



St Charles RC Primary School
Emlyn Street
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25/03/20

Dear parents and children,

I am writing to you on a personal level and behalf of all of your St Charles family. First of all, how are you? I want you to know that we all miss you in school, not just some of you, but all of you. All our staff are in touch every day and our main concern, as well as our own families, is how you are all coping with this situation.

None of us have ever experienced anything like this in our lifetime, we are living through history. We are all feeling the same, you are not alone. We all feel anxious, uncertain and we have lots of questions that there are no answers to yet. We all want you to know that we are here for you at the end of an email, or by phone. Our teachers will be in touch with you each week to help you to cope, to listen to you and to celebrate some of the fantastic work you are doing in home school.

All you can do is do your best. We understand that you will be worried about being out of school and missing out on learning. We know that you will be worried about the people that you love, but the best thing we can all do to keep them safe is to stay at home and stop the virus from spreading. Remember our little acts of kindness each day can make us feel better.

On Monday – Reach out to an elderly person by letter or phone

On Tuesday – Do a job at home without being asked

On Wednesday – Do a random act of kindness for someone in your home

On Thursday – Do something compassionate for yourself

On Friday – Write down a note of kindness to boost a friend's self-esteem

Don't be afraid of your feelings. However you are feeling, the best thing you can do is talk about them, don't hide them away. Talk about your feelings with someone you love. It is fine to get upset. It might help to stay in touch with your school friends and teachers online and by email. If you are really struggling, please get in touch and we will do our best to help. It also helps if you have a daily routine and do some exercise each day. Try to limit your screen time and access to social media. There are lots of things online that are not true and can make you feel more anxious.

- **Be responsible.** Please take Coronavirus very seriously, it can spread very easily and while you might not suffer from it, you can spread it to others who are more vulnerable. Please take care of them by staying at home.
- Wash your hands more often for 20 seconds each time, you could say the Our Father while washing your hands!
- Stay at home for 14 days if you or anyone else in your home has symptoms.
- Do 'social distance' by staying 2 metres apart.

We are still a community and a family of God, even though we are not together in person, you are all in our hearts, our thoughts and our prayers. We can be together virtually and online until we can all be together again in school. Each day I will be reading a bedtime story with Charley on our Facebook Page St Charles RC Primary @stcharlesrcpri1 and on Fridays we will have Friday Celebration Assembly each week online. Your teachers have been telling me who has been working hard, please send us pictures of your lovely work to celebrate together.

Remember you are all children of God created in His image. You are special, you are unique, you are valued and you are loved. There has never been anyone like you before and there never will be again. When this strange time is over we will all be back together again as a community and we will all be a little bit wiser and a little bit kinder too.

I am sending loads of love and prayers to you and your family and the people you care about. Charley and I can't wait to see you and the rest of our school family again. St Charles Borromeo pray for us.

God bless,

E.L. Campbell



Mrs C x and Charley

Headteacher

**As a family of God, we love to learn
and learn to love**



@stcharlesrcpri1



stcharlesprimary



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