

Marish & Willow Newsletter

Issue 11 April 2020

School Update

Over the past couple of weeks, key workers within the school have been busy teaching and keeping our students busy and entertained as well as helping our local community.

Staff have been busy planting 800 tomato plants, bulbs and flowers in our beautiful new quad area. They have also been making up food parcels which will greatly help those of our families who are most in need. Well done to the extraordinary school team pulling together to help our school community.



The students who have remained at school have been kept busy learning to garden in the sunshine. They have been making paper mache, cooking and taking part in daily physical activity.

Making the most of the fair weather and fresh air a group of students went on a nature trail around the school grounds and made bracelets out of flowers and grass and other materials that they found.



Marish & Willow Newsletter



Coronavirus

We believe that in such difficult times keeping in contact with each other and our community is invaluable. Therefore our teachers have been getting in contact with parents to ensure they are ok and offering any help we can provide. We would like to encourage the resilience skills that we have been working with the children to build throughout their school life.

We appreciate that we are living in very uncertain times, but it is important to look after yourself both physically and mentally.

Things you can do at home to look after your mental health:

- Set a routine, try getting up at a set time to do a morning workout video.
- Keep in touch, chat with a friend. Try a video chat.
- Eat healthy and stay hydrated
- Keep your environment clean and tidy
- Get creative, have a movie night, a spa weekend, start an art project.

If you are feeling anxious or worried you can find help and useful tips on the 'Mind' website: <https://www.mind.org.uk/coronavirus-we-are-here-for-you/>.

Home Learning

To access work for your children; go to the Marish Academy Trust website- click on Marish Primary School or Willow Primary School- on the main page there is a Home learning Tab. From there you will be able to access the available work for your child/children's year.

Reading is very important to your child's learning. For access to reading books, please use the link below.

https://readon.myon.co.uk/reader/index.html?a=mlib_bknde_s10

Marish Primary Newsletter



Which resilience skills are you using?

How are you applying these skills?



REN stars

A big shout out to the following students who have been working hard accessing REN whilst at home. It is very positive to see that there are children continuing doing their quizzes, so keep encouraging them, and maybe we can have some more word millionaires to celebrate!

1M: Mila-Leilani D - **1P:** Nancy C, Nicola M & Erin S - **1S:** Ammaar A, Umer S & Ibrahim Y

2A: Azaan A & Chaniru F - **2G:** Diya B

3AV: Aditi A & Maryam Y - **3I:** Maisey C Ashvath M & Maryann M - **3P:** Raihan A & Rishiek G

4B: Maanasa - **4H:** Maja M - **4N:** Aimee N, Robert N & Harshil S

5BD: Daisie H - **5C:** Akansha D & Abhinav P - **5MW:** Nihal B & Sanjay S - **5W:** Oliver N, Ankushi, Sohan T & Kushal V

6D: Amelia K - **6M:** Anusri A & Pranavi D - **6R:** Salma, Nishita & Hajra - **6T:** Hargun

Marish Primary Newsletter



Message from Reverend Grayson Chair of Trustees - Marish Academy Trust

Keeping sane in a strange time

Like me you are probably tired of everything revolving around the 'Coronavirus' news. How can we make use of this strange time in positive ways, rather than becoming more and more anxious?

One simple suggestion is this: Watch the news less! Limit yourself to an update at the start and end of the day. Anything important is bound to be there! Then give more time to ordinary activities that make you feel good—listening to music, tending plants, going for a walk, reading a book or doing a jigsaw. Younger children love to sing and dance, and there are plenty of good online resources to tap into.

Yes, it is important to keep up with school work, while school is closed. But make time to have some fun together as well.

I have been deeply impressed by the resilience people are showing, as they adjust to our new situation, and by the commitment of the NHS and other key workers, especially our own staff at Marish Academy Trust. If you are 'making a noise' for the NHS on a Thursday evening, why not include them as well in your good wishes?