8 pupils.

If your child does something you are proud of at home, let us know and we will give them a special mention in next week's newsletter.

FORTHCOMING EVENTS

Friday 3rd April: Last day of term.

Monday 20th April: Summer term begins

Monday 25th May—Friday 29th May: Half Term

Friday 17th July: Last day of term

CORONAVIRUS: ADVICE FOR PARENTS

We would urge all parents to follow the government guidelines on social distancing and ensure that pupils are isolating in a family setting and not mixing with other children. A reminder that advice on COVID 19 (coronavirus) can be found at:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Useful contact information for you is as follows:

Department for Education Coronavirus helpline
Opening hours: 8am to 6pm (Monday to Friday)

Helpline to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline as follows:

Phone: 0800 046 8687

Email: DfE.coronavirushelpline@education.gov.uk

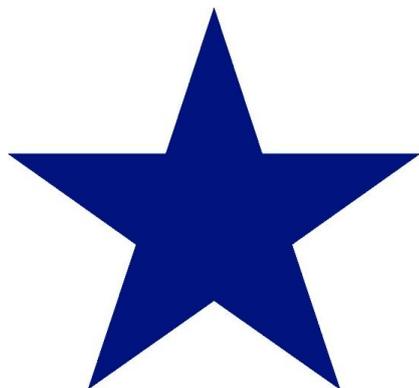
ONLINE SAFETY FOR PUPILS

Please remind your children of the importance of staying safe online.

- Be aware of what you share.
- They should not communicate with anyone online unless they know who they are.
- Turn your privacy settings up **to the highest level** on social networking sites.
- Only post things that your **family** would be happy seeing.
- Remember advertising your **location** is dangerous.

If something happens - tell someone:

Home / School / ChildLine / CEOP



Star Pupils of the Week

Alexandra Warrington 10 More History

Monique Tan 7 Owen Science

Akeelea Whyte 7 Owen Science

Ay'sjah Allen-Vassell 8 Campion History and cultural capital homework and English poem

Gabi Dzienis 10 Owen in History

Victoria Kus 10 Owen in History

Amelia Michalewicz 9 Fisher Business

Tara Dev 10 All Saints Business

Elissavat Leisau-Laiou 9 Ward Maths

Adam Mohhamed 9 Owen Maths

Ustav Paudel 9 Owen Maths

Gabriel T eixeira 8 Campion Maths

Nathanielle Manuel 8 Campion Maths

Gwen Bulatao 8 Campion Maths

Nila Nouri 7 More Maths

Donya Shaterian 7 Ward Maths

Rocca Antoniazza-Galea 7 Owen Maths

Yousef El Hajj 8 Campion English

Amne Jaber 8 Campion English

A massive well done to all the pupils named above who have been mentioned by their teachers for completing excellent work on ShowmyHomework.

Keep it up!

POEMS WRITTEN BY 8 CAMPION PUPILS

Ay'Sjah Allen-Vassell Smythe - Ode to summer

Sun rising up forms a smile on my face
Its August, we've left July without a trace
Ice cold drink, melting in my hand
The flowers are looking healthy, each and every strand

The soothing feel of the luscious grass
Comforts my feet as walk pass
The Warm summer sore approaches me
As I run through the sand and into the sea

Bicycles fly past as I glide through the sea
The hot summer air also attracted some busy bees
At last I could truly take rest
And up to this day I can remember this holiday as the very best.

Yousef El Hajj - Four Seasons

The fields are rich with daffodils,
Clovers cloaks the hills,
I must dance, and I must sing
To see the beauty of the spring.

The earth is warm, the sky is a maze
It is a time of carefree days
And bees are buzzing while they pass
They may see me snoozing in the grass.

The leaves are yellow, red and brown,
A shower sprinkles softly down
The air is fragrant, crisp and cool
And once again I'm back at school.

The leaves are gone, the world is white,
The winds are wild, they chill and bite
The ground is thick and sleet,
And I can barely feel my feet.

Amne Jaber - Ode to Spring

Dear spring, how joyful you are
your arrival begins your lovely concert
that reveals a kaleidoscope of flowers
that awaken and yawn
letting us know that you are finally here
Summer, you'll come
and give us all joy and warmth
for you are very generous.
Nine months of work, but when you come
we will know that our holiday is here
Autumn, invited or not,
Will arrive too, and restart the never-ending cycle of
nature.
The green leaves that Spring had made emerald
green
Will be turned into a fierce orange-red colour, and
then fall.
However, we await it for it's mysterious, alarming,
yet sweet atmosphere.

HOW TO STAY CALM AT HOME DURING SOCIAL DISTANCING –

A guide for pupils and parents

1. Watch the news to stay informed however do not become consumed by it- do this by watching it at certain times and then switch it off.
2. Watch some of your favorite films, programs or Netflix series. Is there something you can watch together and have a family film day or night?
3. Stay connected with family and friends via phone; video call or social media however have a break from your phone just like the news.
4. Bake or make some nice food together.
5. Get creative together either by drawing, painting or making something
6. Go for a walk; get outside in nature, visit your Local Park or local national park, as they are all currently free to the public.
7. Have space away from each other in your bedrooms- if you feel like it, do some mindfulness breathing. There are lots of YouTube clips to help with this.
8. Write, journal or doodle your thoughts and feelings down
9. Listen to your favorite piece of music and have a dance. Make a social distancing play list together.
10. Read your favorite book or a book you haven't got round to reading
11. Do some exercise at home- again there will be lots of clips on you tube
12. Take some time to rest
13. Do that chore in the house that you have been meaning to do
14. Make a goal or vision board of the things you would like to achieve and do when things return to normal
15. Remember this is temporary and things will resume soon.

WORDS OF THE WEEK

Monday- Astute - (Adjective) - Having or showing an ability to accurately assess situations or people and turn this to one's advantage.

The **astute** businessman was able to quickly assess the market and make the best buying decision.

The **astute** and perceptive chess player seemed to always know what move his opponent would make next.

Tuesday- Antipathy - (Noun) - A deep-seated feeling of aversion; a feeling of dislike

Despite his personal **antipathy** to me he was still able to be polite.

They have a mutual **antipathy** to each other.

Wednesday- Unprecedented - (Adjective) - Never done or known before.

Boris Johnson launches **unprecedented** new coronavirus rules never seen in peacetime.

As the virus spread globally, astounded researchers were able to document an **unprecedented** number of deaths.

Thursday- Deplorable - (Adjective) - Deserving strong condemnation; completely unacceptable; shockingly bad in quality.

Many children in poor countries live under **deplorable** conditions.

I thought his behaviour was absolutely **deplorable**.

Friday- Capricious - (Adjective)- Given to sudden and unaccountable changes of mood or behaviour; changing according to no discernible rules; unpredictable.

We cannot go camping while the weather is so **capricious**.

Employees need legal protection against **capricious** and unfair actions by their employers.